



T2Dietary advice

Fancy a **TAKEAWAY?**

Healthier choices for the food you love



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This material is sponsored and funded by the pharmaceutical company
A. Menarini Farmaceutica Internazionale SRL, and is intended for people with type 2 diabetes (T2D).

July 2025
NP-ENDO-UK-0014

Eating out can be a challenge for people with type 2 diabetes (T2D), as many meals can be high in sugar, processed carbohydrates and calories, which means they can have a large effect on our blood sugar levels. That's why we want to help you to make conscious swaps and healthier choices.

Afterall, **healthy eating is about ensuring that what you are putting into your body is giving you the nutrients you need, and helping you to still have an enjoyable time with friends and family.**

QUICK GUIDE

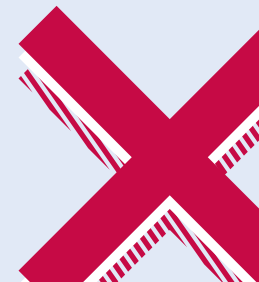
- **Try to minimise the amount of sugars** and simple carbohydrates (chips, potatoes, white bread, white rice, pastry, sponges etc).
- **Be wary of the saturated fat content.** Fried and battered foods have high saturated fat content compared with grilled and boiled foods.
- **Put sauce on the side.** Many sauces and dressings are high in saturated fat – ask for them to be served separately.
- **Order lots of vegetables.** Vegetables add fibre and contain a vital source of vitamins and minerals, promoting healthy digestion while providing a bulk to your meal that keeps you feel fuller for longer.
- **Always order less than you think you want,** especially if you are hungry. You can always order more if you are still hungry when you're finished your meal. However often people find that they don't need or want more.
- **Use a teaspoon instead of a dessert spoon and pace yourself** – smaller mouthfuls mean fewer calories. Eating slowly helps you to be more in tune with your appetite.

Say YES to:

- Smaller portions – order a starter instead of a main meal or share a portion of chips with a friend.
- Tomato-based or dry curries such as rogan josh, bhuna, jalfrezi or tandoori.
- Thin-base pizzas with vegetable, fish or chicken toppings.
- Grilled meat or chicken, sandwiches or salads.
- Plain boiled rice, chapattis, jacket potatoes without added butter/cheese.
- Extra salad and vegetables to fill up on.
- Diet/zero fizzy drinks or water with ice and lemon.
- Tea, filter coffee or small skinny latte/cappuccino.
- Fruit or sorbet-based puddings.

Say NO to:

- Large and 'supersize' portions.
- Creamy sauces.
- Deep-pan, stuffed crust, extra cheese and fatty meat toppings like doner, pepperoni or salami.
- Skin on chicken and batter on fish.
- Limit fried foods such as chips, fries, pasties, pies, poppadums, bhajis, samosas, pakoras and paratha.
- Creamy dressings and mayonnaise high in saturated fat – ask for them on the side so you can eat less. Choose lemon juice or chilli sauce instead.
- Full-sugar fizzy drinks.
- Large milky coffees, hot chocolate, mochas, frappuccinos, added cream and milkshakes.
- Ice-creams, cakes and muffins.





ITALIAN

Thin bases, sharing a pizza with a friend and filling up on an extra side salad can help cut back on fat and calories.

Pizza

Choose a thin-crust pizza, the higher-fibre whole-wheat variety when available. Fibre helps slow the rise in blood sugar, helps improve cholesterol levels, and keeps you feeling fuller for longer.

Choose portion sizes and toppings carefully.

Have plenty of:

✓ **fresh vegetables** – they are light in calories, rich in vitamins and minerals, counteract the salt in the cheese and pizza crust.

✓ **lean skinless chicken** – it is an excellent source of lean protein to support muscle growth and repair.

Be moderate with:

✚ **Pepperoni, meatballs, or sausage**, which are generally packed with saturated fats and are less heart-healthy than poultry.

✚ **Salads with lots of cheese and high-fat dressings**, such as Caesar salad – always ask for the dressing on the side.

A large glass of water as your beverage will also help.



Pasta

Opt for pasta dishes with tomato-based sauces instead of cream.

Swap baked dishes with bechamel/cheese sauces, such as lasagne, for lean meat (chicken), fish or vegetarian options.

BRITISH

Fish & chips

Order a smaller portion or remove the batter.

