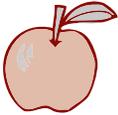


DAY 15



Let's Go Out to Eat!

How am I supposed to handle going out to eat?

With pleasure and a little preparation. Dining out is meant to be enjoyable, whether it's at a restaurant or at the house of a loved one. Build a plan for success to avoid an awkward situation or unhealthy meal. Here are some tips for satisfying your hunger in a diabetes-friendly way:

Location, location, location. Where you go to eat makes a big difference in whether or not you'll find healthy food choices. Select the restaurant *before* you are hungry! Find ones that allow you healthy options and the ability to substitute menu items. Depending on your menu selection, you might be surprised at how your glucose levels respond.

Discuss your needs. Tell your dinner companions or waiter that you are working on making healthy food choices and ask for their help. You don't have to give them your full medical history to accomplish this. Whom you choose to share the diabetes news with is up to you. It may be helpful, but not essential. You can say, "I'm following a low-carb, low-fat, live-to-be-90 diet."

Be picky. Select baked, grilled, or steamed items. Avoid fried, fatty stuff. Ask for dressings and sauces on the side. Trim off fat and remove skins.

Plan for delays. Delays in getting your food can cause significant problems with hypoglycemia or overeating if you get too hungry. If you know dinner will be late, have some unsalted nuts to stave off the hunger. If you are taking insulin or a medication that causes your pancreas to release more insulin, (see Day 12, and review the list of pills under "Insulin secretagogues" in the table Oral Medications) wait until the food is delivered

before you take your medicine to prevent hypoglycemia.

Check portions. Serving sizes have increased by up to eight times since the 1970s, and we wonder why our waistlines are expanding! Share a meal or ask for a doggie bag right away, so when the meal arrives, you can put away half to take home instead of being compelled to clean your plate. Definitely share the dessert, on the special occasions it is ordered.

Experiment. Eat at your favorite haunts, and test your glucose levels before the meal and 2 hours after finishing to see how your body handles the meal. If your blood glucose goes up more than 50 mg/dL, try to figure out what happened by going back to the restaurant and trying a slight variation of the original order. Was it a simple case of being starved and wolfing down the entire breadbasket? Or was it a hidden honey teriyaki dressing that did it? Or how about pizza—the gift that keeps on giving? How about other variables, such as stress (getting in an argument, being in pain, fighting a cold)? Sometimes it's not always clear.

Leave room to breathe. Are you in touch with your belly? Do you know the point at which you go from being satisfied to being stuffed?

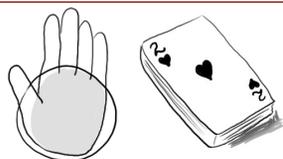
Is There an Easier Way to Do This?

Yes, there are two popular approaches: Compare serving sizes with everyday objects and follow the Plate Method.

Comparing serving sizes

To get an idea of how much a recommended serving size should be for carbohydrates, protein, and fat, check the following chart and make a mental note. Does this mean that this is all you can have in a day? No. It's a visual guide of building blocks that you can use to add up your carbohydrate intake for a particular meal or snack and give you an idea about what a healthy serving size looks like.

In the Palm of Your Hand



A palm or a deck of cards is about a medium-sized portion (3 ounces) of meat.



An open hand is about 2 carbohydrate servings.



A tennis ball is roughly the size of a medium fruit, 1 cup (45 grams of carb) of cooked pasta, 1 cup (30 grams of carb) of fresh fruit.



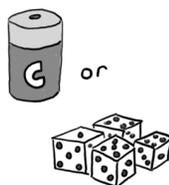
A tight fist means you're good with money and also represents about 1 carbohydrate serving of cooked cereal or ice cream.



The tip of your thumb is about 1 serving of fat (such as oil or mayonnaise).



A large egg represents 1/4 cup of raisins.



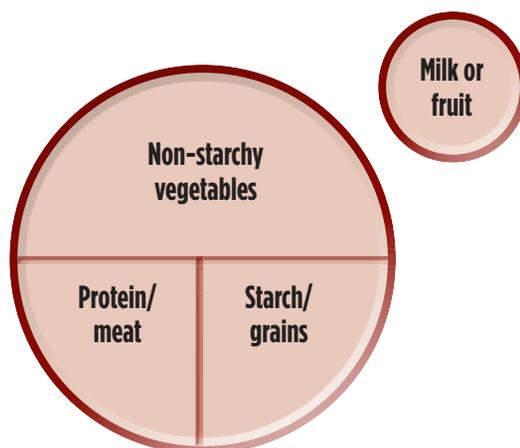
A size C battery or 4 dice is the serving recommendation for low-fat or fat-free cheese.

The Plate Method

Originally described in the Swedish magazine *Van Naring* (“Our Nourishment”) in 1970, the Plate Method was adapted by the Idaho Diabetes Care and Education practice group in 1993. Since then, it has helped many individuals with diabetes decide what to eat. Below is a simplistic adaptation to help you get started.

The Plate Method requires basic knowledge about food groups. Not all plates are created equal; that’s why it’s vital to use a nine-inch

plate with this method. Please refer to the special instructions that follow the chart.



Food Groups and Serving Sizes

Nonstarchy vegetables: Fill half of your plate with one to two servings of nonstarchy vegetables (if you want to have starchy vegetables, such as potatoes, peas, corn, or winter squash, count them as a starch, not vegetables). Examples: 1/2 cup of cooked or 1 cup raw broccoli, spinach, carrots, beets, green beans, cauliflower, zucchini, bell peppers, mushrooms, lettuce, celery, tomato, or cucumber.

