

Dining out with diabetes

Diabetes doesn't have to stop you from enjoying life's pleasures. And that includes dining out. You can eat out and still stay on your meal plan. Here are some tips that can help.

Stay on schedule

If you take diabetes pills or injectable diabetes medicines, timing of your meals may be important. So it's a good idea to plan ahead.

- If you'll be dining with family or friends, ask if they would be willing to eat when you usually eat so you can stay on schedule
- Avoid times that restaurants are usually busy so you won't have to wait. If you're not sure when the busy times are, call ahead and ask
- Make reservations, and arrive promptly. When you call, or when you arrive at the restaurant, consider mentioning that you have diabetes so timing of your meal matters
- Think about looking at the restaurant's menu online. That way you can decide on a healthy choice while still at home and you won't waste time looking at the menu
- Before ordering, ask whether the dish you want will take extra time to prepare
- If you will be eating lunch or dinner later than usual, think about eating a fruit or starch serving from that meal at your usual mealtime

When it's time to order

Don't just choose the first meal that looks good to you. Think carefully about how the food will fit into your meal plan.

- If you don't know what is in a dish or how it's prepared, ask the server so you can decide whether it fits into your meal plan
- If you're counting carbs, ask about "hidden" carbs, like flour or cornstarch in sauces and soups
- If you're on a low-salt meal plan, ask for your meal without added salt
- Ask for salad dressing, sauces, and gravy to be served on the side. That way you can control how much you use
- If you'll be ordering meat or fish, ask that it be broiled with no extra butter
- Mix and match menu items your way. If it fits your meal plan better, order a salad and soup or an appetizer instead of an entrée
- Don't hesitate to ask for substitutes. For example, if your meal comes with French fries, ask for a vegetable instead
- Consider ordering one meal to share with a fellow diner



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When your food arrives

You're hungry and you're ready to dig in! But take a moment to think about these tips first, so you can be sure to stay on your meal plan.

- Try to eat the same size portion you normally would. Restaurant portions tend to be large. So estimate your normal portion and put the extra food in a container to go before you begin to eat. That way you won't be tempted to eat everything on the plate
- You can estimate portion sizes even when you can't measure. For example:
 - A serving of meat, fish, or poultry is 3 ounces—about the size of the palm of your hand
 - A serving of cheese is 1 ounce—about the size of your thumb
 - A serving of milk, yogurt, or fresh vegetables is 1 cup—about the size of a tennis ball
- Don't pour dressing on your salad. Instead, the American Diabetes Association suggests that you dip the tip of your fork in the salad dressing and then spear a piece of lettuce. You'll use less dressing that way
- Try to limit alcohol and sugary drinks. They add calories but no nutrients to your meal
- Don't rush! Eat slowly and really enjoy your meal



When it's time to head home

Just a couple of things before you go.

- Was it easy for you to order because there were a lot of healthy choices on the menu? Let the manager know. Restaurants want to please you, and they'll only know what you want if you tell them
- Don't forget that to-go container for tomorrow!

For more information, visit [Cornerstones4Care.com](https://www.Cornerstones4Care.com)

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Your diabetes, your way.

Support and diabetes management tools built around you.

Enroll today to get **FREE**, personalized diabetes support with **Cornerstones4Care®**.



Diabetes Health Coach

An online program that builds a customized action plan around your needs to help you learn healthy habits



Meal Planning Tools

Create tasty, diabetes-friendly meals



Interactive Trackers

Record A1C, weight, and blood sugar numbers

Enrolling is easy. Just complete this form.

All fields with asterisks (*) are **REQUIRED**.

* I have diabetes or I care for someone who has diabetes

* First name _____ * Last name _____ MI _____

* Address 1 _____

Address 2 _____

* City _____ * State _____

* ZIP _____ * Email _____

* Birth date mm/dd/yyyy ____ / ____ / ____

* What type of diabetes do you or the person you care for have? (Check one)

Type 2 Type 1 Don't know

* What type of diabetes medicine has been prescribed? (Check all that apply)

Insulin GLP-1 medicine
 None Other
 Diabetes pills (also called oral antidiabetic drugs, or OADs)

* If you checked "Insulin," "GLP-1 medicine," or "Other," please fill in the following for each:

Product 1: _____

How long has this product been taken?

Prescribed but not taken 7-12 months
 0-3 months 1-3 years
 4-6 months 3 or more years

Product 2: _____

How long has this product been taken?

Prescribed but not taken 7-12 months
 0-3 months 1-3 years
 4-6 months 3 or more years

3 easy ways to enroll:

1. Fax the completed form to 1-866-549-2016
2. Email the completed form to C4Csignup@hartehanks.com
3. Call 1-888-825-1518 and follow the voice prompts

Review and complete below.

* Phone number:

(_____) _____ - _____

* Cell phone number:

(_____) _____ - _____

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* Signature (required) _____

* Date (required) _____
mm/dd/yyyy

