

Your Pocket Guide to Dining Out

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Calories
Carbs
Fats

This guide is designed to help you order wisely in restaurants. It lists the **average** amounts of carbohydrates, fats and calories (energy) in many common restaurant foods and beverages.

The guide uses typical portion sizes. However, the actual amount of fats and carbohydrates in certain meals can vary from one restaurant to another. For more precise figures, consult the restaurant directly or visit its web site.

Glossary

Carb = carbohydrates
(include sugars, starches and fibre)

Fat = fats

g = grams

Kcal = calories (energy value of food)

m.f. = milk fat

mL = millilitres

1 cup = 8 oz = 250 mL

1/2 cup = 4 oz = 125 mL

1/3 cup = 2 1/2 oz = 75 mL

1 in. = 1 inch = 2.5 cm

1 oz = 1 ounce = 30 mL = 30 grams

1 tbsp. = 1 tablespoon = 15 mL

1 tsp. = 1 teaspoon = 5 mL

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Healthy tips and tricks

- Avoid fried and breaded foods.
- Be careful with *table d'hôte* menus; generous desserts are often included.
- Choose the “catch of the day” or order from the “light” menu offered by many restaurants.
- Start with vegetable soup or juice, or a salad, instead of emptying the bread basket.
- Ask for dressings and sauces “on the side” and use them sparingly, if at all.
Avoid creamy sauces and dressings.
- Ask to substitute starchy foods, such as fries, with vegetables. Some restaurants will replace fries with a soup or salad.
- Order a half-portion of pasta (without a cream sauce) or share your serving.
- Drink plenty of water. It's free!
- If you are still hungry after your main course, order fruit salad or a milk-based dessert.
- Don't feel compelled to “clean your plate.” You'll get the most for your money — and look great in your clothes — by taking leftovers home.

Breakfasts

Starches

		Carb (g)	Fat (g)	Kcal
Bagel (plain)	1 large	60	3	310
Bread	1 slice	15	1	70
Croissant (plain)	1 large	30	15	270
French toast (without syrup)	1 slice	15	7	150
Muffins and pastries		(see Desserts)		
Pancake (6-in. diameter)(without syrup)	1	20	5	130
Waffle (4 x 4 in)(without syrup)	1	15	3	100

Eggs

Boiled	1 egg	1	5	75
Fried	2 eggs	2	15	175
Omelette	2 eggs	2	12	170
Scrambled	2 eggs	2	10	160

Sandwiches

Breakfast sandwich (egg)	1	30	10	260
Croissant sandwich				
egg, sausage, cheese	1	25	36	500
English muffin	1			
egg, bacon, cheese		30	16	340
egg, ham, cheese		30	12	300
egg, sausage, cheese		30	30	460



Breakfasts

Side Dishes

		Carb (g)	Fat (g)	Kcal
Bacon	3 slices	0	8	105
Baked beans with pork	1/2 cup	25	4	160
Cottage cheese (2% m.f.)	1/2 cup	5	2	105
Fruit salad (strained)	1/2 cup	15	0	70
Hash browns	1 patty	20	10	175
Potatoes (browned)	3/4 cup	40	11	270
Sausage	1	5	11	135
Yogurt plain (2% m.f.)	1/2 cup	10	3	90
Yogurt with fruit (2% m.f.)	1/2 cup	20	2	130

Sauces and Spreads

Cream cheese (light)	3 tbsp.	5	8	105
Cream cheese	3 tbsp.	5	13	140
English custard	2 tbsp.	5	10	115
Honey/molasses	1 tbsp.	15	0	60
Jam (light)	1 tbsp.	5	0	20
Jam	1 tbsp.	15	0	60
Marmalade	1 tbsp.	15	0	60
Peanut butter	1 tbsp.	5	8	105
Syrup (light)	3 tbsp.	15	0	60
Syrup	3 tbsp.	40	0	160

