



## Eating Out

### Eat Out, Be Healthy and Enjoy

If you dine out or eat takeaway foods regularly, choose healthy items from the menu. If you dine out occasionally, the odd splurge should not affect your blood glucose control.

There is no need to go to a special restaurant or have special food prepared if you have diabetes. Making healthier food selections is recommended for everyone, not just for people with diabetes.

### The Australian Guide to Healthy Eating recommends:

- Choose foods from each of the five food groups every day
- Eat plenty of plant foods (breads, cereal, rice, pasta, noodles, vegetables, legumes and fruits)
- Eat only moderate amounts of animal foods (milk, yoghurt, cheese, meat, fish, poultry and eggs)
- Eat small amounts of the extra foods, including oils and margarines.

Here are a few ideas to help make the most of eating out and enjoying it!



### Healthy Choices When Dining Out

Most restaurants provide healthy food that you can select from the menu. Many also value your patronage and are more than happy to oblige should you not find a suitable menu choice.

So, feel comfortable in asking restaurant staff for information about the menu and to make simple changes if required. Some examples might include asking for grilled fish instead of fried, baked potato instead of chips or sauces and dressings served on the side.



### Eating at a friends house

Eating out at a friend's or relative's house can sometimes be a difficult situation as food choices are usually beyond your control.

Don't worry; **enjoy** the occasional special meal out as it should not affect your overall diabetes control.

You could offer to help out your friend by bringing along a healthy entrée with a quality carbohydrate (i.e. low Glycaemic Index (GI) or high in fibre) or a dessert.

Type of Restaurant	Tips for Healthier Choices
Italian	<ul style="list-style-type: none"> <li>• Choose minestrone/vegetable soup rather than creamy soups</li> <li>• Choose grilled fish or seafood</li> <li>• Choose pasta with tomato or vegetable based sauces</li> <li>• Choose lean meat or chicken</li> </ul>
Greek	<ul style="list-style-type: none"> <li>• Choose yoghurt or bean based dips</li> <li>• Choose grilled marinated meat on skewers or in Lebanese bread</li> <li>• Choose falafel, kibbi, tabouleh or bean salad</li> </ul>
Mexican	<ul style="list-style-type: none"> <li>• Choose tostadas, enchiladas, burritos or tacos</li> <li>• Choose less meat and more beans</li> <li>• Ask for less cheese, sour cream and guacamole</li> <li>• Ask for extra salad as a filling or side dish</li> </ul>
Indian	<ul style="list-style-type: none"> <li>• Choose oven baked samosa, lean meat/chicken/fish in curry sauces, herbs, spices or tandoori</li> <li>• Choose curried vegetables, steamed rice, naan, chapati, roti</li> <li>• Limit curries based on cream/coconut milk/coconut cream, rice pilau or poori (deep fried flatbread)</li> </ul>
Asian eg. Chinese, Thai, Malaysian	<ul style="list-style-type: none"> <li>• Choose noodle or vegetable soups</li> <li>• Choose stir fry dishes with lean meat/fish/poultry/tofu and vegetables</li> <li>• Choose steamed rice or noodles</li> <li>• Choose steamed, braised, curried, or barbequed seafood/lean meat/skinless poultry</li> <li>• Limit dishes containing coconut cream/milk</li> <li>• Limit deep fried or battered dishes</li> <li>• Try steamed entrees instead of fried</li> </ul>
Other Tips	<ul style="list-style-type: none"> <li>• Ask for an entrée size meal as a main dish</li> <li>• Choose clear soups, consommés or light vegetable soups rather than cream soups</li> <li>• Limit dishes described as au gratin, creamed, battered, crispy, pan-fried</li> <li>• Try a crusty roll without butter or margarine, instead of garlic bread</li> <li>• Request sauces or dressings to be served separately, so you can control the amount you use</li> <li>• Drink water with your meal to help fill you up</li> <li>• Order extra steamed vegetables without butter, or a salad without dressing to help fill you up</li> <li>• Share a dessert or ask for a small serving</li> <li>• Have fresh fruit salad or sorbet instead of rich desserts</li> <li>• Beware of extras eg. butter with bread, chips with meal, chocolates and cream with coffee, dressings on salads</li> <li>• If the meal is low in carbohydrate, it's easy to ask for some extra bread</li> <li>• Choose salads based on rice, pasta, potato or beans for additional carbohydrate</li> <li>• If choosing from a smorgasbord, try not to overeat. First start with three or four choices, and then go back only if you are still hungry</li> <li>• Savour the flavour of your food and talk a lot, (take the time to enjoy your meal)</li> </ul>

