

# Carb Counting and Alcohol

Now, a Health Minute.

If you have diabetes, drinking alcohol can pose some challenges. Alcohol can both raise and lower your blood sugar.

Drinks with carbs, like beer and wine, will raise your blood sugar just like food. But alcohol can also lower blood sugar because it blocks glucose production.

So it's best to drink only in moderation. And take some steps to stay safe.

Check your blood sugar before you drink and more often over the next 24 hours. Always check your blood sugar before you go to sleep.

Also set an alarm to check again in the middle of the night.

If you drink in bars, wear a medical ID bracelet. Severe low blood sugar may be mistaken for being drunk.

Your diabetes care team can help you figure out how to safely include alcohol in your meal plan, so talk with them about your drinking habits.