

### Carb Counts in Drinks: Hint - watch the serving sizes

Drink	Serving Size	Carb Count
White Wine	5.0 ounces	3.0 - 4.0 g
Red Wine	5.0 ounces	3.0 - 4.0 g (less if it's dry)
Champagne	4.0 ounces	1.0 g
Regular Beer	12.0 ounces	13.0 g
Light Beer	12.0 ounces	4.5 g
Ale	12.0 ounces	5.0 g
Guinness	12.0 ounces	10.0 g
Appletini	5.0 ounces	8.0 g
Margarita	4.0 ounces	7.5 g
Pina Colada	4.5 ounces	32.0 g
Liqueur (Bacardi, Gin, Brandy, Rum, Vodka, Whiskey, Tequila)	1.0 ounce	0.0 g (it's what you mix with it!)



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# Students with diabetes

## How to drink safely with diabetes:

- Always drink on a full stomach, or eat while drinking.
- Check, check and then check some more! (before, during and after you drink)
- Try dosing insulin for fewer carbohydrates than you consume. This may give you a safety net so your blood sugar doesn't drop too low.
- Eat a big snack with plenty of protein and some fat before heading to bed.
- Wear your medical ID!
- If you are exercising (dancing, etc.) try a basal decrease if your wear a pump or eat extra carbohydrates. Exercise and alcohol can be a recipe for a low blood sugar disaster.
- Consider alternating non-alcoholic drinks.



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