

# Dining out WITH DIABETES

**You can eat out and still stay on your meal plan.**

*Here are some tips:*



**Ask for dressings and sauces on the side**

**Request substitutes for menu items**

**Order roasted, steamed, or grilled dishes**



**Estimate your usual portions and take extras home**



**Don't forget!**

*Stay on schedule* – the timing of your meals may be important

Limit *alcohol* and *sugary drinks*

**Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more healthy meal tips**