

Healthy Eating When Dining Out

Drinks

When eating out, make a point to make healthy drink choices.

- Choose water or other sugar-free drinks. Try unsweetened tea, coffee, light lemonade, or diet soda.
- Avoid sugary drinks like regular soda, sports drinks, or sweet tea.
- If you drink alcohol, keep it to one drink for women and two for men. Avoid sugary mixed drinks.

Buffets

Buffets can be hard because there are so many choices. The key is to try to make healthy choices and avoid overeating.

- Limit yourself to one plate of food.
- Use the plate method to keep portions in check.
- If you want a second helping, choose salad with a lot of different types of vegetables and a low-calorie dressing.
- If you have eaten more than usual for your meal, skip the dessert area.

Restaurants

It's easy to get carried away when eating out. But by making healthy choices when you order and watching portions, you can stick to your meal plan even while dining out.

- Many restaurants now offer healthier menu items. These are often marked with a symbol on the menu, or are listed separately. Order from these choices when you can.
- Ask the server not to bring freebies like bread or chips to your table.
- If you do have some bread or chips, count it as part of your meal. Most freebies are starchy. So if you eat some bread, skip the pasta, corn, tortilla, or rice from your main meal.
- Have a salad or broth based soup to start your meal and then split an entrée with someone else at the table.

- Ask for all dressings and sauces on the side.
- For some restaurants, you can look up nutrition information. Use your phone at the restaurant or look it up before you go.
- One thing to do is look at the plate when it arrives. If it is more food than you usually eat, ask for a container and pack up part of the meal before you start to eat. You will already have another meal for tomorrow.

Healthier sides

Restaurants often have healthy options for your side. But if not, ask the server what other choices are available.

- Ask for a small salad or fruit instead of chips or fries.
- Ask for double the vegetables instead of the starch, especially if you had bread or chips before the meal.

Dinner Makeover

You can eat out and enjoy your favorites. Here's a quick meal makeover that shows the difference you can make by choosing healthier foods and saving part of your meal to eat the next day. Ask for a take home box when you place your order and pack up half of your meal right away so you won't be tempted.

(BEFORE) DINNER MENU	CALORIES	GRAMS OF CARBOHYDRATE	GRAMS OF FAT
Sirloin steak (9 oz)	470	0	16
Large baked potato	280	63	0
¼ cup sour cream	120	2	12
1 tablespoon butter	100	0	12
House salad with blue cheese dressing	170	6	16
1 slice lemon pie	330	56	11
Sweet tea (16 oz)	130	33	0
Totals	1600	160	67

(AFTER) SMALLER PORTIONS MENU	CALORIES	GRAMS OF CARBOHYDRATE	GRAMS OF FAT
Sirloin steak (4.5 oz)	235	0	8
½ Large baked potato	140	31	0
2 tablespoons sour cream	60	1	16
1 teaspoon butter	40	0	4
House salad with lowfat Italian dressing	40	4	2
½ slice lemon pie	165	28	5
Tea without sugar (16 oz)	0	0	0
Totals	680	64	35

Looking for healthy recipes and food tips?

Sign up for our FREE online resource,
Recipes for Healthy Living at diabetes.org/recipes.

1-800-DIABETES
(1-800-342-2383)
www.diabetes.org