

Dining Out Do's and Don'ts

Do's

Do have a colorful plate.

Do eat slowly and take pauses while you eat. You may find yourself full and eat less when you eat slowly.

Do order baked, broiled, or grilled meat.

Do ask questions about serving size and food preparations. Request substitutions for unhealthy side dishes or food preparations.

Do request condiments, dressings, sauces, and gravy on the side – and then use less.

Do plan ahead. If possible, review the menu in advance so that you know which items work well with your meal plan. Many restaurants post menus online, and some even share nutritional content.

Don'ts

Don't add salt to your foods.

Don't order both an appetizer and a main entrée. Consider an appetizer and a side salad for your meal.

Don't treat dining out like a special occasion unless it's really a special occasion. You can enjoy a dessert, but share it with others at your table.

Don't drink too much alcohol, which adds calories but no nutrition to your meal.

Don't choose beverages that are high-calorie but do not add nutritional value to your meal, such as alcohol, soft drinks, sweet juices, sweet tea, milkshakes, smoothies, and sugar-loaded coffee drinks.

For information about the diabetes self-management training program at the Ruth Collins Diabetes Center, call **(214) 820-8988** or visit **BaylorHealth.com/DallasDiabetes**.


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A Diabetes Guide to Dining Out



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It's All In A Day's Diet

Whether it's a business meeting over lunch, dinner from a neighborhood carry out, or a fast-food meal with the kids, eating out is a part of our lives. But is it healthy?

It can be. This *Diabetes Guide to Dining Out* offers you helpful

information to stay within your self-management goals without sacrificing a night out with friends or family. By

making healthy eating choices

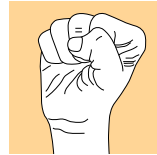
at home and out on the town, it's possible to control your diabetes. If you plan ahead and choose wisely, you'll find foods that fit into your meal plan. And remember, the more

often you eat out, the more careful you need to be when making your menu selection.

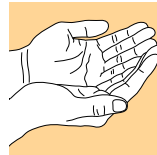


Portion Control

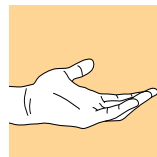
Portions served in restaurants, especially fast food and family-dining chains, are often larger than what you really need. Measure foods at home by comparing portions using hand indicators. This will give you an idea of the appropriate serving size when you eat out. If an entrée is too large, share it with your dining partner. Also, request a to-go container when the meal is brought to the table. Determine the size of one serving and put the rest in the to-go container before you start eating.



Beverages should be 8 fluid ounces or the size of your fist.



Soups, stews, salads, and ethnic dishes should be 1 cup or the size of two cupped hands.



Cooked grains and starches as well as mixed **salads** such as coleslaw or ambrosia should be ½ cup or the size of one cupped hand.



Cooked meat should be 2-3 ounces or the size of your palm.



Dips, dressings, sauces, or toppings should be 1 tablespoon or the size of two thumbs next to each other.

The Importance of Meal Timing

It's best to eat every 4 to 5 hours while awake. If you know a dinner out will be later than usual, eat a snack in the afternoon. It may also keep you from overeating at dinner.

Understanding Menu Lingo

Though approximately one half of chain restaurants disclose calorie count and nutritional information for menu options, it still can be hard to find low-fat items on restaurant menus. In 2009, legislation was added to the 2010 health care reform to include menu-labeling requirements for restaurant chains with 20 or more locations. This requires them to post calorie counts on menus and drive through boards.¹ Until implemented, descriptive words on a menu can indicate how a dish is prepared. Here are some keywords that may help you discern between high-fat and low-fat cooking preparations.

Low-Fat Cooking

- Au jus – juice from meat, usually without added fat
- Blackened – usually cooked in a pan with spices
- Braised – food is slow cooked in covered pan
- Grilled – cooked over an open flame
- Roasted – cooked in an oven with upper heat source
- Broth – a water-based sauce
- Coulis – fruit or vegetable puree
- Nage – stock made from herbs and veggies
- Poached – usually cooked in water
- Steamed – cooked with steaming water

High-Fat Cooking

- Aioli – garlic-flavored mayonnaise
- Bearnaise/hollandaise – “aise” indicates butter and egg yolks, usually a heavy sauce
- Beurre – “butter” in French
- Bisque – a soup made from cream
- Cream/creamy – made from heavy whipping cream
- Breaded/crusted – fried food that has been coated in nuts, breadcrumbs, or potato
- Fried/crispy – cooked in oil
- Pan roasted/golden brown – cooked in butter or oil
- Gratin – usually contains cheese or buttered breadcrumbs, sometimes as a crust
- Fritto/piccolo misto – large/small fried pieces
- Sautéed – fried in a pan with a small amount of oil

¹Elizabeth Pulos, PhD, MPH, and Kristen Leng, MPH, RD, “Evaluation of a Voluntary Menu-Labeling Program in Full-Service Restaurants,” *American Journal of Public Health* 100, no.6 (2010): 1035-1039.