

# ENJOY A NIGHT OUT AND STAY HEALTHY



## It's a balance you can achieve.

Going out to eat can be one of life's great pleasures. And just because you have diabetes doesn't mean you can't take part. By ordering smart and balancing your nights out with your nights in, it's possible to enjoy yourself and take good care of your diabetes at the same time.

### Tips for ordering out at a restaurant.<sup>1</sup>

- › If you don't know what's in a dish, ask your server what the ingredients are.
- › Be aware of portion sizes. If the serving is larger than you'd normally eat at home, consider sharing with your dining partner or ask your server for a to-go container. Put the extra food aside before you start eating.
- › Think grilled, not fried, not sautéed.
- › Order your baked potato plain, then top it with some oil or a little butter and pepper, or add a few bacon bits, light sour cream, and/or vegetables from the salad bar.
- › Ask that no salt be added to your food during cooking. You can always add a little salt at the table, if needed.
- › Ask for sauces, gravy and salad dressings on the side. Instead of dumping on the whole dish, try dipping your fork into the dressing with each bite or add a little dressing at a time.
- › Skip the bread before your meal.
- › Think outside the dinner menu. See if you can order vegetables, salad or a broth-based soup for an appetizer or fruit for dessert. Or, instead of an entree, combine a salad with a lower-calorie appetizer.
- › Rather than having French fries ask for a substitute like a vegetable, salad or fruit. If you can't get a substitute, just ask for no French fries.
- › If you would like to have an alcoholic drink, choose something without sugar such as tonic, soda or sparkling water.
- › If there's a salad bar, fill your salad with lots of veggies, a few sunflower seeds and some protein like grilled chicken, beans or chickpeas. Avoid the potato and macaroni salads.

Together, all the way.®



## Tips for ordering fast food.<sup>2</sup>

It's no secret that fast food isn't the healthiest choice. In fact, it's easy to eat an entire day's worth of unhealthy fat, salt, sugar and calories in just one fast-food meal. Still, it is possible to make wise choices and eat a fairly healthy fast-food meal.

### Here are some tips to help you choose well.

- ▶ Ask to see nutrition information for the menu items. Most fast food places have it available somewhere in the restaurant. You can also look it up online ahead of time.
- ▶ If ordering a combo meal, ask to substitute the fries for something healthier, like a side salad or apple slices.
- ▶ Think about how your food will be cooked. Chicken and fish can be good choices, but they can have more calories and fat if they are breaded and deep fried. Choose grilled or broiled sandwiches with meats such as lean roast beef, turkey or chicken breast.
- ▶ Stick with regular sizes and avoid anything jumbo, super-sized or any other larger than usual portion size.
- ▶ Order items without toppings like cheese, sauces or mayonnaise.
- ▶ For breakfast, choose an egg with a slice of whole wheat toast or English muffin. Or try fruit and yogurt.
- ▶ Avoid muffins that are loaded with sugar, fat and calories. Even "low-fat" muffins are usually very high in calories for the amount of food you get.

- ▶ Choose a lower-sugar cereal (less than 10 g/serving) with fiber (aim for 5 g or more) and top with low-fat or fat-free milk.
- ▶ Avoid bacon and sausage.

### For Mexican fast food:

- ▶ Order non-fried items like bean burritos, soft tacos or fajitas.
- ▶ Choose chicken over beef.
- ▶ Limit refried beans. Or ask if they have beans that aren't refried.
- ▶ Pile on extra lettuce, tomatoes, and salsa but go easy on cheese, sour cream and guacamole.
- ▶ Watch out for deep-fried taco salad shells – a taco salad can have more than 1,000 calories!

### For pizza:

- ▶ Go for thin crust.
- ▶ Choose vegetable toppings.
- ▶ Limit to one to two slices.

### For Chinese food:

- ▶ Avoid fried and high-sodium foods.
- ▶ Ask for the sauce on the side.



#### Sources:

1. American Diabetes Association. "Ordering Tips." <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/eating-out/ordering-tips.html> (last edited July 2, 2014)
2. American Diabetes Association. "The Fast Food Challenge." <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/eating-out/the-fast-food-challenge.html#sthash.CTmZuJp5.dpuf> (last edited June 30, 2014)

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