The Challenges of Eating Out
Four Keys to Healthy Eating Out

1. Plan ahead
2. Ask for what you want
3. Take charge of what’s around you
4. Choose foods carefully
Plan Ahead

• How do you plan ahead if you are eating out?

• Turn to the person next to you and share 2 things that you do to plan ahead before eating out.

• Let’s discuss some things you can do
Ask for What You Want

• Don’t be afraid to ask for the foods you want prepared in a healthful way.

• Share with the person next to you some ways that you can request healthier options.

• Let’s discuss some strategies

Remember: restaurants want you to come back, so they are usually willing to accommodate if they can.
Choose Your Food Carefully

Watch for high-fat foods on menus.

What are some words that you may see on a menu that indicate the food may be high in fat and calories?
Choose Your Food Carefully

Look for low-fat words on menus:

- Baked
- Broiled
- Boiled
- Grilled
- Poached
- Roasted
- Steamed
- Stir-fried
Choose Your Food Carefully

Watch out for sodium (salt)

- Divide large portions in half.
- Ask for your food to be prepared without salt.
- Limit pickled foods
- Limit condiments
- Watch out for sauces.
Dine on Time

Make plans so you won’t be kept waiting.

Ask if “special” dishes will take longer.

If lunch or dinner will be late — *eat a carbohydrate (fruit or starch) serving from your regular meal at your usual meal time.*

If dinner will be very late — *eat your bedtime snack at usual dinner time. Then eat full dinner at later hour. May need to adjust insulin to do this.*
# Build a Better Burger

### No Planning
- 3 oz Hamburger 80/20
- 1.5 oz White Bun
- 1 Tbsp Mayonnaise
- 1 oz American Cheese
- 1 Tbsp Pickle Relish
- 3 Fried Onion Rings
- 1 Tbsp Ketchup

591 Kcal
44 gm carbohydrate
1176 mg sodium

### Planning
- 3 oz Hamburger 95/5
- 1.5 oz W. Wheat Bun
- 1 Tbsp Mustard
- 1 oz Reduced Fat Cheese
- 1 Tbsp R. Red Peppers
- 3 Raw Onion Rings
- 1 Thick Tomato Slice

359 Kcal (- 232)
27 gm carbohydrate (- 17)
634 mg sodium (- 542)

---

[Source: PennState Extension]
# McDonald’s

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Fat grams</th>
<th>Sat Fat grams</th>
<th>Trans fat grams</th>
<th>Sodium mg</th>
<th>CHO grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fries, med 4.1 oz</td>
<td>380</td>
<td>19</td>
<td>2.5</td>
<td>0</td>
<td>270</td>
<td>48</td>
</tr>
<tr>
<td>Fries, small 2.5 oz</td>
<td>231</td>
<td>11</td>
<td>1.5</td>
<td>0</td>
<td>160</td>
<td>29</td>
</tr>
<tr>
<td>Big Mac</td>
<td>550</td>
<td>29</td>
<td>10</td>
<td>1</td>
<td>970</td>
<td>46</td>
</tr>
<tr>
<td>Cheeseburger 4 oz</td>
<td>300</td>
<td>12</td>
<td>6</td>
<td>0.5</td>
<td>680</td>
<td>33</td>
</tr>
<tr>
<td>McChicken</td>
<td>360</td>
<td>16</td>
<td>3</td>
<td>0</td>
<td>800</td>
<td>40</td>
</tr>
<tr>
<td>Grilled Chicken</td>
<td>350</td>
<td>9</td>
<td>2</td>
<td>0</td>
<td>820</td>
<td>42</td>
</tr>
<tr>
<td>Unsweet Iced tea, med</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>13</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Sweet iced tea, med</td>
<td>105</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6</td>
<td>26</td>
</tr>
</tbody>
</table>
# McDonald’s

