

Diabetes: Strategies for Eating Out

Eating in a restaurant can be a challenge for diabetics. People who follow a diabetic meal plan are seeking healthy, low-fat, low-calorie, high-fiber, and sometimes low-salt and low-sugar meals. Finding an entrée to meet these requirements can be accomplished with a little planning.

Strategies for Success:

Review the menu ahead of time to plan your meal. Restaurants may have their menus listed online, in the phonebook, or you may have to stop by and ask to see the menu. This will give you a chance to estimate calories, carbohydrate and fat content. Don't be afraid to make special requests to change how a dish is prepared.

Wise Food Choices...

- Low-cal or no-cal sweeteners in the pink, blue or yellow packets.
- Low-cal, low-fat salad dressings, choose oil and vinegar, or squeeze fresh lemon over your salad. Ask for dressings to be served on the side. (This way, you put less on than if you drizzled it over the salad.)
- Ask for fish or chicken to be baked or broiled instead of breaded and fried.
- Order lean cuts of meat or a low-cal version of an entrée. Skip the sauces and gravies or ask that they be served on the side.
- In breakfast dishes opt for egg substitutes such as "Egg Beaters."
- Order a half portion or a child's serving.
- Order low-fat or fat-free milk.
- Eat half of the entrée and take the rest home for another meal.
- Ask that no salt be added to your meal.
- Stay away from appetizers that are breaded and fried.
- Go light on crusts and rolls. Avoid high-fat croissants and biscuits.

Navigate the Salad Bar

- Avoid salted condiments like pickles and olives.
- Avoid canned or marinated vegetables.
- Avoid seasoned croutons, cheeses, and salted seeds.
- Take small portions of salads with mayonnaise or fatty dressings.
- Stick to raw vegetables and fruits.
- Always place dressings to the side of the salad.

Do You Want Fries with That?

NO. Opt for a fruit bowl or salad instead.

Desserts?

On occasion it is acceptable to have a dessert. Look for fruit, sherbet, gelatin and plain cakes. If you indulge, share with a friend or take a portion home to finish later.



For more information, please visit the following websites.

<http://www.mayoclinic.com/health/diabetes-nutrition/DA00131>

www.diabetes.org