



## 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.



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

### Make Healthy Choices

#### Fast Food

- Garden salad with light dressing on the side
- Baked potato with vegetables or herbs
- Broiled, roasted, or grilled chicken sandwich
- Sliced turkey or lean roast beef sandwich

#### Mexican

- Chicken enchilada, no cheese or sour cream
- Small burrito with whole beans and chicken
- Whole beans (not refried) and rice
- Chicken or fish fajitas

#### Steak House

- Grilled or broiled lean cuts of beef
- Baked potato with vegetables or herbs
- Broiled or baked chicken (don't eat the skin)
- Steamed vegetables

#### Asian

- Steamed dumplings or potstickers
- Broiled, boiled, or steamed meats or fish
- Sushi or sashimi
- Steamed rice or boiled noodles (one serving is equal to 1/3 cup)