



Alcohol



You have been invited to your brother's wedding anniversary celebration this evening. Alcohol will be served at the party.

Before you leave for your brother's house, you take a few minutes to think about whether or not you will have a drink this evening.

What are some situations when you would want to not drink alcohol?

If you do decide to drink alcohol, what are some things you would do to drink safely?

How much alcohol would you drink?





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These are some situations when it is important to not drink alcohol:

If you...

- have not eaten
- have a history of alcoholism
- have high blood sugar
- plan to drive a car, boat or operate machinery
- are pregnant or planning to be
- are taking medicine that cannot be used with alcohol
- have health problems that would be made worse with alcohol
- are under the legal drinking age

If you decide to drink alcohol, what are some things you would do to drink safely?

These are some guidelines for the use of alcohol:

- eat food when drinking
- talk with health care provider
- keep blood sugar at target goal
- wear diabetes identification
- limit the amount of alcohol
- check blood sugar
- drink with someone who knows the symptoms of low blood sugar and what to do for it
- sip drinks slowly
- choose drinks lower in alcohol and sugar

How much alcohol would you drink?

These are some guidelines for the use of alcohol:

- adult men—no more than 2 servings a day
- adult women—no more than 1 serving a day
- one serving is:
 - 12 ounces of beer, or
 - 5 ounces of wine, or
 - 1-1/2 ounces hard liquor
- some people choose to not drink alcohol at all