Appetizers

Hot Appetizers

		Carb (g)	Fat (g)	Kcal
Chicken wings	4	0	20	280
Deep-fried cheese sticks	4	30	22	370
Egg roll	1	15	5	110
Garlic bread	1 slice	25	5	150
Garlic bread stick	1	20	4	130
Garlic bread "au gratin"	1 slice	25	14	275
Quesadillas	2	15	15	195
Snails in garlic butter	6	0	24	235
Spring roll	1	15	9	150

Cold Appetizers

Bruschetta	2	30	5	185
Crackers (soda type)	2	5	1	30
Raw vegetables (no dip)	1 cup	10	3	70
Tomato and clam juice	1/2 cup	15	0	70
Tomato juice	1/2 cup	5	0	30
Vegetable juice	1/2 cup	5	0	25



Appetizers

Salads

Caesar salad (with dressing)	1 cup	10	22	245
Chef salad (no dressing)	1 cup	5	0	25

Soups

Cream soup	1 cup	20	8	150
Onion soup "au gratin"	1 cup	15	17	275
Pea soup	1 cup	30	4	190
Soup with pasta or rice	1 cup	15	3	90
Vegetable soup	1 cup	10	3	70
Wonton soup	1 cup	15	2	100

Dressings

Caesar dressing	1 tbsp.	0	10	90
Italian, house dressing	1 tbsp.	0	7	65
Light dressing	1 tbsp.	0	2	35
Mayonnaise (light)	1 tbsp.	0	5	45
Mayonnaise	1 tbsp.	0	11	100



Main Courses

Asian

Noodles and Vegetables

		Carb (g)	Fat (g)	Kcal
Chicken Chow Mein	1 cup	20	0	100
Chop Suey with meat	1 cup	10	9	165
Asian noodles (Stir-fry)	1 cup	40	5	240
Mixed vegetables	1/2 cup	10	4	75

Rice

Chinese fried rice	1/2 cup	25	5	150
Steamed rice	1/2 cup	30	0	140
Sushis	2	15	5	105

Meats

Chicken (breaded, fried and sweetened)	3 pieces	15	10	175
Pineapple chicken	1/2 cup	10	3	100
Spare ribs (garlic)	1/3 cup	10	6	125

Sauces

Plum or cherry sauce	1 tbsp.	5	0	20
Soya or Tamari sauce	1 tbsp.	0	0	10
Teriyaki sauce	1 tbsp.	3	0	15

Main Courses

Greek

Side Dishes

Greek salad (with dressing)	1 cup	15	4	100
Potatoes	3/4 cup	25	5	155
Rice	3/4 cup	45	0	210

Kabobs (meat only)

Beef (7 oz cooked)	1	0	21	445
Chicken (6 oz cooked)	1	0	9	310

Seafood meals

served with potatoes, rice and salad

Breaded shrimps	12 to 16	150	50	1190
Fish (cooked)	6 oz	75	12	605

Others

Pita bread (6 1/2 in.)	1	35	1	170
Tzatziki — See Main Courses — Vegetarian				

Main Courses

Italian

Pasta

Lasagna with meat	4 x 4 x 2 in.	45	23	510
Pasta in oil	2 cups	80	45	760
Pasta with meat sauce	2 cups	110	17	680
Pasta with cream sauce	2 cups	110	45	950
Pasta with tomato sauce	2 cups	100	15	535
If served "au gratin", add		0	10	130

Pizza

Pizza, individual, thick crust	1 of 6 in.	70	30	665
Pizza, square, thin crust	1 of 9 x 9 in.	70	20	540
Pizza, stuffed crust	1/6 of 12 in.	40	20	415
Pizza, thick crust	1/8 of 12 in.	30	15	300
Pizza, thin crust	1/8 of 12 in.	25	12	240

Salad meals (no dressing)

Chicken Caesar salad	18	36	480
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Main Courses

