

*My Doctor Says:
"Know the Guidelines For Dining Out!"*

What Do I Need to Do?



Helping all people
live healthy lives

BD Getting Started™

Dining Out Guide

Know the Guidelines For Dining Out!

This booklet is designed to help you choose your food when you are dining out. When you have diabetes, making healthy food choices at fast food places, restaurants and other people's homes is a special concern. You also need to watch how often you eat out and how much you eat.



What Do I Need to Do?

The way you eat is an important part of treating your diabetes. Whether you are at home or dining out, you need to know as much as you can about the way your food choices affect your blood glucose (sugar) levels. A good way to start is to set goals like the following with the help of your diabetes health care team.

1. Keep your blood sugar (glucose) levels as close to "normal" as possible.

- "Normal" means near the blood glucose values of people without diabetes.
- Blood glucose targets are based on the right balance between food, exercise, stress management and diabetes medications.

2. Check your blood glucose right before each meal and/or two hours after the start of your meal.

- This will tell you if a meal made your blood glucose go up or down.



- Keeping a record of your blood glucose when dining out will let you know if certain restaurants or menu items give you better or worse blood sugar results.

American Diabetes Association (ADA) Target Goals for Blood Glucose¹

BLOOD GLUCOSE	TARGET GOAL
Fasting and Pre-meal blood glucose	70 - 130 mg/dl
Two Hours after a meal	Less than 180 mg/dl

3. Keep your blood lipid (blood fat) levels as close to the ADA recommendations as possible for:

- Your HDL cholesterol (the "good" or high-density lipoproteins).
- Your LDL cholesterol (the "bad" or low-density lipoproteins).
- Your triglycerides (stored fat).



Learn how to choose and limit your fat intake. Reducing fat will lessen your risk of heart problems.

ADA Target Goals Cholesterol and Triglycerides¹

BLOOD LIPID	TARGET GOAL
Total Cholesterol	Less than 200 mg/dl
HDL Cholesterol	
Men:	Greater than 40 mg/dl
Women:	Greater than 50 mg/dl
LDL Cholesterol	Less than 100 mg/dl
Triglycerides	Less than 150 mg/dl

¹American Diabetes Association. Standards of Medical Care in Diabetes – 2010. *Diabetes Care*. 2010; 33(suppl 1):S11-S61.

4. Keep your blood pressure at 130/80 or less.

5. Decide on the best weight for you and how to reach your goal with the help of your health care team.

6. Eat the right amount of food for your metabolism and any diabetes medications you may be taking so you can prevent:

- Blood sugar that is too high (hyperglycemia).
- Blood sugar that is too low (hypoglycemia).

7. Make healthy food choices for your needs and learn how to make adjustments for:

- Exercise.
- Illness.
- Personal likes and dislikes.

Should I Have a Meal Plan?

The kinds and amounts of food you eat make your blood sugar go up and down. A meal plan is a guide to help you pick the right foods to keep your blood sugar at levels where you will feel as healthy as possible. A registered dietitian can help you find the best meal plan for you. Whether you are in your own kitchen or eating out, having a meal plan will help you make better food choices.

What Should My Goals Be When I Am Eating Out?

Your registered dietitian will help you learn how to get the right amount of carbohydrate (carb), protein, and fat with your meals. You will learn how much to eat, as well as the amounts of carb found in the different serving sizes for various foods. You will also find out how to choose from different food categories, such as the following.

Daily Food Group Choices:

1. Bread/Starch including cereal, rice or pasta – choose six or more servings, selecting whole grains (such as brown rice) over refined carbohydrates (such as white rice).

2. Fruits and vegetables – select three to five servings.

3. Low-fat milk, yogurt and cheese – pick at least two servings.

4. Meat, poultry, fish, eggs – opt for a serving of two to three ounces (plenty for most people).

5. “Healthy” fats (such as olive or canola oil, nuts or nutbutters, or avocado) – use two to four servings, taking special care to follow your registered dietitian’s recommendations on serving sizes for fats.



Why Do I Have to Worry about Fat?

Fats do not have much effect on your blood sugar, but they can increase your risk for heart disease and make you gain weight. Saturated fats (such as butter or lard) and hydrogenated fats (such as stick margarine) should be used *sparingly*. Other fats such as olive and canola oil may protect the heart, but they are still *very high in calories!*

Is Sugar Really Okay?

Sweets and sugary foods tend to have a lot of calories but little nutritional value. It is generally okay for people with diabetes to occasionally eat something sweet, but these foods should be consumed in small quantities. Ask your registered dietitian how you can incorporate something sweet into your meal plan once in a while.



Should I Be Concerned About Salt?

