

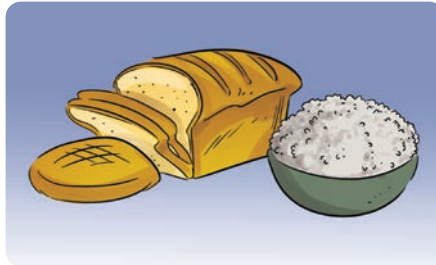
23 - Eating out

When eating in restaurants, remember to choose foods consciously to avoid an excessive calorie intake and do not eliminate carbohydrates.

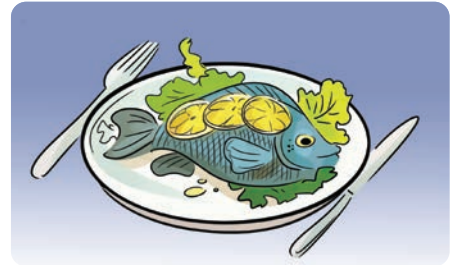
Recommended menu



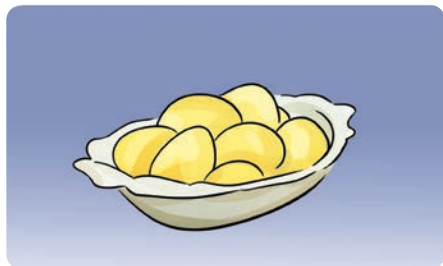
Starters: choose dishes without mayonnaise or other sauces and consider whether or not they contain carbohydrates in order to manage your insulin therapy properly.



First courses: choose something simple, like *al dente* pasta or rice, preferably wholegrain. Visually assess whether the serving is the same size as you usually eat, in order to administer the right amount of insulin.



Main courses: choose simple options and avoid fried or breaded foods.



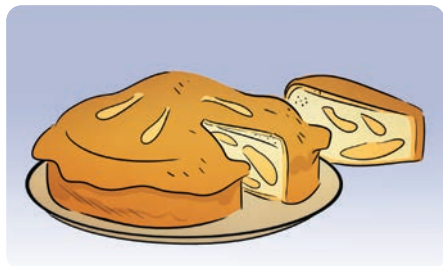
Side dishes: fried potatoes should be avoided because they can increase blood glucose levels and have a high fat and calorie content per serving. Boiled or roast potatoes should be considered a source of carbohydrate and be chosen as an alternative to pasta or bread.



Side dishes: cooked vegetables can conceal large amounts of poor quality fat. Raw, seasonal vegetables are to be preferred. If you choose pulses, check the total amount of carbohydrates in the meal.



Cheese: constitute a whole course and must not be added to a meal. Do not eat them with honey or chutneys, which raise blood glucose levels.



Desserts: it is not recommended to add a dessert to a restaurant meal. If you really cannot do without one, choose a simple option.



Fruit: fresh, seasonal fruit is the best option. Watch out with fruit salads: check they do not contain added sugar or cream.



Crackers and breadsticks: these foods are not just a source of carbohydrate, but also of fat and salt. This should be taken into account if you are restricting your calorie intake.