

Tips for Eating Out with Diabetes



Eating out can be one of life's pleasures. You can enjoy yourself and still take care of your diabetes. It takes some planning and asking for what you need to achieve this goal. The more you measure food portions at home the better you can estimate portion sizes when eating out. Here are some tips to get you started!

Choose a restaurant that offers heart healthy options. Some helpful websites to find one are listed on the next page

- Some restaurants have their own websites you can review or ask for a nutrition guide.
- Ask how a food is prepared and steer away from gravies and cream sauces.
- Read the menu and think about what you want to eat. How will your choices fit with the goals you have set for yourself? Are there options that fit better with your goals? Can you order fresh fruit from the breakfast menu, or choose an appetizer and a salad as a dinner entrée?
- Choose a smaller portion from the lunch menu, or split a meal with someone.
- To control portions, ask for a "to go container" to be served with your meal and when your meal arrives, portion out what you would like to eat, then put the rest in the container.
- Ask for changes. If your meal comes with French fries, ask if you can substitute vegetables or a salad.

- Choose no calorie beverages such as water, club soda or diet pop.
- Be choosy at salad bars. Choose greens, vegetables, and beans. Limit the higher calorie foods such as prepared salads (for example, potato or macaroni salad).
- Plan ahead for desserts and eat slowly; share your dessert with someone.
- Avoid the “value-sized” options (supersized, jumbo, giant, deluxe) and order a regular or junior sized sandwich instead.
- Choose grilled chicken instead of breaded, fried chicken.

Free online nutrition resources

- www.diabetes.org/myfoodadvisor
- www.myfitnesspal.com
- www.calorieking.com

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