

YOUR GUIDE TO DIABETES AND BEER

"As a general rule, there is no need to avoid alcohol because you have diabetes."
- Diabetes Canada



Safety first!

Always consult your health care provider about alcohol and your health. Drinking beer is a personal choice. If you choose to drink beer, these tips can help.



IT'S OK TO DRINK BEER IN MODERATION IF

- ✓ Your diabetes is under control *and...*
- ✓ Your health care provider said it's OK to drink beer *and...*
- ✓ You know how to prevent and treat low blood sugar.

Otherwise, talk to your health care provider before drinking beer.



IT'S NOT OK TO DRINK BEER IF YOU

- ✗ Are pregnant or trying to get pregnant, are breastfeeding;
- ✗ Have a personal or family history of drinking problems;
- ✗ Plan to drive or need to be attentive;
- ✗ Take certain medications (check with your pharmacist).

DID YOU KNOW?

Some health problems related to diabetes such as high blood pressure can be made worse by alcohol. Get the OK from your health care provider before drinking beer.

Know your beer limit before you say "cheers!"

Canada's Low-Risk Alcohol Drinking Guidelines¹ advise:



NO MORE THAN 2 STANDARD DRINKS* PER DAY FOR WOMEN
no more than 10 drinks/ week

NO MORE THAN 3 STANDARD DRINKS* PER DAY FOR MEN
no more than 15 drinks/ week

Plan non-drinking days every week to avoid developing a habit.

**A standard sized drink refers to 341mL of regular beer (5% alcohol by volume).*

DID YOU KNOW?

Alcohol can increase risks for low blood sugar. Heavy alcohol use can make blood sugar control more difficult and increases other health risks.

Carbs and calories

How different beers stack up².



The carbohydrate in beer is not counted as part of your meal plan and does not require additional insulin.



Brought to you by Diabetes Canada and Beer Canada

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STILL HAVE QUESTIONS OR CONCERNS?

Talk to your diabetes educator/health care provider. Review **Canada's Low Risk Alcohol Drinking Guidelines** online.

1. Canada's Low-Risk Alcohol Drinking Guidelines, 2012.

Available at: <http://www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx>. Accessed July 10, 2017.

2. Health Canada Canadian Nutrient File, 2017. Available at: <https://food-nutrition.canada.ca/cnf-fce/>. Accessed August 18, 2017.