

Other tips...

What to drink?

- While water is the best choice there are other options which include skim or 1% milk, diet soda, unsweetened iced tea, or coffee (with milk instead of cream, artificial sweetener instead of sugar, or no sugar).

Dessert?

- Choose fresh fruit, unsweetened applesauce, small serving of plain ice cream, sherbet, frozen yogurt, or a small serving of angel food cake with fresh fruit.



Condiments and other toppings?

- Choose lemon juice, vinegar, light salad dressing, pepper, herbs, salsa, mustard, ketchup, horseradish, diet/light jellies, or artificial sweeteners.

Three keys to healthy dining



1. Timing

If you are taking insulin or diabetes medications, you should consider the timing of your meal. You may want to plan a snack if you have a long wait for a table.

2. Plan ahead

Check if the restaurant has a menu on their website or call ahead to ask about menu options. You may be able to plan a healthy entrée in advance. Plan to share an entrée or take home leftovers as restaurant portions are usually huge.

3. Speak up

Ask your server about how the food is prepared. Many high calorie, high fat, fried foods can be made healthier by asking for items to be grilled, baked, or broiled instead of fried. Ask for sauces or dressings to be served on the side.

For more information:

www.eatright.org

www.diabetes.org

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Tips for dining out with diabetes



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Dinning out, staying healthy



Dining out is a fun and convenient part of our busy lives. Trying to make healthy food choices while eating out can be a challenge. However, it is possible for people with diabetes to enjoy dining out and keep their blood sugar under control which is key to staying healthy.

What makes a healthy meal choice?

A healthy meal begins with balance. It should include a moderate amount of carbohydrates, fats, and proteins. Healthy choices include foods that are low in saturated fat, sugar, and salt. Healthy choices also include foods that are high in fiber. Many restaurants serve huge portions, sometimes enough for two or three people. Order menu items that contain fewer calories and eat smaller portions. Bring leftovers home for another meal.

How to make healthier choices? Here are some ideas:

At breakfast, ask for...

- Eggs poached, hardboiled, or egg substitute, instead of fried eggs.
- Whole grain toast or English muffin.
- Whole grain, unfrosted cereals with skim or 1% milk.
- Light yogurt or low fat cottage cheese with fruit.
- Oatmeal

At Breakfast, limit or avoid...

- Donuts, Danish, sweet rolls, croissants.
- Whole or 2% milk.
- Fatty meats (bacon or sausage).
- Jam, jelly, or cream cheese.

At lunch, ask for...

- Sandwiches made with plain roast beef, turkey or ham.
- Vegetable sandwich toppings, such as lettuce, tomato, peppers, and onions.
- A piece of fresh fruit, a cup of broth based soup, or a small garden salad with light dressing instead of French fries.
- Mustard or light salad dressing, instead of mayonnaise or special sauces.

At lunch, limit or avoid...

- Hot dogs, fried burgers, salami, pastrami, or bologna.
- Chicken or egg salads prepared with mayonnaise or oil.
- Salads loaded with cheese, fried meats, or high fat dressings such as ranch, thousand island, or bleu cheese.



At dinner, ask for...

- Meat, poultry, fish, and seafood that is roasted, grilled, baked, or broiled without breading and added fat. Be sure to trim off any fat.
- Meat served with its natural juices or “au jus,” instead of high fat gravies.
- Pasta with marinara or clam sauce, instead of butter, cream or cheese sauces such as Alfredo.

At dinner, limit or avoid...

- “All you can eat” buffets
- Beware of menu items that contain the words: fried, breaded, creamed, escalloped, au gratin, sautéed, candied, or glazed.