

Tips for Eating Out

Managing choices when eating out allows you to maintain a healthy diet while enjoying a well-deserved meal out with family and friends. Tips for eating out include:

- Restaurant portions are typically double what is suggested: Ask for an extra small plate to cut down on these portions
- Utilize the plate method when selecting sides and entrees
- Take extra portions to go
- Estimate sizes by using portion control:
 - 1 cup = a loose fist
 - 3 ounces = the palm of your hand
 - 1 tablespoon = the size of your thumb
- Plan times out to coincide with when insulin dosage will to be taken
- Suggest sharing meals with dinner companions
- Order an appetizer or small entree instead of an entire meal

Remember: As long as blood sugar levels are being monitored, eating out is okay!