Mexican

		Carb (g)	Fat (g)	Kcal
Burrito with beef	1	30	10	260
Burrito with beans	1	45	10	300
Chilli with beans	1/2 cup	15	7	150
Chilli with meat	1/2 cup	10	5	135
Enchilada (cheese or beef and cheese)	1	30	20	320
Fajitas (beef or chicken)	1	20	7	190
Mexican rice	3/4 cup	25	9	190
Nachos with cheese	6 to 8	35	18	340
Quesadilla (cheese or chicken)	1	40	30	415
Taco	1	15	10	180
Taco salad	1 cup	15	10	195

Fast Food

		Glu (g)	Lip (g)	Kcal
<i>Chicken</i>				
Chicken fingers	5	25	22	365
Chicken nuggets	6	15	17	290
Fried chicken – wing	1	5	10	140
Fried chicken – rib	1	10	15	245
Fried chicken – leg	1	5	18	250
Fried chicken – breast	1	15	24	400

Salads (no dressing)

Caesar salad	1 cup	5	2	55
Garden salad	1 1/2 cup	10	6	120
Grilled chicken salad	1 1/2 cup	10	7	200

Main Courses

Fast Food Restaurants

Sandwiches

		Carb (g)	Fat (g)	Kcal
Breaded fish burger	1	35	20	370
Chicken burger	1	45	18	450
Grilled chicken burger	1	35	7	300
Hamburger (junior)	1	30	14	320
Hamburger (junior, with cheese)	1	30	18	370
Hamburger (large, triple-decker)	1	45	30	580
Hamburger on a bun	1	30	20	410
Hot dog	1	40	12	315
Veggie-burger	1	40	10	330
Wrap (chicken and vegetables)	1	50	15	415

Side Dishes

Fries	(small)	30	15	260
Fries	(medium)	50	20	400
Fries	(large)	65	25	510
Onion rings	(small)	40	20	360
Poutine	2 cups	65	40	750
Sauce (mustard or BBQ)	2 tbsp.	10	2	60
Sauce (sweet-and-sour or honey)	2 tbsp.	15	0	60



Main Courses

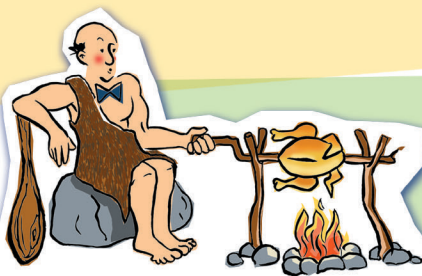
Barbecue

Grilled meats

		Carb (g)	Fat (g)	Kcal
Beef – ribs	15 oz	0	118	1500
Beef – strip loin steak	9 oz	0	41	665
Beef – sirloin	6 oz	0	22	385
Chicken and spare ribs combo	12 oz	5	72	1065
Spare ribs	6	10	40	530

Chicken

Breaded chicken filets (breast)	2	15	11	200
Chicken and vegetable kabob with pineapple + sauce	1	40	13	390
Chicken fajitas	2	45	41	690
Chicken pot pie	1/4 pie	60	30	600
Club sandwich (white meat)	1	55	24	590
Hot chicken sandwich (with sauce)	1	50	6	420
Roast chicken – breast	1	0	10	245
Roast chicken – leg	1	0	15	260
Stir-fry chicken on rice		40	7	370
Stir-fry vegetables on rice		40	3	220
Vol-au-vent	1	30	14	330



Main Courses

Barbecue

Salad meals

(with dressing)

Chicken Caesar salad

Mexican salad

Oriental chicken salad

Carb (g)	Fat (g)	Kcal
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20	60	710
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35	40	630
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130	36	885
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Side Dishes

Baked potato

1

45	0	200
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Baked potato (garnished)

1

50	25	500
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Bread, sauce and fries

65	16	475
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Coleslaw

3/4 cup

10	10	130
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Fries

50	12	355
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Hamburger bun

1/2 bun

15	1	75
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Potato (mashed)

3/4 cup

25	7	185
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Rice pilaf

1/2 cup

30	1	145
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Vegetable plate

2/3 cup

10	4	80
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Sauces and dips

Salsa

3 tbsp.

