



# Support and Education: Handout 6

Introduction: At each follow-up visit the D2d study will provide you with a handout on the lifestyle changes you can make to reduce your risk for diabetes. Research shows that losing 5% to 7% of your body weight (about 10 to 14 pounds for a 200-pound person) and getting at least 150 minutes each week of physical activity can help you prevent or delay type 2 diabetes. We hope you find the information in these handouts helpful.

## *The Challenge of Eating Out*

Eating out is a way of life for many people and can be one of life's great pleasures, but it can also be a challenge for people who are trying to eat healthy. Common challenges to eating out include:

- Restaurants with few low-calorie choices
- The trend toward larger portion sizes
- Menus featuring specialty appetizers and desserts
- Social pressure to eat



Eating out successfully requires that you plan ahead. In the restaurant, it is important to ask for what you want. Be firm, yet polite. It is in a server's best interest to try to give you what you want. Asking for what we need, especially in public, does not come easily for some of us. So asking for and getting what you want takes practice.

### *Four Keys to Healthy Eating Out*



#### **1. Plan ahead**

Having a plan will help you prepare for difficult situations and handle them more easily. If you plan ahead, you are less likely to run into roadblocks.

#### **2. Ask for what you want**

It is up to you to ask for what you want or how you want an item prepared. A good restaurant will want to meet your needs: after all, you are paying for the meal. Be firm and friendly.

#### **3. Take charge of what's around you**

Take steps to surround yourself with things that will support your goal of eating healthy, such as choosing a restaurant with low-calorie options and going with people who support your lifestyle. If you can, remove the things that get in the way or tempt you.

#### **4. Choose foods carefully**

There are usually more food choices when you eat away from home. Take care when choosing foods and stay focused on your goals.

## Plan Ahead

Here are some tips for how to plan ahead when eating out:

- ✓ Call ahead or look at menus online to find out about lower calorie options. More and more restaurants are making nutritional information available on what they serve.
- ✓ Choose wisely! Go somewhere that offers lower calorie choices. Ask for the chicken or fish to be grilled rather than breaded or fried. Ask for sauces to not be added to items but to be omitted (best) or on the side (where you can control how much you consume).
- ✓ Eat fewer calories than usual during other meals during the day when you plan to eat out in the evening.
- ✓ Eat a little something before you go out.
- ✓ Stay hydrated throughout the day.
- ✓ Plan what to order before you get to the restaurant, and order without looking at the menu.
- ✓ Don't drink alcohol before eating.
- ✓ Avoid buffets.



## Ask for What You Want

Restaurants expect that people will ask for what they want, so find out about healthy food options.

### **Ask for the *foods* you want:**

- Ask for lower calorie foods.
- Ask for foods to be prepared in different way, such as grilled, broiled or baked without a lot of butter or oil. Ask for sauces to be left off the plate or on the side.
- Don't be afraid to ask for foods that aren't on the menu.

### **Ask for the *amounts* you want:**

- Ask how large the portions are.
- Order a smaller portion (appetizer, children's size, half portion).
- Order salad dressing, gravy, sauces, or spreads "on the side".
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.
- Before or after the meal, have the amount you do not want to eat put in a container to take home.
- Keep in mind that most restaurant portions are larger than standard serving sizes.

## How to ask for what you want:

Many people find it hard to ask a server for something special in social situations. With practice, it gets easier. Here are some tips:

- Tell them you are on a healthy eating plan.
- Begin with “I,” not “You.” For example, “I would like the fish broiled with lemon juice instead of butter” instead of “You don’t have low-fat fish on the menu.”
- Use a firm tone of voice that can be heard, but be nice.
- Look the person in the eye.
- Repeat your needs until you are heard.
- Keep your voice calm.



## If the server brings you something you didn’t ask for:

- Avoid being threatening or the opposite (wishy-washy).
- Be firm and friendly.

"This looks very nice. But I asked for broiled fish, not fried. Please may I have some broiled fish."

## Take Charge of What’s Around You

Here are some important tips for taking charge of what is around you that will help you continue to make healthy choices when you are not eating at home.

### **Be the first to order.**

You will be less likely to order unhealthy meals that other people order.

### **Keep foods off the table that you do not want to eat.**

Ask the server to remove bread and butter from the table.

### **Ask the server to remove your plate as soon as you finish.**

You’ll be less likely to pick at the leftover food on your plate when you’re already full.

### **Use nutrition information available at the restaurant or online.**

This can help you to make the best choices for yourself.

