



# TIPS FOR EATING OUT

## RESTAURANT GUIDE



On average, Americans eat 5 out of the 21 traditional meals in a week away from home. It's possible to enjoy eating out, while keeping your blood glucose and weight in check. These tips are designed to help you plan ahead and make eating out a healthy pleasure...



### INSPECT.

Your attitude. Do you treat every meal out as a reason to indulge? Adopt a healthy mind-set and a positive, mindful, "can-do" attitude.



### PREPARE.

Check online to see the menu. Plan for what you may drink. Bring your diabetes supplies to the restaurant. When you take the time and prepare for eating out, you'll do well!



### ENJOY.

Congrats! You've done your homework. Now enjoy your meal. Taste the food. Savor the flavors. And most of all, enjoy the company and conversation. After the meal, check your blood glucose. If it wasn't in the expected range, think about what you'd do differently next time.



### LOOK.

As you make your way to the table, look at what people are eating. Are the portions really large? Are there breadbaskets on the table? Do you see someone eating a dessert you've just got to try? Think about how you want to adjust what you order based on what you see.



### ASK.

Remember, you have a right to make special requests (within reason, of course!). For example, ask for dressings and sauces on the side, and if the bread basket is too tempting, ask for it to be taken away.



## MORE TIPS

**PREPARE** If you usually take insulin before a meal, don't take it until you're at the restaurant and you're certain the food is on its way. You may need to have a small snack before you go out if you know the meal will be later.

**LOOK** for someone at your table who might want to share a dish.

**ASK** for the portion size that you want. For example, if you're treating yourself to some French fries, ask the waiter if they could make sure you only get 15 fries.