

dining out

General tips for Eating Out:

- choose lean meats, chicken or fish that have been grilled, steamed, stir-fried or baked – avoid battered and fried foods and creamy sauces
- choose dishes containing plenty of vegetables or order a side serve of vegetables or salads
- ask for sauces and dressings on the side and add just a little for the taste
- go for salads with vinegar and oil based dressings rather than creamy dressings or mayonnaise
- when choosing dishes like pasta and risotto, order an entrée size with a salad on the side
- if having bread with the meal, go for wholegrain or sourdough if available and avoid the butter
- salads, soups (without cream) and seafood make good entrée choices
- for dessert go for fresh fruit, berries and fruit sorbets rather than rich cakes, puddings and pastries
- if you drink, alternate alcoholic drinks with mineral water, soda water or plain water with a slice of lemon or lime
- ask for skim or soy milk in tea, coffee and hot chocolate drinks

What to Choose:

Asian – braised or stir-fried dishes with lean meat or chicken, seafood and lots of vegetables, boiled or steamed rice, clear soups, sushi, vietnamese rice paper rolls

Italian – minestrone soup, lean veal or seafood, tomato or vegetable-based pasta dishes, plain bread (not garlic)

Indian – tandoori chicken, lentil dahl, tomato-based curries (not cream), vegetable and seafood curries, steamed Basmati rice (but leave the bread)

Lebanese – felafel, tabouleh, kibbi (cabbage rolls), grilled lean meats and seafood, bean salads, yoghurt & bean dips

Mexican - tacos, burritos or enchiladas with lean meat, chicken and/or beans, lots of salad, guacamole and salsa (but go easy on the cheese and sour cream)

Pizza – gourmet-style, thin base, vegetable or seafood toppings and ask for less cheese – avoid processed meats and thick crust

Burgers – choose lots of salad (lettuce, tomato, beetroot, cucumber) and hold the cheese, egg and bacon; choose a wholemeal or wholegrain roll if available and leave off the butter and mayo

Diabetes Counselling Online is a national web based counselling service for people diabetes.

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