

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Module 10: Eat Well Away From Home Participant Guide





Being mindful about the choices you make while eating away from home can help prevent or delay type 2 diabetes.

In this session, we will talk about:

- Factors that affect eating habits and food choices when eating away from home
- Ways to form habits that support healthy eating while away from home

You will also make a new action plan!

Tips:

- ✓ Ask questions about ingredients, portion sizes, and how the food was prepared.
- ✓ Have a healthy snack at home before social events. This will help you make healthy choices when you're out.



Factors That Affect Our Choices When Eating Out

Scott's Story—Part 1

Scott's doctor tells him that he's at risk for type 2 diabetes. His doctor said that making small changes in the foods he eats and how much he eats can reduce his risk. Scott has a healthy breakfast and dinner at home each day. But it is difficult to eat a healthy lunch because he usually eats out.

Scott is the lead groundskeeper for local schools. During the day, he's always on the go from one school to another. He gets his lunch at a fast-food drive-through or gas station. He usually has a burger, fries, and a soda.



Scott also loves getting together with his family. But he finds it hard to eat well at these gatherings, and he has trouble keeping up with his new routines. His mother always makes her famous rolls and desserts and encourages everyone to eat multiple servings. Scott knows his mother loves cooking for her family. He doesn't want to hurt her feelings, so he usually goes back for second and third helpings.

What makes it difficult for you to make healthy choices when you eat away from home?

1. _____

2. _____

New Routines for Eating Well Away from Home

Starting healthy routines when eating out can be tough. But you can still enjoy eating out while making better choices and keeping up with new routines.

Dining Out—Small Steps, Big Changes



Large Fast-Food Meal




	Calories	Fat
Double Cheeseburger	520 cal	26 g
Large Fries	490 cal	20 g
Large Cola	290 cal	0 g
Total	1,300 cal	46 g



Regular Fast-Food Meal

	Calories	Fat
Cheeseburger	300 cal	13 g
Small Fries	220 cal	10 g
Medium Cola	210 cal	0 g
Total	730 cal	23 g

Think about how the number of calories and grams of fat change when Darryl, Nancy, Barbara, and Pauline make some simple changes to their fast-food meals.

Darryl	Nancy and Barbara	Pauline
		
<ul style="list-style-type: none"> • Swaps out the fries for a side salad with Italian dressing • Switches out his soda for a diet soda, then gets a refill of water 	<ul style="list-style-type: none"> • Decide to split the large meal • Each orders a child-size beverage 	<ul style="list-style-type: none"> • Mixes it up by ordering takeout from a new local restaurant • Gets a small vegetable soup, a small turkey wrap, unsweetened tea, and sparkling water
<p>Total Calories: 620 cal Total Fat: 33 g</p>	<p>Total Calories: 655 cal Total Fat: 22 g</p>	<p>Total Calories: 580 cal Total Fat: 17 g</p>

Eat Well at Restaurants

Plan Ahead

- Read the whole menu ahead of time to avoid surprises. You can find menus online or at the restaurant. You can ask to look at a menu before sitting down or to take one home with you to read and plan choices for next time.
- If listed, compare calories of menu items to help make your decisions. Plan what you will eat ahead of time and stick with it.
- If you plan to have dessert, order a meal that is smaller or lower in calories.
- Plan for more physical activity before and/or after a special dinner out.

Make Healthy Choices Anywhere You Go

Look for these words on menus:

- Baked
- Steamed
- Healthy/lighter choice
- Broiled
- Low-fat or fat-free
- Whole grain or whole wheat
- Grilled
- Vegetable oil
- Light
- Diet/healthy choice



Be aware of:

- Words such as “cream sauce” or “sautéed in butter sauce,” which indicate that these foods are higher in saturated fat.
- Appetizers! These are rarely the healthier option and most often are higher in calories, fat, and sodium than entrées. Many restaurants do, however, have lower-calorie or low-fat options that can be a good start.

Think about the following:

- What cues and rewards will help you with these new healthy routines?
- What are some opportunities to practice and repeat these routines?