If you have high blood pressure, be aware that foods high in salt (such as prepackaged foods and canned foods) can raise blood pressure. Restaurants often use salt in their menu items. Limit table salt and foods high in sodium, such as soups, or salted foods like crackers, nuts, pretzels, pickles, cheese and tomato juice.

How Do I Use My Meal Plan When I am Dining Out?

1. Know your Meal Plan

Understanding how to use your meal plan will help you control your blood sugar when eating out.

- **Exchange System**

You should know how many exchanges you should have at each meal or snack. Before you place your order, you should be able to identify the correct food group(s) for every choice on the menu.

- **Carbohydrate Counting**

Carb foods have the greatest effect on your blood sugars. If you count carbs, you need to know the amount of carb grams in menu items and how many grams of carb you should eat for each meal or snack.

2. Learn Portion Sizes

Knowing the correct serving sizes will help you make good decisions when eating out. For example, restaurants usually give you larger portions – one meal can often feed two people!

3. Get the Nutrition Facts

- **Restaurants:**

Some restaurants put nutrition information on their menus or in brochures. Check the **BD Getting Started™ Fast Food Guide** for a list of the nutrition information for many Fast Food Restaurants.



- **Reference Books:**

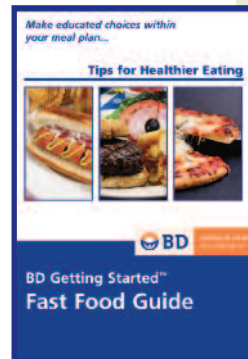
Books are available with restaurant food information to help you learn about the foods you want to order.

- **Food Labels:**

Check the Nutrition Facts on food labels in grocery stores to help you make estimates about the foods you see in a restaurant.







How Can I Manage My Portion Sizes?

Simple references can help you decide the correct amount to eat for better blood sugar control.



- **Measuring devices** – you can use measuring cups, spoons and food scales to help you become familiar with correct portion sizes.
- **Deck of cards/Bar of soap** – Either can be used as a reference to help you visualize what 3 ounces of cooked protein – meat, poultry, or fish – should look like.
- **Your hand** – If you are dining out, your hand is a convenient quick reference to help you decide how much of a portion you should eat.

A Guide to Using Your Hand for Portion Control

HAND PORTION	SERVING SIZE	FOOD & DRINK
One fist, clenched	8 fluid ounces 	Hot and cold beverages
Two hands, cupped	1 cup 	Dry cereal, Mixed dishes (stew, chili), Soup, Green salads, Ethnic mixed dishes, such as Asian, Italian, Mexican food
One hand, cupped	1/2 cup 	Pasta, Rice, Mashed potato, Beans, Potato salad, Cole slaw, Hot cereal, Fruit salad, Applesauce, Cottage cheese, Pudding, Gelatin
Palm of hand (women's)	3 ounces 	Cooked meat or fish, Canned fish
Two thumbs together (women's)	1 tablespoon 	Salad dressing, Sour cream, Dips, Cream cheese, Mayonnaise, Peanut butter, Dessert sauces, Whipped topping
Tip of thumb (to first knuckle)	1 teaspoon 	Margarine, Oil

What Can I Do to Control my Portion Sizes?

Try the following to limit the amount of food you eat.

- **Visualize your "at-home" portions** when dining out restaurant entrées can be at least twice the size of your usual portion!

- **Ask for a take-home box** at the beginning of the meal and place half of your meal in the box.
- **Split an entrée or a dessert** with your dining partner (you will save money too).
- **Substitute an appetizer as your main course** (meat, poultry or seafood).
- **Request a “lunch portion”** when ordering dinner.
- **Limit bread, chips, or rolls** before your meal (set aside one roll or a small portion of chips and ask that the rest be taken off the table).
- **Have a salad as your main course** – Watch out for high calorie cheeses and salad dressings - ask for them on the side and use only a small amount.
- **Avoid “all-you-can-eat” restaurants** (the price may be right but you are likely to overeat).
- **Try three “one-minute time-outs” during your meal** – stop eating after four to five minutes and then relax for one minute. Repeat three times during your meals and you may find you eat less.



How Can I Simplify Ordering when Dining Out?

Choose your restaurant carefully.

Some restaurants offer better choices. Most menus offer a mix of healthy and unhealthy items. By reading the menu in advance and asking questions you can make the best healthy food choices.

Think before you order.

Know your meal plan. If you are limited to three carb servings at your meal, skip the bread on the table and

use your three carb servings for the one cup of pasta in your main entrée. Decide on your order ahead of time so you are not tempted by other menu items.

Do not hesitate to ask.