Go for thick-cut chips – the thicker the chip the less fat it absorbs during cooking.

Burger & chips

Try the lean or veggie option and leave out the cheese and mayonnaise.

Go 'bun-less' to cut the calories and order more salad – but watch the dressing.

Ask for extra lettuce or gherkins.

Traditional roast dinner

Load up at least a 3rd of your plate with extra greens and other vegetables.

If it's possible, opt for boiled potatoes over roasted.

Choose lean meat like ✓ **chicken** or turkey.

If ✚ **beef** takes your fancy, select leaner cuts. Try to avoid ✗ **lamb** or ✗ **pork** which contain more saturated fat.



Cut any visible fat from the meat and avoiding eating any crispy skin or crackling.

Put the gravy on the side and use conservatively.

✚ Have smaller portions of Yorkshire puddings, stuffing and bread sauce, or skip them all together.

INDIAN

Choose boiled or steamed rice rather than pilau or fried rice. Fill your plate with lots of salad and yoghurt, then add the rice to the remaining space on the plate. You will find there is less room for it, yet you're still having a full plate of food.

✓ **Go for tandoori or tikka** options as these are baked and lower in fat.

✓ Tandoori chicken with **half a wholewheat roti or naan and a large helping of salad** with raita (a yogurt-based dressing) offers the right balance and is filling.

✓ **Dhal is rich in fibre** because of the lentils and pulses but can still be quite oily.

Compared with other items on the menu, these are more nutritious, are lower in sugar, and are



higher in fibre — helping to control the spike in your blood sugars and keep you full.

✓ Opt for a chapatti or roti.

✚ Rice is full of carbohydrates and can raise blood sugar levels; **try sharing a portion of rice** or saving half for another time.

✗ Naans are often very large; they're made with **low-fibre white flour**. If you do choose naan bread, tear just a small piece off and place it flat on your plate rather than on top of other food.

Think about

✗ If you enjoy sides, such as poppadum's and sauces, **order them in moderation**.

✗ Share rich food, such as kulfi, with a friend.

Use a teaspoon – your bites are smaller, and your dish lasts longer.

If there is a choice of starters, think about which ones might be better for you. Soups, vegetable sticks with dips, olives, undressed salads, chicken tikka, grilled shish and seekh kebabs are generally healthier choices than samosas and pakoras.

CHINESE

✓ **Go for broth-based soups**, rather than spring rolls or satays.



✓ **Stir-fried vegetables** are a filling and healthy side dish.

✓ **Opt for steamed dishes.** Some outlets also offer meat cooked in flavoured water, versus oil, which can help you save significant calories and fat.

✓ **Pick dishes packed full of lean proteins and vegetables** with limited rice and noodles.

✚ Certain sweet sauces, like orange sauce, sweet-and-sour sauce, and sweet chili sauce pack in more sugar — so if you're craving one of those, thin it out with a small amount of water.

✚ You can also ask for the sauce on the side, which is great because you only need a couple of tablespoons to add flavour — versus the much larger amount often added to dishes.

✚ Dip each bite into the sauce rather than pouring the sauce all over your dish – you can significantly cut down on the carbohydrate, sodium, and calorie content of the meal with this small hack.

GREEK

You'll find menu items like ✗ **fried cheese and phyllo dough pastries** on Greek menus, you'll also find dishes featuring grilled veggies and meat, as well as other lean-protein selections.



✓ **Consider ordering souvlaki:** skewered grilled meat or vegetables marinated in oil and spices.

✓ Request a small Greek salad with **dressing on the side**.

✚ If you really want moussaka ask if you can have a starter sized portion.

✚ Ordering an appetizer for the family? Dolmades, or grape leaves typically stuffed with rice and vegetables. Keep in mind that the rice in these is a source of carbohydrates, which can increase blood glucose levels. So, stick to one or two pieces.

JAPANESE

Begin your meal with a cup of miso soup. Here's why: Research suggests that if you eat soup before a meal you'll eat as much as 20% less at that sitting.

✚ **The soup is on the higher-sodium side**, so drink plenty of water throughout the meal and watch your sodium intake the rest of the day.

✚ When it comes to sushi, many menu items are fried (think tempura rolls), made with calorie-adding cream cheese, or doused in higher-calorie sauces, such as a spicy mayo.

✓ Your best bet is a roll or two featuring **leaner protein** options, such as salmon or tuna and veggies.





