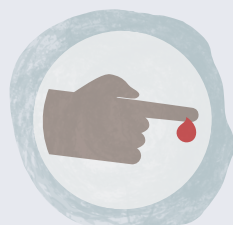


5 TIPS



For Dining Out With Diabetes



Plan Ahead

Read the menu online before you arrive, in order to find the best option.

Skip the Bread or Chips

Don't be afraid to ask the server to remove bread & butter or chips & salsa to reduce temptations.



Choose Grilled, Baked or Steamed

Skip over breaded, crispy or fried. The breaded and battered items are full of carbohydrates and saturated fat.

Avoid BBQ, Teriyaki, Honey, or Glazed Items

Menu Items with these sauces in the name are loaded with added sugars.



Substitute Your Side

Choose vegetables or a salad over fries, mashed potatoes or rice.