

Diabetes: Dining Out

What would you like to drink?

<u>Popular items</u>	<u>Typical calories</u>	<u>Typical Carbs</u>
✗ Soda Pop.....	143	39g
✗ Orange Juice.....	167	39g
✗ Lemonade.....	140	37g
✗ Raspberry Tea.....	110	25g
✓ Unsweetened Iced Tea	0	0g
✓ Coffee	0	0g
✓ Water.....	0	0g



A special note about alcohol:

For people with diabetes, alcohol increases the risk for dangerously **low blood sugar**.

Plus, the calories add up. The average drink of either a 5 oz wine, 12 oz beer, or 1.5 oz liquor has about **125 calories**.



Save your carbs or calories for the meal. Plus, drinking more water can help you feel full without adding extra calories.



Would you like an appetizer to start?

<u>Popular items</u>	<u>Typical calories</u>	<u>Typical Carbs</u>
✗ Boneless wings, 1 order.....	1030	67g
✗ Mozzarella sticks, 1 order	779	76g
✗ Nachos, 1 order	600	61g
✗ Breadstick, 1.....	140	26g
✓ House salad with vinaigrette.....	150	0g
✓ House salad with fat free Italian dressing.....	20	5g



Add a salad before dinner to get more vegetables. The fiber will help fill you up and control the portions of your main dish.



What would you like to order?



For less fat and calories, choose meals that are:

Baked	Steamed
Broiled	Roasted
Grilled	Fresh



Less healthy choices are foods that that are:

Breaded	Covered in cream,
Battered	butter, or cheese
Deep Fried	sauce
Crispy	

Examples

Grilled chicken with vegetables and redskin



Calories 500
Carbs..... 38g

Chicken tenders platter



Calories 1380
Carbs..... 117g

vs.

Grilled salmon with vegetables and steamed



Calories 540
Carbs..... 24g

Shrimp scampi linguine



Calories 980
Carbs..... 96g

vs.



Restaurant portions are often much bigger than you need. When you get your meal, ask for a to-go box right away. Put half the food in the box and enjoy at a later meal.

Do you have room for dessert?

<u>Popular items</u>	<u>Typical calories</u>	<u>Typical Carbs</u>
✗ Hot Fudge Sundae.....	350	53g
✗ Cheesecake	440	34g
✗ Apple pie.....	520	82g
✓ Chocolate Ice cream, ½ cup scoop	143	19g



Plan ahead! If you want a sweet treat at the end of your evening, cut back on the carbs during your meal to save room. Sharing the dessert with others in your party can also help cut the calories.



For nutrition information about your favorite restaurants, visit their Web sites. Most chain restaurants include calorie, fat, carb and other nutrition information online. **Or visit calorieking.com**, a Web site that shows carb and calorie information for many popular restaurants.

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Last Revised 11/13/2015