Type of Takeaway	Tips for Healthier Choices
Hamburgers	<ul style="list-style-type: none"> <li>• Ask for extra salad</li> <li>• Request a wholegrain or wholemeal roll</li> <li>• Ask for no butter, margarine or mayonnaise on the roll</li> <li>• Choose meat, cheese or egg (not all three)</li> <li>• Ask for a grilled meat, chicken or fish patty</li> </ul>
Pizza	<ul style="list-style-type: none"> <li>• Ask for a 'thin and crispy' base instead of a thick pan fried pizza base. Avoid cheese filled bases or bases that have a high fat filling.</li> <li>• Choose low fat toppings like mushrooms, pineapple, capsicum, onion, eggplant, tomato and seafood</li> <li>• Limit high fat toppings like extra cheese, salami, and pepperoni</li> <li>• Ask for the pizza to be cut into smaller serves</li> </ul>
Chicken	<ul style="list-style-type: none"> <li>• Choose BBQ chicken rather than crumbed or fried chicken</li> <li>• Remove the skin and limit the gravy</li> <li>• Have salads, bread rolls, mashed potatoes, corn or peas instead of chips</li> </ul>
Fish and Chips	<ul style="list-style-type: none"> <li>• Ask for fish to be grilled, check they don't drizzle it with butter first</li> <li>• Choose a small serve of thick/straight cut chips or wedges instead of french fries (or try lower fat oven-baked chips at home)</li> <li>• Complement the fish and chips with a salad and multigrain bread roll</li> </ul>
Stuffed Potatoes	<ul style="list-style-type: none"> <li>• Ask for toppings of salad, baked beans, creamed corn, tuna/salmon, low fat cheese like cottage or ricotta</li> <li>• Limit high fat toppings like regular cheese, sour cream, bacon, butter or margarine</li> <li>• Eat the skin for extra fibre!</li> </ul>
Sandwiches (fresh or toasted)	<ul style="list-style-type: none"> <li>• Ask for wholegrain bread with less or no butter/margarine</li> <li>• Include salad</li> <li>• Choose low-fat fillings like baked beans, low-fat hard cheese, cottage/ricotta cheese, lean ham/turkey/chicken, hummus, tuna or salmon.</li> </ul>



## Drinks

There are many non-alcoholic drinks to choose from when dining out. Water (plain, mineral or soda), low joule/diet soft drinks, coffee, tea and fruit juice (in limited amounts) are all suitable to accompany a meal.

## Alcohol

When drinking alcohol, the recommendations are the same for all Australians –maximum two standard drinks a day. Try to have at least two alcohol-free days each week and when you do drink include some non-alcoholic spacers. For people under 18 years the safest option is to not drink alcohol.

If you are on insulin or tablets that increase insulin release then always have some quality carbohydrate to eat when you drink and again several hours after drinking, especially if you have been drinking in the evening and are going to bed.

## What is a standard drink?

A standard drink contains 10g of alcohol and is equal to:

- 285ml regular beer
- 375ml low alcohol beer (less than 3% alcohol)
- 100ml wine
- 30ml spirits
- 60ml fortified wine

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## Insulin and dining out

When eating out your meal may be served later than usual. To avoid hypos, take your insulin with you and give your injection as the meal arrives.

Don't be afraid to ask for a carbohydrate-containing snack such as a bread roll or crackers if you have had your insulin and the meal is delayed.

Choose a meal with adequate quality carbohydrate. Ask for extra bread, rice, potato or fruit if there is not enough carbohydrate in your meal.

If you are having a larger meal with more carbohydrate than usual, you may wish to increase your insulin dose prior to the meal on that special occasion. When considering increasing your insulin dose for a special occasion, it is important to factor in alcohol.

If alcohol is part of the special occasion then it is probably better not to increase your insulin. Discuss this with your doctor or diabetes educator if you are not confident to do this by yourself.

