

# 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

- Sautéed

- 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