



Eating Well While Eating Out

Eating well while eating out may be challenging but not impossible. Here are 9 tips that may be helpful for your next trip to a restaurant.

1. Research the menu ahead of time.

Look at the restaurant menu beforehand. Some restaurants may have posted nutrition information on their websites to guide your decision. Select the dishes that will fit into your meal plan before you go to the restaurant.

2. Follow healthy eating guidelines.

- Choose whole-grain products whenever possible (e.g. brown rice)
- Choose dishes that are cooked with less oil (e.g. baked, boiled, simmered, steamed)
- Choose lower-fat products (e.g. pork tenderloin)
- Remove visible fat (e.g. chicken skin)
- Ask for the sauce to be on-the-side

3. Choose an entrée with vegetables.

Avoid choosing a carbohydrate-based entrée (e.g. fried rice or stir-fried noodles). Choose an entrée that has vegetables, and ask for a side of carbohydrates (e.g. brown rice, roti).

4. Start with vegetables.

Start your meal by eating vegetables first. Not only will it help you to feel fuller, but studies have also shown that it may prevent glucose from spiking.

5. A fistful of carbohydrate food.

Foods that have carbohydrates (carb) increase your glucose quickly. These foods include rice, noodles, and buns. Limit the amount to about the size of your fist (e.g. a bun or a small bowl of rice about the size of your fist). When having dumplings or dim sums that have meat inside, limit to about 10 pieces.

6. Remember 2:1:1.

Follow the ratio 2:1:1, 2 portions of vegetable to every portion of protein (meat, fish or egg) and carb. If you use a plate as your serving tool, fill half of your plate with vegetables, and evenly split the rest of the plate between protein and carb.

7. Share or save some for later.

Over 90% of the restaurants serve more than what you need to eat for a meal. Share the food with someone you are dining with, or ask for a box to pack away a portion of your food even before you start eating.

8. Take a walk after the meal.

Walk for 20-30 min after your meal; it may help in lowering your post-meal glucose spike.

9. Check your glucose 1 to 2 hours after the meal.

Check your glucose after the meal to know the effect of the food to your body. Learn from the pattern and make changes when you eat out next time.