

DINING OUT GUIDELINES: Fine Dining or Fast Food

Planning ahead can make dining out a rewarding experience.

The following tips may be helpful:

1. Select a place to eat where suitable choices are available. Order the appropriate meat and vegetable. Most places have a salad with meat. (Get the grilled, not the fried.)
2. Request that all fats be trimmed from the meat, and the method of cooking be “broiled or grilled without fat.” If something is made with eggs, request egg beaters.
3. Most restaurants will allow substitutions of a rice/potato for a vegetable.
4. Plan ahead! Ask others dining with you if they will want the rolls/chips ahead of time. If not, ask the waiter not to bring them, but to bring the salads early. Ask also during the meal if others will want dessert. If not, tell the waiter this prior to him asking as to avoid the temptation.
5. Portion sizes in restaurants are large. If you eat fast, ask the waiter to bring you a carry home box with your meal so you can cut it in half first and only eat what is left. If not going home, split a meal with someone. You can always order more if you are hungry afterwards.
6. Eat slowly. Enjoy your company.
7. Carry your own seasonings, or condiments if desired.
8. Order decaffeinated coffee, tea, or water. Drink two glasses of water prior to the meal.
9. For cocktails, order club soda or designer water with a twist of lemon or lime; or order a diet soda. (Being sparing with these.)

TRAVELING TIPS



Plan Ahead!

If fortunate enough to get a meal on an airplane, order a “diabetic meal” or a carbohydrate-controlled meal when making reservations. The entrée served in this type of meal is prepared without any added fat. It is usually a lean piece of meat or poultry. Omit all other items on the tray, such as potatoes, breads, dessert, fruit and milk. Eat only the meat, allowed vegetables, and salads.

If you are able to take food along on a trip in a cooler, the following foods and preparation tips are suggested:

- ❖ Canned chicken or turkey in broth can be warmed in hot water or eaten cold.
- ❖ Canned water packed tuna with lift off lids
- ❖ Sliced pressed chicken or turkey on ice
- ❖ Salt packets
- ❖ Butter Buds
- ❖ Bouillon Cubes
- ❖ Instant coffee or decaffeinated coffee or tea bags
- ❖ Hot water, brewed coffee or decaffeinated coffee in a thermos
- ❖ Diet beverages and bottled water
- ❖ Allowed miscellaneous items, seasonings, flavorings, and condiments

Also bring:

- Can opener or bottle opener
- Cold pack
- Disposable plate, cup, knife, fork, spoon, hand wipes