

# Eating Out



Eating out with family and friends is an enjoyable part of our society. Many of us are concerned with our health and often wonder how to stay within nutritional guidelines when we eat out at restaurants. The following tips will help you enjoy this experience with greater confidence.

Know your meal plan and appropriate portion sizes well. This will help you avoid overeating.

Choose the restaurant carefully. Frequent places with a variety of healthy, low fat choices.

Eat proper food portions. Take home a doggie bag.

Ask how food is prepared. Beware of dishes described as buttery, sauteed, fried, creamed, au gratin, or marinated. These will be higher in fat and calories than those described as steamed, poached, roasted, or broiled.

Try to eat on time. If your meal will be delayed more than 2 hours past your scheduled meal time, eat a small snack (especially if you are on insulin).

## SALAD BARS

Watch high fat foods like:  
regular salad dressings  
bacon bits cheese  
marinated vegetables  
olives garbonzo beans  
potato salad, macaroni salad

## Fast Foods



Order single patty burgers without cheese, mayo  
Avoid fried foods  
Avoid desserts, milkshakes, and regular soft drinks  
Order grilled chicken, salad with light dressing

## HINTS FOR GOOD MENU CHOICES



Salad with dressing on the side  
Lean meats, fish, poultry with sauces on the side and no breading  
Steamed fresh vegetables or baked potato with toppings on the side  
Fresh fruit for dessert  
Ice tea, coffee, diet soda, or skim milk



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