✓ Where available, ask for the **sushi roll to be made with brown rice** instead of white rice.

✓ When ordering sushi, pair the rolls with a seaweed salad or a side salad with dressing on the side.

Use chopsticks to eat more slowly – you'll realise that you're feeling full sooner than you would otherwise.

AFRICAN/CARIBBEAN

✚ Common staple carbohydrates such as bread, dumplings, white rice, cassava, yam, and plantain can increase your blood sugar post-meal. These foods should be reduced in portion or **replaced with high fibre foods such as wholegrain** or with increasing portion sizes of vegetables at meal times.

✓ Try **steamed, baked, or boiled ground provisions**—such as eddoes, cassava, yams, sweet potatoes, and dasheen—in place of rice, pasta, or roti.

✓ Think about which items on the sharing platter are better choices – barbecued or grilled chicken, roasted sweet peppers, crunchy vegetable



salads, and baked dough balls are lower-calorie options.

✚ **Limit fried jerk chicken strips, fried plantain, and cheese or coconut-based dishes.**

✚ Jamaican patties may be fried, so check how it's been cooked, request a smaller portion, and ask for a large portion of salad on the side.

✓ **Jerk chicken cooked on a grill is likely to be lower in fat** than fried chicken.

✚ Fancy pumpkin stew with flatbread? Whole grilled tilapia with boiled plantain or yam? These can be excellent choices – but remember to keep an eye on your portion size.

✚ Alternatively, **opt for non-creamy soup**. This can help to fill you up and you can pace yourself by taking smaller spoonfuls, helping you to slow down the speed at which you eat.

Get into the habit of ordering extra side salads and ask for the dressing on the side.

Feel free to ask what's in salads – they may have added breaded chicken, full-fat cheese, fried bread croutons and rich creamy dressings.



Desserts

If you choose a dessert, it can be easy to eat too much.

✓ Try a scoop of ice cream, some fresh fruit salad, a sorbet, or perhaps share some carrot cake or plantain pudding with a friend or family member.

✚ Coconut water, carrot drink and fruit punch may all sound like healthy options **but be careful of added sugar, sweetened condensed milk** and strawberry syrup that are often added to these drinks.

✚ For bottled or canned coconut water, check the nutrition facts and look for less than 10g sugar per cup.

Coconut water can be misleading since it naturally has sugar so you aren't going to find a 'sugar-free' version but much more than 10 g sugar per cup likely means extra sugar was added.

✚ Herbal teas (served hot or iced without added sugars or sweeteners) can be another great beverage choice.

- ✓ Go for it
- ✚ Have in moderation
- ✗ Try to avoid

TAKING CARE OF YOUR WELLBEING

When looking at your overall health, it is important to **consider the impact of what you eat on your wellbeing**.

Protein is important in building and repairing muscle, skin and other body tissues. It also helps to fight infection, carry oxygen around your body and is important in promoting wound healing. By ensuring that your diet is rich in protein, you are fuelling the healing process from the inside.

So which foods are full of protein?

- lean meat, poultry and fish
- eggs
- dairy products like milk, yoghurt and cheese
- seeds and nuts
- beans and legumes (such as lentils and chickpeas)
- soy products like tofu
- some grain and cereal-based products are also sources of protein but are generally not as high in protein as meat and meat alternative products.*

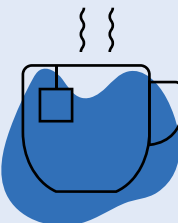
*<https://www.betterhealth.vic.gov.au/health/healthyliving/protein>

STAY HYDRATED

Throughout the day, we lose water through sweat and urination. This fluid needs to be replaced to ensure we don't become dehydrated. Dehydration can cause headaches, dizziness and fatigue, as well as delayed wound healing.



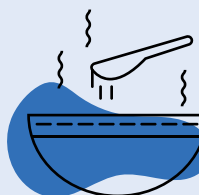
Stay well hydrated – drink at least 6–8 cups or glasses of fluid each day.



Alternating drinks can make getting the fluids you need more enjoyable.
Hot drinks: tea, coffee and hot chocolate



Cold drinks: sugar-free squash, fruit juices and milk.



Remember, there are other ways to improve your fluid intake by including foods

Watch out: **Limit** caffeinated drinks – drinking **more than 3 cups per day** can have a **dehydrating effect**.

SOURCES

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