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What's on the menu?

# Eating Out

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Eating out, whether in a restaurant or at a friend's home, is a pleasant change from having meals at home.

When you eat at home, you have more control over the size of serving, the foods served, how the foods are prepared and the timing of the meal. Eating out means that you will have to ask questions to learn this information. Some restaurants may provide nutrition facts on their menus or on a website.

Healthy eating is one of the cornerstones of diabetes management. It is very important that you try to follow your meal plan as closely as possible while you are out, or know how to adjust your insulin or diabetes medication for different portion sizes.

When you know you will be eating out, use the PLAN AHEAD method:

**P**ortion control

**L**abel reading/website checks

**A**sk if you are not sure

**N**o forbidden foods

**A**ssess if this is a special occasion or an everyday event

**H**ealthy snacks

**E**at every four to six hours

**A**void skipping meals

**D**ecide which restaurants will work for you



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## Tips for eating out

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- Your meal may be earlier or later than your usual time. Discuss this with your dietitian. She/he may suggest that you plan to bring a snack to eat at your usual time, or teach you how to adjust your insulin.

- Your portion may be larger than the one in your meal plan. If you have been measuring or weighing foods at home you will be better able to “eyeball” your regular serving size and compare it to the one on your plate. In a restaurant, ask to take the extra food home for another meal. For the special occasion when a larger portion is eaten you will be better able to adjust your diabetes medication.
- How the food is prepared may be unknown. Ask questions of your server: Most restaurants are very happy to tell you how the food is prepared and to meet your requests (e.g., salad dressing on the side, meat broiled instead of fried). Or you may call in advance to check if the restaurant is prepared to meet your needs.
- If dining with friends, a word about portion sizes or particular items when accepting the invitation will often save guest and host an uncomfortable moment.

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## Bon appétit!

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Eating out should be fun. You don't have to give up all your favourite foods. If you are really craving fries, order them once in a while or share them with a friend. Here are some common foods you'll find when you eat out. Healthier choices (BEST PICKS) are on the left, and foods to eat less often (PASSES) are on the right.

### Starters

BEST PICKS	PASSES
clear soup	anything deep fried
fresh fruit	chips and nuts
raw vegetables	cream soup
salad (dressing on the side)	extra bread and butter
seafood cocktail	oil marinated antipasto
vegetable juice	
vegetable soup	

### Main Dishes – Meat, Fish, Chicken

BEST PICKS	PASSES
au jus, baked, barbecued without sauce, broiled, grilled, roasted, steamed	barbecued with sweet, thick sauces
	chicken skin, chicken wings
	creamy casseroles
	creamy stew
	breaded, “crispy”, fried