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Fat grams</th>
<th>Sat Fat grams</th>
<th>Trans fat grams</th>
<th>Sodium mg</th>
<th>CHO grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Mac</td>
<td>550</td>
<td>29</td>
<td>10</td>
<td>1</td>
<td>970</td>
<td>46</td>
</tr>
<tr>
<td>Fries, med 4.1 oz</td>
<td>380</td>
<td>19</td>
<td>2.5</td>
<td>0</td>
<td>270</td>
<td>48</td>
</tr>
<tr>
<td>Sweet iced tea, med</td>
<td>105</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>6</td>
<td>26</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>1035</strong></td>
<td><strong>48</strong></td>
<td><strong>12.5</strong></td>
<td><strong>1</strong></td>
<td><strong>1246</strong></td>
<td><strong>120</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Fat grams</th>
<th>Sat Fat grams</th>
<th>Trans fat grams</th>
<th>Sodium mg</th>
<th>CHO grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheeseburger 4 oz</td>
<td>300</td>
<td>12</td>
<td>6</td>
<td>0.5</td>
<td>680</td>
<td>33</td>
</tr>
<tr>
<td>Fries, small 2.5 oz</td>
<td>231</td>
<td>11</td>
<td>1.5</td>
<td>0</td>
<td>160</td>
<td>29</td>
</tr>
<tr>
<td>Unsweet Iced tea, med</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>13</td>
<td>&lt;1</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>534</strong></td>
<td><strong>23</strong></td>
<td><strong>7.5</strong></td>
<td><strong>0.5</strong></td>
<td><strong>853</strong></td>
<td><strong>62</strong></td>
</tr>
<tr>
<td>Food</td>
<td>Calories</td>
<td>Fat grams</td>
<td>Sat Fat grams</td>
<td>Trans fat grams</td>
<td>Sodium mg</td>
<td>CHO grams</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>----------</td>
<td>-----------</td>
<td>---------------</td>
<td>-----------------</td>
<td>-----------</td>
<td>-----------</td>
</tr>
<tr>
<td>6” cold cut on wheat</td>
<td>370</td>
<td>13</td>
<td>4</td>
<td>0</td>
<td>1140</td>
<td>46</td>
</tr>
<tr>
<td>6” turkey breast on wheat</td>
<td>280</td>
<td>3.5</td>
<td>1</td>
<td>0</td>
<td>810</td>
<td>46</td>
</tr>
<tr>
<td>6” tuna on wheat</td>
<td>470</td>
<td>24</td>
<td>4</td>
<td>0</td>
<td>620</td>
<td>44</td>
</tr>
<tr>
<td>Food</td>
<td>Calories</td>
<td>Fat grams</td>
<td>Sat Fat grams</td>
<td>Trans fat grams</td>
<td>Sodium mg</td>
<td>CHO grams</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>----------</td>
<td>-----------</td>
<td>---------------</td>
<td>-----------------</td>
<td>-----------</td>
<td>-----------</td>
</tr>
<tr>
<td>Grilled chicken Caesar salad</td>
<td>610</td>
<td>40</td>
<td>8</td>
<td>0</td>
<td>1230</td>
<td>17</td>
</tr>
<tr>
<td>Fresh garden salad with dressing</td>
<td>290</td>
<td>20</td>
<td>3.5</td>
<td>0</td>
<td>1530</td>
<td>23</td>
</tr>
<tr>
<td>Breadstick with garlic butter spread - 1</td>
<td>150</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>400</td>
<td>28</td>
</tr>
<tr>
<td>Spaghetti with meat sauce</td>
<td>710</td>
<td>22</td>
<td>8</td>
<td>0</td>
<td>1340</td>
<td>94</td>
</tr>
<tr>
<td>Fettucine alfredo</td>
<td>1220</td>
<td>75</td>
<td>47</td>
<td>0</td>
<td>1350</td>
<td>99</td>
</tr>
<tr>
<td>Chicken alfredo</td>
<td>1440</td>
<td>82</td>
<td>48</td>
<td>0</td>
<td>2070</td>
<td>103</td>
</tr>
<tr>
<td>Chicken marsala</td>
<td>770</td>
<td>37</td>
<td>5</td>
<td>0</td>
<td>1800</td>
<td>59</td>
</tr>
</tbody>
</table>
## Pizza Hut