If you are unsure how the item is prepared, or what ingredients are used, make sure to ask when it is your turn to order. Read menu items carefully and look for words that may mean extra carbohydrate or fat.

Make special requests.

Select baked potato instead of French fries or vegetables or salad rather than potato chips. The lower carbohydrate vegetables will help fill you up.



Be careful about carbs.

- **Breads**
Order lower carb (and fat) small bagels, English muffins, or whole-wheat toast. Skip biscuits, croissants, doughnuts, large bagels or muffins.
- **Soups**
Choose broth-based soups (less carb, fat and calories) instead of soups with milk or cream.
- **Entrées**
Remember that flour and breadcrumb breading add carb content.
- **Sauces**
Words like sweet and sour, honey-glazed, and honey mustard mean extra carbohydrate. Medium-to-large portions of teriyaki, BBQ, and Chinese duck or plum sauces should be counted as carb servings.

Watch the salt.

Soy sauces, marinated entrees, and smoked or cured meats are high in salt.

How Can I Keep My Restaurant Order Low in Fat?

Ask how it is prepared.

Order an entrée grilled or broiled instead of breaded and fried to lower the fat content.

You add the dressing.

Request the salad dressing, sour cream, margarine, or gravy "on the side."

Hold the fat.

Cheese and cream sauces add extra fat and calories.

Omit the cheese topping when placing your order. (For example, choose a hamburger instead of a cheeseburger.)

Watch for the fat words.

Terms like *golden brown*, *crispy* and *batter-dipped* mean the item is fried.

Order "low-cal."

Select low-calorie dressing if available or a vinaigrette dressing. Skip the bacon bits and cheese when you eat a salad.

Get "steamed."

Unless the vegetable is labeled "steamed", assume it is prepared with butter, margarine, or oil. Request that the vegetables be steamed.

**"Sauté" contains some fat.**

Sautéed items may be described as "light" but sauté means the item is lightly fried and will contain some fat.

Thin the dressing.

Use lemon or lime juice, or salsa, on a salad instead of a dressing or to "thin" a dressing.

What if I Have to Delay Meals?

It is best to eat as close to your regular mealtime as possible. Check with your doctor or diabetes educator for instructions for delayed meals.

Snacks:

You might need a snack at the time when you would usually eat your meal or a larger snack than usual if you already have one in your meal plan.

Medication:

There may be a different medication or insulin that will give you more meal flexibility.

Diabetes Supplies:

Carry your diabetes supplies with you. This includes your blood glucose monitor and equipment (test strips or sensors, lancets, lancing device), insulin and syringe or insulin pen.

Treatment for low blood sugar:

Always carry treatment for hypoglycemia (low blood glucose) if you have had low blood sugar in the past.

Restaurant meal

blood sugar monitoring:

Check your blood sugar before you eat and follow your usual routine for after-meal checking.

For those taking fast-acting insulin:

If you are taking fast-acting insulin such as Humalog®, Novolog®, or Apidra®, your doctor may advise you to wait until your meal is served before taking your insulin dose. Orders can be misplaced or forgotten, or service may be slow. You do not want to have your medication start working without being balanced by your food.

When your meal is more than one hour late:

If your blood glucose is low, treat it. If your blood glucose is within your target range, and you feel it may get low, eat about 15 grams of carbohydrate to prevent your blood glucose from going low.

If your meal is more than 1-1/2 hours late:

Eat or drink a carb snack (like fruit, starch, or milk) at your usual mealtime and take your insulin or pills. Check with your diabetes health care professional for specific guidelines for the medication you take.

Can I Have Alcohol?

Ask your healthcare provider if you can drink alcoholic beverages and get to know the following guidelines.

Do not drink alcohol if:

- Your blood sugar is above or below your target glucose level.

- You have a high triglyceride blood level.
- Your stomach is empty.

Never drink alcohol on an empty stomach. Alcohol can cause low blood sugar for those taking insulin or certain diabetes pills. If you take insulin or diabetes pills and you know your blood glucose is getting low, be sure to eat something before you drink alcohol.

Alcohol is high in calories.

One serving is approximately 80-150 calories.

If you are overweight, substitute alcohol for the fat calories you are allotted for the day. If you want to compare calories, one drink is like eating two to three pats of butter.

Alcohol serving sizes.

- Men – Two servings a day
- Women – One serving a day.
- One serving of alcohol equals: 6-oz. wine; 12-oz. beer; or 1 1/2-oz. distilled (hard) liquor.



Alcohol carbohydrate content.

Regular (non-“light”) beer has carbohydrate. You may need to count it as a carbohydrate serving. Check with your dietitian or diabetes educator. Remember to count carbohydrate-containing “mixers” as part of your meal plan.

