

Eating away from home



TIPS FOR MAKING HEALTHY CHOICES

For many people, eating foods prepared away from home is a way of life. Whether at restaurants, take-out counters, vending machines or corner stores, making healthy choices is possible and important. Balancing healthy food with regular physical activity can help prevent or delay the onset of diabetes or its complications.

Here are some tips to help you enjoy healthy foods and meals wherever you are.

Consider these healthy eating tips

When planning a meal or snack, make healthy choices based on *Canada's Food Guide*. *Canada's Food Guide* describes how much food you need and what type of food is part of healthy eating.

Choose foods that provide:

Fibre

- ◆ slows the rise in blood glucose, helps improve cholesterol levels and helps you feel full
- ◆ choose vegetables, fruits, beans, lentils, whole grains

Vitamins & minerals

- ◆ help keep the body healthy and fight infection
- ◆ choose brightly coloured vegetables over French fries, milk over pop, whole grain over white bread

Choose foods lower in:

Fat

- ◆ provides extra calories; *saturated* and *trans* fats increase your risk of heart disease
- ◆ limit fast food, baked goods, fatty meats, cream

Sodium (salt)

- ◆ can lead to high blood pressure
- ◆ limit fast food, canned/dried soups, salty snacks, prepared frozen dinners

Sugar

- ◆ provides extra calories; may make control of blood glucose and blood fats difficult
- ◆ limit regular pop, fruit drinks, candies, desserts





Overcome the challenges of making healthy food choices away from home

<input checked="" type="checkbox"/> Challenges I have faced	Possible solutions
<input type="checkbox"/> Limited choices are available	<ul style="list-style-type: none"> • Bring healthy food from home such as sandwiches, nuts, washed, pre-cut vegetables and fruit • Check out <i>all</i> options <i>before</i> making your choice
<input type="checkbox"/> Portions are too big	<ul style="list-style-type: none"> • Think about portion size before making your choice (avoid “super-sizing”) • Order half portions or share an item with a friend • Stop eating when you are full; take extra food home
<input type="checkbox"/> It is easy to eat “mindlessly” (nibbling while waiting or eating after I’m full)	<ul style="list-style-type: none"> • Avoid skipping meals or snacks • Drink water to avoid nibbling • Skip or share appetizers or snacks • Ask for a take home container when ordering • Move tempting foods away or place napkin over unwanted food
<input type="checkbox"/> Unhealthy cooking and serving methods are used	<ul style="list-style-type: none"> • Ask to have your choice prepared differently (e.g. baked instead of fried) • Ask for sauces on the side and use sparingly • Ask for substitutions such as salad vs. fries; milk vs. cream
<input type="checkbox"/> “All-you-can-eat” buffets are tempting	<ul style="list-style-type: none"> • Scan the buffet before making choices • Go through the buffet line only once • Take smaller portions of each item • Order from the menu instead of going to the buffet
<input type="checkbox"/> I enjoy the taste of less healthy choices	<ul style="list-style-type: none"> • Make changes one small step at a time • Be patient and allow time for your taste buds to change • Try new healthy foods to find ones you enjoy
<input type="checkbox"/> I want to treat myself	<ul style="list-style-type: none"> • Balance the choice that you feel is less healthy with a healthier choice (e.g. fried chicken with baked potato instead of French fries) • Choose smaller portions or share less healthy choices
<input type="checkbox"/> My family/friends often make less healthy food choices	<ul style="list-style-type: none"> • Be a healthy role model, set a positive example • Discuss and choose a location that offers healthy options
<input type="checkbox"/> _____ _____ _____	_____ _____ _____

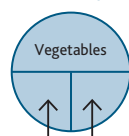


Make healthy choices

Here are some tips to help you make wise food choices wherever you are. Remember that portion size is an important part of healthy choices.

	Choose <u>more</u> often	Choose <u>less</u> often
Cooking methods	<ul style="list-style-type: none"> Baked, steamed, poached, grilled, roasted or stir-fried Tomato-based sauce, sauces on the side 	<ul style="list-style-type: none"> Fried, breaded, battered Au gratin (with cheese), sweet or creamy sauces Dishes with soy sauce or MSG
Snacks on-the-go	<ul style="list-style-type: none"> Vegetables, fruit, low-fat cheeses or yogourt, boiled eggs Whole-grain crackers with peanut butter Unsalted nuts or seeds 	<ul style="list-style-type: none"> Cheese puffs, chips, cookies, donuts, buttered/ salted popcorn, chocolate bars, candy
Beverages	<ul style="list-style-type: none"> Water, milk (skim, 1%, or 2%) Sugar-free/diet drinks Clear tea, herbal tea, black coffee 	<ul style="list-style-type: none"> Milkshakes, fruit drinks, regular pop Alcohol, specialty drinks (e.g. iced cappuccino)
Fast food	<ul style="list-style-type: none"> Garden salad Mini subs, pita sandwiches, plain burgers/wraps/sandwiches (ask for extra vegetables) Vegetarian or cheese pizza with whole-grain crust 	<ul style="list-style-type: none"> Burgers/sandwiches with bacon, cheese and high-fat sauces French fries, fried chicken, fried fish, poutine, hash browns Pizza with pepperoni, sausage, bacon or extra cheese
Starters	<ul style="list-style-type: none"> Raw vegetables, salads (garden, spinach, fruit) Vegetable juice, clear or vegetable soups Seafood cocktail, sushi Whole-grain breads and rolls 	<ul style="list-style-type: none"> Salads with high-fat dressings or toppings Cream soups Wings, egg rolls, onion rings, nachos White or garlic bread
Main courses	Grains & Starches (amount equal to ¼ of your plate)	
	<ul style="list-style-type: none"> Oatmeal, high-fibre/lower-sugar cereals Whole-grain breads, rice, pasta, barley, couscous Plain or sweet potatoes 	<ul style="list-style-type: none"> Sugary, low-fibre cereals Large bagels, muffins, croissants, white bread French fries, hash browns, fried rice
	Meat & Alternatives (amount equal to ¼ of your plate)	
	<ul style="list-style-type: none"> Lean meats, poultry, fish, eggs, low-fat cheese Tofu, soy products, vegetable protein Legumes (e.g. lentils, chickpeas, beans) 	<ul style="list-style-type: none"> High-salt and/or high-fat meats (e.g. ribs, wings, sausages, wieners, poultry with skin on, processed luncheon meats)
Vegetables (amount equal to ½ of your plate)		
	<ul style="list-style-type: none"> Salads (Greek, garden, spinach), plain vegetables Vegetables on sandwiches, wraps, pizza 	<ul style="list-style-type: none"> Salads with creamy, high-fat dressings and toppings like bacon bits, croutons, cheese
Desserts	<ul style="list-style-type: none"> Fresh fruit, frozen yogourt, skim milk latte 	<ul style="list-style-type: none"> Cakes, pies, pastries, ice cream, cheesecake

PLATE METHOD



Grains & Starches Meat & Alternatives

