

Drinking Safely with T1D



Start with a plan and wear your medical id!
Make sure your friends know the signs of low and high blood sugar, are available to help you test your blood sugar if needed and what to do in an emergency.



Consider how alcohol affects your blood sugar and adjust insulin dosing as needed. You can work with your diabetes educator or endocrinologist to discuss suggested changes.



If you wear a Continuous Glucose Monitor (CGM), consider sharing your data with a friend who is not drinking while you are out so they are able to help you stay alert to your blood sugar levels.



Remember, glucagon will not help treat alcohol-induced low blood sugar levels!



Always drink alcohol on a full stomach or eat while drinking. Eat a big snack with plenty of protein and some fat before heading to bed. Think about setting an alarm to check your blood sugar a few hours after going to bed.



If you are exercising (like dancing!) you may consider trying a basal decrease if you wear a pump or eat extra carbohydrates. Exercise and alcohol can result in low blood sugar.



Check your blood sugar before, during and after you drink.



Consider alternating alcoholic drinks with water or other non-alcoholic drinks.

JDRF has provided a list of carbohydrates in popular alcoholic drinks below:

DRINK	SERVING SIZE	CARB COUNT (APPROX.)
White Wine	5.0oz	3.0–4.0g
Red Wine	5.0oz	3.0–4.0g <i>(less if it's dry)</i>
Champagne	4.0oz	1.0g
Regular Beer	12.0oz	13.0g
Light Beer	12.0oz	4.5g

DRINK	SERVING SIZE	CARB COUNT (APPROX.)
Ale	12.0oz	5.0g
Guinness	12.0oz	10.0g
Margarita	4.0oz	7.5g
Piña Colada	4.5oz	32.0g
Liquor	1.0oz	0.0g <i>(it's what you mix it with!)</i>

Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting jdrf.org/donate.

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