Protein/meat or meat substitute: One serving is about 2–4 ounces of fish, lean meat, or skinless chicken and should take up a small portion of the plate (about 1/4). Beans, lentils, or tofu count as 1 carb and lean meat choice. Examples: 3 ounces of white turkey or chicken, tuna (packed in water), halibut, shrimp, scallops, salmon, fat-free cheese, pork, beef, egg (three per week or use an egg substitute), or veggie patties.

Starches/grains: Fill up about 1/4 of the plate. Examples: whole grain breads (such as 1 slice of whole wheat or rye), a small potato, 1/2 cup pasta, 1/3 cup rice, small bowl of soup or high-fiber cereal, 1/2 English muffin, 1/2 cup of beans, peas, or corn.

Milk: Add an 8-ounce glass of nonfat or low-fat milk. If you don't drink milk, you can add another small serving of carb such as a 6-ounce container of light yogurt or a small roll.

Fruit: Choose one small piece of fruit or a small bowl of berries or melon. Examples: apple, small banana, kiwi, orange, peach;

1 cup raspberries/strawberries, 3/4 cup blueberries, or 15 grapes.

Snacks: Snacks may or may not be needed based on your hunger level, blood glucose levels, and weight loss plans.

<H1>How Many Carbs Can I Eat?

Depending on your after-meal blood glucose values and weight-management goals, use this as a beginning guide:

Women: Start with 30–45 grams of carb per meal.

Men: Start with 45–60 grams of carb per meal.

Note: You may hear people refer to a “carb choice” in which 1 carb choice equals 15 grams of carbohydrate (e.g., 1 slice of bread, 1 cup of milk, 1/3 cup of pasta or rice). It is another way to count carbs. In this book, the total grams of carb will be listed.

Of course, the best option is to meet with a registered dietitian first. He or she can get you started on an individualized plan, including how many carbs would be best to meet your needs.

What about Alcohol?

Adding alcohol to diabetes is a big gamble. Diabetes is unpredictable by itself, and alcohol can make blood glucose levels change unpredictably. If you don't drink alcohol, now is not the time to start; wait until your glucose is stable! Much research points to lowering cardiovascular disease risk with moderate alcohol use (no more than 1 drink per day for women, 2 drinks per day for men), but this does not apply to everyone.

Use the following tactics to safely consume alcohol:

- Play it safe, and get your doctor's blessing.
- Check your blood glucose before drinking.
- Have some sort of food with the alcohol (whether it's a meal or some hors d'oeuvres).
- Sip your drinks slowly and consider alternating with water or nonalcoholic drinks.
- Know what constitutes *one* drink (12 ounces of beer, 5 ounces of wine, 1 1/2 ounces of liquor).
- Know *your* limit.
- Alcohol consumed in the evening may cause hypoglycemia up

to 24 hours later, most commonly during the night and after breakfast the next day (especially when combined with after-breakfast exercise).

- Alcohol can reduce your judgment and ability to recognize and react to hypoglycemia.
- Bring supplies for treating hypoglycemia, just to be prepared.
- Limit or avoid sweet alcoholic beverages with fruit juice or high-sugar content.
- Avoid drinking when your diabetes is not well controlled.

Healthy Choices with Ethnic Foods

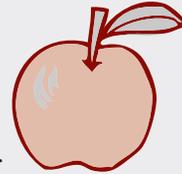
Do the menus at ethnic restaurants sometimes make it hard to choose the healthiest options? Here are some tips for making healthy choices.

Type	Healthier options	Try to avoid
Chinese	Vegetable dishes; order items for the whole table and share; sauces on the side; low-sodium soy sauce; use chopsticks!	Fried rice; noodles; egg rolls; items described as “crispy,” “golden brown,” or “sweet and sour”; regular soy sauce
Indian	Chicken tikka masala, shrimp bhuna, fish vindaloo or tandoori-prepared chicken, baked pappadam bread	Fried appetizers; coconut oil; naan; chapatti; roti; ghee (clarified butter); malai (a thick cream)
Italian	Antipasto dish with baked veggies; insalata caprese; share a pasta and salad dish; pasta dishes with a tomato sauce (puttanesca, arrabiata, vongole); grilled or “griglia”	Garlic bread; bread and butter; pizza (limit yourself to 2 slices and add salad); Alfredo or primavera sauces; items listed as “carbonara,” “frito,” “saltimbocca,” “parmigiana”
Mexican	Pinto or black beans; fajitas (you decide what goes in them); side salad instead of rice	Fried tortilla chips; beef or cheese burritos; sour cream; fried taco shells; Spanish rice; refried beans
Thai	Broth-based soups; stir-fried, grilled, or steamed dishes; baked or steamed tofu and vegetables	Thai iced tea; dishes made with coconut milk; fried dishes

PERSONAL GOAL

Date: _____ I will:

- Practice stopping eating a few bites earlier than I normally would.
- Go for a walk to gather menu information on local restaurants or check out the National Restaurant Association's website at www.restaurant.org and search for "Dining Guides."
- Order salad dressing, sour cream, butter, and gravy on the side.
- Turn down the "Do you want cheese with that?" offer.
- Avoid foods prepared with the words "breaded," "crispy," or "creamy."
- Request baked or broiled rather than fried.
- Ask for a to-go container for half of my order before it arrives.
- Graciously pass on offers of unhealthy food.
- Other: _____.



I only had one glass of wine;
I just kept filling it up!