# Choose Your Food Carefully

Typically the following words often lead to higher calories:

<b>Au gratin</b>	<b>Hollandaise</b>
<b>Breaded</b>	<b>Parmesan</b>
<b>Buttered or buttery</b>	<b>Pastry</b>
<b>Cheese sauce</b>	<b>Rich</b>
<b>Creamed, creamy, cream sauce</b>	<b>Sautéed</b>
<b>Fried, deep fried, French fried, batter fried, pan fried</b>	<b>Escalloped</b>
<b>Gravy</b>	<b>Scalloped</b>
<b>Nut-crusted</b>	<b>Southern style</b>

Whereas these words often lead to lower calorie food choices:

<b>Baked</b>	<b>Poached</b>
<b>Broiled</b>	<b>Roasted</b>
<b>Boiled</b>	<b>Steamed</b>
<b>Grilled</b>	

## Use these tips for choosing your foods.

- ✓ Be cautious of sauces. Ask for no sauce or for sauces to be served on the side.
- ✓ Think about what you really *need* to eat.
- ✓ Trim fat off meat.
- ✓ Take skin off chicken.

## If you drink alcohol:

- ✓ Alcohol may interact with medications you are taking.
- ✓ Don't drink alcohol on an empty stomach.
- ✓ Don't forget that alcohol is high in calories.
- ✓ Sip slowly.
- ✓ Keep in mind that alcohol lowers inhibitions. You may overeat without being aware of it.



# What's On the Menu?



No matter which restaurant you go to, you can make lower-calorie choices. Be sure to ask the server how the food is prepared. Note: Most restaurants serve a tossed salad—a low-calorie choice if topped with lemon juice, vinegar, or a low-fat dressing.

Lower Calorie Choices	Higher Calorie Choices
<p><b>Pizza</b></p> <ul style="list-style-type: none"> <li>• Plain thin crust cheese pizza (ask for half the cheese or low-fat cheese)</li> <li>• Onions, green peppers, mushrooms, broccoli, spinach, tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Meat toppings (sausage/pepperoni)</li> <li>• Olives</li> <li>• Pan pizza, thick crust</li> <li>• Extra cheese or cheese-stuffed crust</li> </ul>
<p><b>Burger Place (fast food)</b></p> <ul style="list-style-type: none"> <li>• Grilled, broiled, or roasted chicken, without sauce</li> <li>• Broiled, extra lean burger (ask about ounces – a 3-4oz burger will be lower in calories than a ½ pound burger!)</li> </ul>	<ul style="list-style-type: none"> <li>• Regular hamburger, cheeseburger</li> <li>• French fries, onion rings</li> <li>• Fried fish or chicken</li> <li>• Mayonnaise-based sauces</li> </ul>
<p><b>Mexican</b></p> <ul style="list-style-type: none"> <li>• Heated (not fried) tortillas</li> <li>• Grilled chicken or beef fajitas</li> <li>• Soft tacos (corn or flour tortillas)</li> <li>• Salsa</li> </ul>	<ul style="list-style-type: none"> <li>• Enchiladas, chimichangas</li> <li>• Chili con queso</li> <li>• Fried tortillas, tortilla chips</li> <li>• Sour cream, guacamole</li> <li>• Crisp tacos</li> </ul>
<p><b>Chinese and Japanese</b></p> <ul style="list-style-type: none"> <li>• Steamed chicken, seafood, vegetables</li> <li>• Ask for minimal oil in stir-fries</li> <li>• Steamed rice</li> <li>• Broth based soup</li> <li>• Teriyaki</li> </ul>	<ul style="list-style-type: none"> <li>• Egg foo yung</li> <li>• Fried chicken, beef, or fish</li> <li>• Fried rice or noodles</li> <li>• Egg rolls</li> <li>• Fried won ton or crab rangoon</li> <li>• Tempura</li> </ul>
<p><b>Italian</b></p> <ul style="list-style-type: none"> <li>• Spaghetti with meatless tomato sauce</li> <li>• Minestrone soup</li> <li>• Pasta dishes with vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage</li> <li>• Lasagna, manicotti, other pasta dishes with cheese or cream</li> <li>• Fried or breaded dishes (like veal or eggplant Parmesan)</li> <li>• Butter, oil, or cream-based sauces</li> </ul>
<p><b>Seafood</b></p> <ul style="list-style-type: none"> <li>• Broiled, baked, or boiled seafood with lemon</li> <li>• Plain baked potato</li> </ul>	<ul style="list-style-type: none"> <li>• Fried fish, seafood, vegetables</li> <li>• Breaded casseroles</li> <li>• French fries</li> <li>• Cream based chowders, seafood salads made with mayo</li> </ul>
<p><b>Steakhouses</b></p> <ul style="list-style-type: none"> <li>• Beef Filet (trimmed of fat)</li> <li>• Shrimp cocktail</li> <li>• Broiled chicken or fish</li> <li>• Plain baked potato</li> </ul>	<ul style="list-style-type: none"> <li>• Most steak such as rib eye, prime rib, T-bone, etc.</li> <li>• Fried fish or chicken</li> <li>• Onion rings, other fried vegetables</li> <li>• French fries</li> <li>• Cream spinach/ twice baked, au gratin or Dauphinoise potatoes</li> </ul>

Derived from National Diabetes Prevention Program and American Diabetes Association material.