Eat Well at Restaurants

Small Steps, Big Changes – Sample Swaps

	Original Meal	Swap 1	Swap 2
Meal 1	Double cheeseburger, large fries, large soda	Single cheeseburger, small fries, unsweetened tea	Chicken sandwich, small fries, unsweetened tea
Meal 2	Stuffed crust meat-lovers pizza	Regular crust veggie pizza	Thin crust veggie pizza, light cheese
Meal 3	Taco salad in shell with ground beef, sour cream, shredded cheese	Taco salad in shell with chicken, toppings on the side	Taco salad, without shell, with chicken, light sour cream and light cheese on the side
Meal 4	Sweet and sour chicken over white rice	Sautéed chicken stir-fry over white rice	Shrimp stir fry over brown rice

Control Portion Sizes

- To make sure you get a healthy amount, say:
 - “I’d like the half-size or child-size portion of this item.”
 - “I’d like the side of this item (or the lighter-fare item) as my main course.”
 - “My friend and I will share this item, and we’d like an extra plate.”
 - “Bring me a to-go box when you bring my meal, please.” (Box up half the meal before you start eating!)
- When eating out, look around at what other people have ordered to get an idea of the portion sizes being served. This will help you decide how you would like to order.



Ordering From the Menu

Using your menu and the tips provided, decide what changes you can make when ordering your food. What options will still allow you to enjoy your meal and the time spent with family or friends? Your team members can help you find healthy options. Help each other be successful!



Record your decisions and swaps below:

I used this tip...	To select this...	Or this...

Which of the following new routines do you see yourself using often?

- Review the whole menu before eating out to avoid surprises.
- Compare calories of menu items to help make your decisions.
- Have a lighter or small main meal when you plan to order dessert.
- Plan for more physical activity before and/or after a special dinner out.
- Look for words on the menu that may help you make a better choice, like baked, steamed, or healthy/lighter choice.
- Say, "I'd like the side of this item as my main course," "My friend and I will share this item, and we'd like an extra plate," or "Bring me a to-go box when you bring my meal, please."
- Think about portion sizes by looking around at the meals other people have ordered.

What is one other routine you might try?

Eat Well at Social Events Tip Sheet

To prepare for social events:

- Plan ahead for a large meal by eating lighter, smaller meals at home that day.
- Eat breakfast or snacks earlier in the day and avoid the idea of saving calories and carbs for the special meal later on.
- Suggest some healthy choices.
- Bring a healthy dish to share for pot-lucks.
- Ask if you can bring something healthy.



To eat well during social events:

- Serve yourself small portions.
- Allow yourself one small treat.
- Limit the number of servings of starchy foods, such as potatoes, white rice, and bread, on your plate.
- Try to take just one piece or a few small spoonfuls or bites.
- If you feel comfortable, ask about ingredients and how dishes were prepared.
- Eat the healthy dish you brought.
- Look at all the selections and think about what you are going to have before you put anything on your plate.
- Stick to calorie-free drinks such as water, unsweetened tea, seltzer water, or diet soda instead of regular soda, punch, or mixed drinks.
- Keep a glass of water in your hand.
- Limit alcohol.
- Sit in another room, take a walk, turn on some music, or enjoy connecting with friends and family instead of staying at the table or buffet.

After the social event:

- Take a walk with family and friends. Activity will help keep you focused on your goals and give you a welcome break from being surrounded by treats. Activity is also a great way to lower blood sugar levels.
- Don't be upset with yourself! If you eat more calories than you planned for, don't think you have failed, just make a plan to get back to your healthy routine.

Neighborhood Gathering (Optional)

Make the best plate from the food selections at the event.

First, brainstorm all the delicious foods that might be at this event. Next, your group will make the best plate from the food selections at the event. Be sure to make a list of all the foods at the event and the foods chosen for your plate! After you have made your meal, brainstorm cues and rewards that can help you turn these healthy meal selection routines into habits.



Appetizers/Snacks	Meats	Vegetables/Sides	Breads	Desserts	Drinks

Make Your Plate!

Scott's Story—Part 2

Scott decides to work on making better habits when he eats away from home. He tries to pack a healthy lunch the night before. If he eats out, he orders his burger with a side salad. Instead of drinking regular soda, he now drinks diet soda and gets a refill of ice water. Scott is also getting better at enjoying only one helping of his mother's dessert, while also filling the rest of his plate with her delicious berry salad or roasted vegetables.

He remembers his new lunch routine by leaving his lunch bag in the middle of the kitchen table so he will see it before cleaning up and going to bed. He also tries to encourage this new routine by giving himself a non-food reward, like a new audiobook, for packing his lunch five times in a row.

