



NUTRITION

HOW TO EAT OUT WITH DIABETES

In South Africa, a staggering 1.8 million cases of diabetes were reported in 2017 by the International Diabetes Federation - a condition in which the sufferers are required to strictly manage their diet and blood sugar levels. Many people, therefore, find it tricky to do this when eating out.

These tips might help...

1. Control your portions

As restaurants have the tendency to serve larger portions than you would normally eat, watch out that you don't overeat. You can do this by choosing the smallest meal size the restaurant offers, sharing your meal with someone else, requesting a take-home container or making a meal out of a salad and a starter.

2. Make healthy substitutions

You are not 'forced' to settle with all the extras that accompany your meal. Instead of deep-fried potato chips, choose a diabetes-friendly side salad or an extra order of vegetables. Replace unhealthy salad dressings with a squeeze of lemon juice and olive oil and trade in creamy sauces and house dressings for mustard or fresh tomato slices.

3. How is your food prepared?

Instead of crumbed and fried foods, opt for grilled, broiled, roasted and steamed. If you're on a low-salt plan, ask the waiter that no salt or MSG be added to your food. Don't be afraid or self-conscious about asking for your food to be prepared in a way that allows you to stay committed to your meal plan.

4. Watch out for 'extras'

Bacon bits, croutons, processed cheeses and other 'extras' can very easily sabotage your meals. Ask for these to be added on the side.

5. Mind your drinks

Instead of drinking sugar-sweetened sodas, milkshakes and even fruit juice, order water, unsweetened ice tea or sparkling water. If your diabetes is under control, speak to your doctor about whether an occasional alcoholic beverage is fine.

Keep in mind the basic principles of diabetes nutrition when you are eating out, and work with your doctor and your dietitian on finding suitable options that will not jeopardise your nutrition goals.