

TAKE 5

TO CARE 4 YOURSELF

DINING OUT WITH DIABETES

Leading a healthier life with diabetes may not be as tough as you think.



Diabetes doesn't have to stop you from enjoying life's pleasures. And that includes dining out. You can eat out and still stay on your meal plan. Here are some tips that can help.



Stay on schedule

If you take diabetes medication, timing of your meals may be important. So it's a good idea to plan ahead whether you are eating in the restaurant, or decide to "take out" with pick up or delivery.

- If you'll be dining with family or friends, ask if they would be willing to eat when you usually eat so you can stay on schedule
- Avoid times when restaurants are usually busy so you won't have to wait. If you're not sure when the busy times are, call ahead and ask
- Make reservations and arrive promptly. When you call, or when you arrive at the restaurant, consider mentioning that you have diabetes so timing of your meal matters
- Think about looking at the restaurant's menu online. That way you can decide on a healthy choice while still at home and you won't waste time looking at the menu
- If you will be eating lunch or dinner later than usual, think about eating a healthy snack at your usual mealtime
- Before ordering, ask whether the dish you want will take extra time to prepare



When it's time to order

Don't just choose the first meal that looks good to you. Think carefully about how the food will fit into your meal plan.

- If you don't know what is in a dish or how it's prepared, ask the server so you can decide whether it fits into your meal plan
- Be aware of words like crispy, creamed, alfredo, au gratin, or breaded/battered. Foods described in these ways may have higher calories or fats
- If you're on a low-salt meal plan, ask for your meal without added salt
- Ask for salad dressing, sauces, and gravy to be served on the side to control how much you use
- Ask if a dish can be roasted, steamed, grilled or broiled instead of fried
- Mix and match menu items if it fits your meal plan better. Order a salad and soup, or an appetizer instead of an entrée, or consider ordering one meal to share with someone else at the table
- Don't hesitate to ask for substitutes. For example, ask for a vegetable instead of French fries
- When in larger chain restaurants, ask for nutrition information, which usually includes total carbohydrates, or check their menu online in advance





When your food arrives

You're hungry and you're ready to dig in! But take a moment to think about these tips first, so you can be sure to stay on your meal plan.

- Try to eat the same size portion you normally would. Restaurant portions tend to be large. So estimate your normal portion and put the extra food in a container to go before you begin to eat. That way you won't be tempted to eat everything on the plate
- You can estimate portion sizes even when you can't measure.* For example:
 - A serving of meat, fish, or poultry is 3 ounces—about the size of the palm of your hand
 - A serving of cheese is 1 ounce—about the size of your thumb
 - A serving of milk, yogurt, or fresh vegetables is 1 cup—about the size of a tennis ball

*Since all hands are different sizes, compare yours to the actual measurements before you estimate.

- Don't pour dressing on your salad. Instead, the American Diabetes Association suggests that you dip the tip of your fork in the salad dressing and then spear a piece of lettuce. You'll use less dressing that way
- Try to limit alcohol and sugary drinks. They add calories but no nutrients to your meal

Follow the "Diabetes Plate Method"

1/2 Non-starchy Vegetables



1/4 Lean Protein

1/4 Carbohydrates



When it's time to head home

Just a couple of things before you go:

- Was it easy for you to order because there were a lot of healthy choices on the menu? Let the manager know. Restaurants want to please you, and they'll only know what you want if you tell them
- Don't forget that to-go container for tomorrow!



For more information on healthy eating, ask your doctor for a free copy of the **Cornerstones4Care®** booklet, **Meal planning and carb counting**, or call 1-800-727-6500 Monday to Friday from 8:30AM to 6:00PM EST.

Visit **Cornerstones4Care.com** for additional resources and to register for a FREE diabetes support program! Point your smartphone camera at the QR code for quick access to the website on your phone.

Eating

Moving

Treating

Staying on Track



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