

DINING OUT TIPS FOR DIABETICS AND PEOPLE WITH HEART DISEASE:

Courtesy of Rosario Campisi, Executive Chef of WellSpan

4 GENERAL THINGS MUST BE FOCUSED ON AND CONTROLLED:

- 1.** Try to match healthy food item with healthy preparation method (pay attention to menu description)
- 2.** Control portion size
- 3.** Maximize the quality of calories consumed (Want nutritionally dense calories; not just empty calories.)
- 4.** Balance the ration of protein to vegetable and starch (IDEAL is: 3 oz. lean protein, 4 oz. vegetable and 4 oz. low fat or whole grain starch)

AVOID THE FOLLOWING PREPARATION METHODS OR MENU DESCRIPTIONS:

- DEEP FRIED
- FLASH FRIED
- FRENCH FRIED
- BATTER DIPPED
- BREADED
- TEMPURA BATTERED
- AU GRATIN
- SCALLOPED
- EN CASSEROLE
- BASTED
- CHEESY
- STUFFED, FILLED OR ROLLED (EXCEPT FOR VEGETABLE, GRAINS, OR RICE FILLED)
- LARDED
- MARBLED (REFERRING TO RED MEATS)
- GLAZED (IMPLIES HIGH SUGAR)
- SALT CURED
- PICKLED (HIGH IN SALT)
- BISQUE (IMPLIES THICK AND CREAMY)
- KING SIZED/SUPER SIZE
- ALL-YOU-CAN EAT/DRINK
- JUMBO
- MONSTER CUT
- HOLLENDAISE
- BUTTER SAUCE/BUTTERY
- ALFREDO
- CARBONARA
- CREAM SAUCE OR CREAMY
- WRAPPED WITH PUFF PASTRY (EN CROTE)
- PARMIGIANA

LOOK FOR THE FOLLOWING PREPARATION METHODS OR MENU DESCRIPTIONS:

- BROILED
- FLAME BROILED
- POACHED
- PAN SEARED
- GRILLED
- STEAMED
- STIR-FRIED
- VEGETARIAN
- LITE
- HEALTHY
- GARDEN FRESH
- TOMATO BASED
- BROTH BASED
- SKINLESS
- LEAN
- MULTI-GRAIN OR WHOLE GRAIN
- REDUCED: SODIUM/FAT/CALORIES/PORTION
- OVEN BAKED/OVEN FRIED
- SAUTEED
- VINAIGRETTE

HELPFUL HINTS AND TIPS:

- Feel empowered to make special requests and healthy substitutions with staff/manager/kitchen
- Stop eating when you are full
- Slow down while eating (feeling of satiety or fullness takes about 20 minutes)
- Split a full meal with a friend or take half of it home
- Get salad dressings/gravies/glazes/sauces on the side
- Instead of fries, get a baked potato with salsa and guacamole
- Order 1 dessert and split it by the number of guests
- Trim visible fats on meats and order skinless poultry/fish
- Order an appetizer as your entrée and add a salad or broth based soup
- Order a high quality lean protein then double your vegetable
- Drink plenty of water before and during your meal
- Ask that olive oil/canola oil be substituted for butter in your preparation
- Use healthy condiments for your food like: salsa, pico di gallo, guacamole, vinaigrette, mustards, fresh squeezed lemon or lime juice
- Choose Whole-grain/multi-grain breads/pastas
- Choose lean poultry, turkey and seafood over red meats