

Eating Out When You Have Diabetes

Eating right is an important step in keeping your blood glucose in balance. You can eat out and be healthy—you just need to be aware of what you order. Your meal plan will give you plenty of healthy foods to choose from.

Make Healthy Choices

Fast Food

- Garden salad with light dressing on the side
- Broiled, roasted, or grilled chicken sandwich
- Baked potato with vegetables or herbs
- Sliced turkey or lean roast beef sandwich

Mexican

- Chicken enchilada, no cheese or sour cream
- Whole beans (not refried) and rice
- Small burrito with whole beans and chicken
- Chicken or fish fajitas

Steak House

- Grilled or broiled lean cuts of beef
- Broiled or baked chicken (don't eat the skin)
- Baked potato with vegetables or herbs
- Steamed vegetables

Asian

- Steamed dumplings or potstickers
- Sushi or sashimi

- Broiled, boiled, or steamed meats or fish
- Steamed rice or boiled noodles (limit to 1/3 cup)

Try These Tips

- Ask how foods are prepared before you order.
- Instead of fried, sautéed, or breaded foods, choose ones that are broiled, steamed, grilled, or baked.
- Ask for sauces and dressings on the side.
- Only eat an amount that fits your meal plan. Remember: You can take home the leftovers.
- Reserve dessert for special occasions. Then, choose a small dessert or share one with a friend or family member.



You can make healthy choices and ask for substitutions when you eat out—even at fast-food restaurants.