

# top 5 tips for dining out

## 1 | think ahead

- Most restaurants have nutrition information for the menu items on site or online. Use nutrition guides to guide you in making healthy choices.
- Males should eat approximately 400-500 calories / meal. Females should eat approximately 300-400 calories / meal. *\*Ask your dietitian about your individual calorie needs.*
- Beware of fast food, most meals are between 1000-1400 calories /meal.
- Avoid fast-food franchises, instead go to the local grocery store **salad bar/deli**, and get a bean salad, or Mediterranean salad with lean cut meat. Avoid the salads that look creamy.
- If you take diabetes medications with your meals (i.e. insulin or pills), ask the people you are eating with if you can go to dinner at the time you are used to, and if possible, call ahead and make a reservation, so that you are actually eating at the time you need to eat.
- If you are unable to eat at this time, have a fruit or starch serving from the meal at your usual time.
- If you are dining late in the evening, have your bedtime snack at your usual dinner time, and your full dinner later on.

## 2 | study your menu

Avoid foods prepared by pan-frying, sautéing.

Anything that's battered or prepared with a béchamel or hollandaise sauce you might want to pass on or have only a half portion.

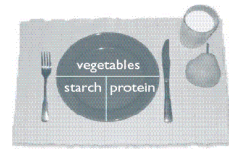
Anything that uses the word "creamy" implies the use of full fat cream.

Choose foods that are grilled, baked or broiled.

## 3 | stick to the plan

Always remember your "Basics" of healthy eating, just because you are eating out (special occasion or not), does not mean you can veer off of your meal planning.

- Aim to have ½ of your plate full of vegetables, ¼ plate protein, and ¼ of your plate containing starch/carbs.
- Control carb portions by keeping pasta, rice or noodles to 1 cup max.



## 4 | avoid the traps

Avoid any words that indicate larger than normal portions, **Jumbo, Giant, Deluxe, Biggie-sized, Super-sized**. Stick with normal, or junior sized sandwiches.

## 5 | be assertive

- If you do not know what is in a dish, or how it is prepared, ask.
- Ask for meats to be broiled with no extra butter.
- Order baked potato plain, top your own with low-cal sour cream, a small amount of margarine, or veggies from the salad bar.
- Ask that no salt be added to your food.
- Ask for sauces, gravy and salad dressings to be brought separately. Add sparingly.
- Order foods that are not breaded or fried. If a food comes breaded, peel off the coating.
- Mix and match salads and low fat appetizers to create a meal rather than ordering an entrée.
- If you can't get vegetables substituted for fries, ask for the fries to be left off of your plate.
- Even if you don't see something on the menu, ask for it anyways. For example: low fat, low calorie salad dressings.
- Eat slowly.

## what about alcohol?

1 | **1-2 drinks/day is acceptable** for people with diabetes, however, keep in mind that alcohol adds calories to your meal, with NO nutritional value.

2 | It is **not recommended** if you have high triglycerides, high blood pressure or liver problems.

3 | If you choose to drink alcohol remember to drink with your meal or with a snack & avoid sweet drinks.

4 | **Alcohol can cause a low blood sugar** when taken with certain diabetes medications.

5 | Beware of high calorie, sugary drinks (i.e. coolers, dessert wines or liqueurs).

# decisions...decisions...

| choose more often   | choose less often  |
|---|--|
| <b>1   burger chains</b>  |  |
| Burgers: veggie, grilled chicken, child-sized<br>Toppings: lettuce, tomato, onion, pickles<br>Baked potato with low-fat sour cream or chili<br>Salads with low-fat dressing<br>Apple slices, low-fat yogurt | Burgers: deep-fried chicken and fish, double-decker sized<br>Toppings: bacon, cheese or cream sauces<br>Baked potato with all fixings, french fries<br>Ice cream, cookies, pies, milkshakes                                      |
| <b>2   chicken restaurants</b>  |  |
| Barbecued, baked or grilled skinless chicken<br>Grilled chicken sandwich or fajita<br>Rice, baked potato with low-fat sour cream chicken soup<br>Green salads with low-fat dressing                         | Deep-fried chicken fingers or nuggets<br>Roasted chicken with skin<br>Chicken salad sandwich and chicken pot pie<br>French fries, baked potato with all fixings<br>Caesar salad, creamy salads, dipping sauces                   |
| <b>3   chinese food</b>   |  |
| Steamed or boiled veggies, noodles, rice, chow mein or dumplings<br>Light soy sauce<br>No MSG<br>Hot & sour or clear soups  | Deep-fried chicken balls, vegetables, rice or noodles<br>Egg rolls, spring rolls, sweet and sour pork<br>Regular soy sauce<br>MSG  |
| <b>4   deli/coffee shops</b>  |  |
| Whole grain bread, 1/2 a bagel<br>Peanut butter or low-fat cheese<br>Ham, chicken, turkey, roast beef<br>Vegetables, bean, fruit or green salad<br>Poached egg or plain omelet<br>Broth based soups         | White bread, whole bagels, or pastries<br>Cream cheese and creamy salad sandwiches<br>Salami, pepperoni, bologna, bacon, meatballs<br>Caesar salad, creamy salads<br>Fried eggs, cheese omelet, hash browns<br>Cream based soups |
| <b>5   indian</b>   |  |
| Curries with a vegetable or dal base<br>Shish kabob or tandoori dishes<br>Naan, rice, or pilafs   | Curries made with coconut milk/cream<br>Pakora or samosa<br>Papadum  |
| <b>6   italian</b>  |  |
| Marinara or tomato sauce<br>Veggie pizza on whole wheat crust<br>Broiled, baked, grilled, poached meat and fish   | Alfredo, pesto, cream or cheese sauce<br>Meat or extra cheese pizza on white crust<br>Breaded, fried or deep-fried meat and fish   |
| <b>7   japanese</b>   |  |
| Teriyaki or sukiyaki dishes, sushi<br>Steamed vegetables, edamame<br>Tofu dishes, yakitori  | Deep-fried dishes<br>Tonkatsu or katsudon<br>Shrimp or vegetable tempura   |
| <b>8   mexican</b>  |  |
| Chicken fajitas, plain soft tacos, ceviche<br>Mexican rice<br>Salsa or pico de gallo  | Beef burritos, taco salads or hard taco shells<br>Quesadillas, or flautas, chimichangas<br>Sour cream, extra cheese, guacamole   |
| <b>9   thai</b>   |  |
| Cold rice paper rolls<br>Clear soups<br>Satay, fish or kabob dishes   | Deep-fried spring rolls<br>Coconut milk and rice<br>Peanut or curry sauce  |