

# **Eating Out When You Have Diabetes**

Eating right is an important part of keeping your blood glucose in your target range. You just need to make healthy choices. When you eat away from home:

# **Try These Tips**

- Ask how foods are prepared before you order.
- Instead of fried, sautéed, or breaded foods, choose ones that are broiled, steamed, grilled, or baked.
- Ask for sauces and dressings on the side.
- Only eat an amount that fits your meal plan. Remember: You can take home the leftovers.
- Reserve dessert for special occasions. Then, choose a small dessert or share one with someone else.

# **Make Healthy Choices**

## **Fast Food**

- Garden salad with light dressing on the side
- Baked potato with vegetables or herbs

### Mexican

- · Chicken enchilada, no cheese or sour cream
- Small burrito with whole beans and chicken

### **Steak House**

- · Grilled or broiled lean cuts of beef
- Baked potato with vegetables or herbs

### Asian

- Steamed dumplings or potstickers
- · Broiled, boiled, or steamed meats or fish



You can make healthy choices and ask for substitutions when you eat out — even at fast-food restaurants

- · Broiled, roasted, or grilled chicken sandwich
- · Sliced turkey or lean roast beef sandwich
- · Whole beans (not refried) and rice
- · Chicken or fish fajitas
- Broiled or baked chicken (don't eat the skin)
- Steamed vegetables
- · Sushi or sashimi
- Steamed rice or boiled noodles (one serving is equal to 1/3 cup)

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