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Fat grams</th>
<th>Sat Fat grams</th>
<th>Trans fat grams</th>
<th>Sodium mg</th>
<th>CHO grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>12” thin crust pepperoni, 1 slice</td>
<td>250</td>
<td>13</td>
<td>6</td>
<td>0</td>
<td>800</td>
<td>22</td>
</tr>
<tr>
<td>12” thin crust cheese, 1 slice</td>
<td>190</td>
<td>8</td>
<td>3.5</td>
<td>0</td>
<td>550</td>
<td>22</td>
</tr>
<tr>
<td>6” veggie personal</td>
<td>540</td>
<td>20</td>
<td>8</td>
<td>0</td>
<td>1220</td>
<td>69</td>
</tr>
<tr>
<td>6” pepperoni personal</td>
<td>730</td>
<td>36</td>
<td>15</td>
<td>1</td>
<td>1930</td>
<td>68</td>
</tr>
<tr>
<td>6” meat lovers personal</td>
<td>850</td>
<td>48</td>
<td>18</td>
<td>1</td>
<td>2120</td>
<td>68</td>
</tr>
</tbody>
</table>
What Are You Thinking?
The Mental Game of Successful Diabetes Management
Negative Thoughts

• Can cause feelings of hopelessness and depression
• Are often self-critical
• Can lead to lapses in efforts to meet food/activity goals
• Can be, or become a habit
• We often act on negative thoughts without being aware of what we are doing
Recognize Negative Thoughts

“I should have eaten less of that bread.”
“I didn’t exercise today. I am a failure.”
“I can’t resist eating the whole serving of pasta if we eat out.”

“Joe lost 2 pounds, but I only lost one.”
The Slippery Slope of Lifestyle Change

*Slips are normal, to be expected.*

Don’t beat yourself up!

Ask yourself what happened?

Plan to get back on track.

Talk to someone supportive

Focus on the positive choices you’ve made.
Dining with Diabetes

Goals for optimal health and avoiding complications:

1. Know your numbers
2. Count carbohydrates
3. Reduce unhealthy fats and sodium
4. Increase vegetables, fruits and whole grains
5. Be physically active
Dining with Diabetes

Short term realistic goals that improve eating and activity habits will result in healthier habits.
IMPERFECT PERSISTENCE WILL YIELD SUSTAINABLE RESULTS
Post-program Questionnaire

• Click on the link provided in your course documents

  OR

• Scan this QR code:
Questions?
This PowerPoint was adapted from information provided by the following:

National Diabetes Prevention Program Training Curriculum, U.S. Centers for Disease Control and Prevention

DAWN2 Study, National Diabetes Education Program, a program of the National Institutes of Health and U.S. Centers for Disease Control and Prevention

© 2012, University of Pittsburgh, based on the DPP research trial supported by cooperative agreement number U01-DK48489 from the U.S. Department of Health and Human Services, which has certain rights in the material
Other programs offered by Penn State Extension:

• Food, Families & Health Webinars: http://extension.psu.edu/health-webinars

• Food Safety & Quality Webinars: http://extension.psu.edu/food-safety-webinars

• All Extension Webinars: https://extension.psu.edu/webinars
The University is committed to equal access to programs, facilities, admission and employment for all persons. It is the policy of the University to maintain an environment free of harassment and free of discrimination against any person because of age, race, color, ancestry, national origin, religion, creed, service in the uniformed services (as defined in state and federal law), veteran status, sex, sexual orientation, marital or family status, pregnancy, pregnancy-related conditions, physical or mental disability, gender, perceived gender, gender identity, genetic information or political ideas. Discriminatory conduct and harassment, as well as sexual misconduct and relationship violence, violates the dignity of individuals, impedes the realization of the University's educational mission, and will not be tolerated. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Office, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901, Email: aao@psu.edu, Tel (814) 863-0471.