



Eating Healthy When Dining Out

Appetizers:

- Order salad dressings and other sauces on the side. This way you have control over how much or how little you add.
- Share an appetizer with a friend. Half the food equals half the calories.
- Soup can serve as a great appetizer to a meal or as an entree. Broth based soups are lower in fat and calories when compared to cream based soups.
- If you want to eat less: order two appetizers or an appetizer and a salad as your meal. Avoid fried appetizers.

Meals:

- When ordering grilled fish or vegetables, ask that the food either be grilled without butter or oil, or prepared "light," with little oil or butter.
- When ordering pasta dishes, look for tomato-based sauces rather than cream-based sauces. Tomato-based sauces are much lower in fat and calories. In addition, the tomato sauce (or marinara sauce) can count as a vegetable!
- Look for items on the menu that are baked, grilled, dry-sautéed, broiled, poached, roasted, stir-fried or steamed. These cooking techniques use less fat in the food preparation and are generally lower in calories.
- Order sandwiches with mustard rather than mayonnaise or "special sauce." Mustard adds flavor with virtually no calories.
- Select entrees with fruits and vegetables as key ingredients. Enjoy the flavors they offer. Fruits and vegetables are a good source of dietary fiber as well as of many vitamins and minerals.

Beverages:

- Drink water, diet soda, or unsweetened tea or coffee instead of regular soda or alcoholic beverages.
- Choose 1%, ½% or skim milk instead of whole or 2% milk.

Side Dishes:

- Order steamed vegetables as a side dish instead of potatoes or rice.
- Ask for salsa with a baked potato instead of sour cream, butter, cheese, or bacon. Salsa is very low in calories and a healthy alternative with a lot of spice.
- If you have a choice of side dishes, opt for baked potato or steamed vegetables rather than french fries. Even if choices are not listed, ask your server to substitute vegetables or a baked potato for french fries.

Other Tips:

- If you are craving dessert, opt for sorbet, fresh berries or fruit.
- If you must have a rich dessert, share it with a friend.
- Stop eating when you are full — listen to the cues your body gives you.
- Take half of your meal home. The second half can serve as a second meal! (Two meals for the price of one: What a deal!)
- Don't be afraid to ask for special low-calorie or low-fat preparation of a menu item. The restaurant industry is one of hospitality and customer choice. They aim to please.
- Plain bread or yeast rolls are relatively low in fat and calories. It's the butter and oil you add that increases the fat and calories.
- Choose foods made with whole grains. Examples include whole-wheat bread and dishes made with brown rice.
- Enjoy foods that are flavored with fresh herbs rather than fats such as oil and butter. Herbs add a unique flavor to any dish!
- Remember: don't deprive yourself of the foods you love. All foods can fit into a well-balanced meal plan.

U.P. Diabetes Outreach Network
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