Alcohol choices lower in carbohydrate.

- Dry white, rose, or red wine
- Light or low carbohydrate beer
- Distilled liquor (bourbon, gin, rum, scotch, vodka, whiskey)
- Brandy

Alcohol choices higher in carbohydrate – choose with caution

- Sweet wine
- Wine coolers
- Liqueurs
- Cordials
- Mixed cocktails with sugary mixers (daiquiris, whiskey sours, and frozen fruit drinks)

What Should I Know About Mixers?

Low-calorie mixers

- Water
- Club soda
- Mineral water
- Diet soda
- Diet tonic water
- Tomato or vegetable juice



High-calorie mixers

Either avoid the following mixers or count them as a carbohydrate serving.

- Juice (except tomato or vegetable)
- Non-diet soda
- Non-diet tonic water
- Syrup
- Milk
- Cream (little or no carbohydrate but high in saturated fat)

Can I Have Dessert?

The desserts in restaurants always look so tempting. You may find the following hints helpful, especially if you need to watch your weight.

Split a restaurant dessert.

Or, take half of it home for another time.

Order small.

Ask for dessert portions that are child-size or small.

Ask for decaf tea or coffee.

Try these beverages either in place of or in addition to the dessert.

Substitute one scoop of ice cream.

This choice would likely be lower calorie than the regular dessert.



Check your blood sugar two hours after eating your dessert or sweet.

Your blood sugar reading will tell you the effect of the dessert on your blood sugar.

Are There Special Guidelines for the Different Styles of Cuisine?

There are a great variety of ethnic restaurants and dining establishments to sample and enjoy in the U.S. Here are some helpful tips to make dining out simple and healthy! *For your reference, charts that indicate healthy food choices and choices that should be ordered with caution can be found on www.bd.com/us/diabetes.*

AMERICAN

American food is a melting pot of cuisine from all over the world. Many dishes once thought of as “ethnic” now appear on American or “continental” menus.

ASIAN

Asian meal choices are traditionally prepared with smaller portions of protein (meat, poultry, seafood, tofu, and beans) more appropriate for a healthy diet.

At the same time, Asian cuisine has large amounts of vegetables, rice, and noodles that can add up to a lot of carb. Some menu items have sweet sauces, also increasing the carb. Stir-fry entrees and fried noodles or fried rice add extra fat to the meal. For those watching salt (sodium) intake, monosodium glutamate (MSG) and soy sauce are common high-sodium ingredients in Asian food. (The total daily sodium recommendation is 2,400 mg² – just one tablespoon of soy sauce has 1,000-mg sodium!)

Since Asian entrees are prepared to order, special requests are usually easy. You can ask to have the MSG or soy sauce omitted from your order. Most Asian entrees (eat-in or take-out) are usually enough for at least two meals. Much Asian cooking includes a lot of sugar in the sauces and stir-fry dishes and it is difficult to know how much carb is really in the food. Limit rice and noodles to one cup per meal.

ITALIAN

Northern Italian dishes are based on light cream, butter, and wine sauces, while southern Italian food has varieties of tomato sauces. Pasta, pizza crust and larger amounts of tomato sauce are a main part of Italian cuisine, and count as carbohydrate.

It is possible to make healthy choices no matter what type of Italian food you like. Watch your bread and

pasta portions carefully, and limit your protein to three to four ounces. Pay special attention to the type of sauce in the dish you order.

MEXICAN

The main concern with Mexican food is the high fat content from cheese and fried foods. Bean and corn dishes are healthy sources of carbohydrate. Flour and corn tortillas are also healthy choices, but preparation methods can add fat. A lightly fried tortilla becomes a soft taco, and a deep-fried tortilla is a taco shell. Some Mexican food can be very salty, so always ask questions when ordering.

Remember These Simple Tips when you are Dining Out!

- Limit the meals you eat out each week to three or less.
- Pick restaurants that offer healthy food choices.
- Know your meal plan and make “wise” food choices.
- Focus on limiting fats, since they provide the most calories.
- Choose your foods based on your meal plan.
- Do not hesitate to ask for foods made to order.
- Watch portion sizes – you do not have to clean your plate!
- Limit or avoid alcohol.
- Monitor your blood sugar to see how you managed your food while dining out.
- Most important of all – ENJOY!



²Evidence-Based Nutrition Principles and Recommendations for the Treatment and Prevention of Diabetes and Related Complications. American Diabetes Association Clinical Practice Recommendations 2004. *Diabetes Care*, Vol. 27, Supplement 1, p. S44

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