



# Guidelines for the Use of Alcohol



- Eat food when drinking**
- Talk with your health care provider about your use of alcohol**
- Keep your blood sugar at target goal**
- Wear diabetes identification**
- Check your blood sugar**
- Drink with someone who knows how to recognize and treat low blood sugar**
- Sip drinks slowly**
- Limit amount of alcohol**
- Choose drinks lower in alcohol and sugar**





## How Much Alcohol is a Serving?



**12 ounces  
Beer**

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**5 ounces  
Wine**

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**1-1/2 ounces  
Hard Liquor**

**Adult men: Drink no more than 2 servings a day**

**Adult women: Drink no more than 1 serving a day**





## When to Avoid Alcohol



**It is important to not drink alcohol when you:**

- Have not eaten
- Have a history of alcoholism
- Have high blood sugar
- Plan to drive a car or boat or use machinery
- Are pregnant or planning to be pregnant
- Are taking medicine that cannot be used with alcohol
- Have health problems that could be made worse by alcohol
- Are under the legal drinking age





# Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

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My short-term goal is: (Be specific about what, when, how and where)

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I will ask (Who?) \_\_\_\_\_ for support by helping me in this way:  
(Be specific about what they can do to help you)

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I will check regularly to see if I reach my goal by:

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When I reach my short-term goal my reward will be:

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\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

