



## Eating Out When You Have Diabetes

Eating right is an important part of keeping your blood sugar in your target range. You just need to make healthy choices.

### Tips for restaurant meals

When you eat away from home try these tips:

- Try to schedule your dining-out meal at your normal meal time. Make a reservation if possible, so you don't have to wait to eat. If you can't make a reservation, try to arrive at the restaurant at a less-busy time to cut down your wait time.
- Call ahead to see if the restaurant can meet your dietary needs if you've never been there before. Or you can go online to see the menu ahead of time.
- Carry some crackers with you in case the restaurant needs you to wait until you can be served.
- 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, gravies, and dressings on the side.
- Only eat an amount that fits your meal plan. Remember: You can take home the leftovers.
- Save dessert for special occasions. Then choose a small dessert or share one with a friend or family member.

## 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, without cheese or sour cream
- Small burrito with whole beans and chicken
- Whole beans (not refried) and rice
- Chicken or fish fajitas

### Steakhouse

- 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)