2	0	10
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Sauce (brown BBQ)

1/2 cup

5	2	40
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Sauce (mustard or BBQ)

2 tbsp.

10	2	50
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Sauce (sweet-and-sour or honey)

2 tbsp.

15	0	60
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Sauce (Thai)

4 tbsp.

50	0	190
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Sour cream

3 tbsp.

0	6	60
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Main Courses

Sandwich Shops

Starches

		Carb (g)	Fat (g)	Kcal
Bagel	1 large	60	3	310
Croissant	1	30	15	270
Scone	1	45	10	310

Salad meals

Chicken (no dressing)	1/2 cup	9	3	120
Pasta salad (with dressing)	1/2 cup	15	10	170

Sandwiches

Panini with meat	1	61	9	465
Regular submarine (6-in.)	1	45	20	435
Submarine, mini (4-in.)	1	30	13	285
Wrap (chicken and vegetables)	1	35	11	290

Soups — see Appetizers

Spreads

Cream cheese	3 tbsp.	5	13	140
Cream cheese (light)	3 tbsp.	5	8	105



Main Courses

Vegetarian

Salads

		Carb (g)	Fat (g)	Kcal
Lentil salad	1/2 cup	15	7	130
Three-bean salad	1/2 cup	15	6	135
Taboulé	1/2 cup	10	7	110
Wild rice salad	1/2 cup	15	7	130

Hot meals

Buckwheat pie with olives	1/4 pie	35	17	325
Chinese or Thai seitan	1/2 cup	25	8	200
Millet pie	1/4 pie	40	20	370
Quiche (plain)	1/6 quiche	15	24	325
Seitan pie	1/4 pie	45	21	410
Spinach pie	1/4 pie	25	26	360
Tofu fricassée or sauté	1/2 cup	5	2	165
Vegetarian chilli	1/2 cup	15	1	85

Spreads and dips

Baba gannouj	2 tbsp.	5	5	70
Bruschetta	2 tbsp.	2	2	30
Hummus	2 tbsp.	5	4	65
Terrine	2 tbsp.	1	6	65
Tofu spread	2 tbsp.	2	11	115
Tzatziki with sour cream	2 tbsp.	1	8	75
Tzatziki with yogurt	2 tbsp.	2	5	55
Veggie pâté	4 tbsp.	15	7	140

Desserts

Ice Cream Shop

Cones

		Carb (g)	Fat (g)	Kcal
Regular waffle cone	1	3	0	15
Sugar cone	1	10	0	45
Sugar waffle cone	1	20	1	95

Hard ice cream

Frozen yogurt	2 scoops	40	7	240
Ice cream	2 scoops	35	14	300
Ice cream (light)	2 scoops	30	3	180
Ice milk	2 scoops	15	3	90
Sherbet	1 scoop	30	0	135

Soft ice cream

Soft ice cream	1 cup	40	24	390
Soft ice milk	1 cup	20	2	110

Specialties

Ice milk sundae (garnished)	1 cup	55	10	320
Milkshake	10 oz	55	8	330
	16 oz	75	12	450

Desserts

Doughnuts, biscuits, pastries and muffins

		Carb (g)	Fat (g)	Kcal
<i>Doughnuts</i>				
Doughnut "hole"	1	5	3	50
Filled doughnut	1	40	8	240
Iced doughnut	1	30	10	235
Stick doughnut	1	45	17	350
<i>Biscuits and pastries</i>				
Biscotti	1	15	5	110
Cinnamon bun	1	90	20	540
Cookie	1	25	10	200
Danish	1	35	23	380
<i>Muffins</i>				
Muffin	1 large	65	17	430
Muffin (light)	1 large	65	7	350



Desserts

Cakes and pies

Cakes

		Carb (g)	Fat (g)	Kcal
Brownie (no icing)	1	40	20	350
Carrot cake	1/8*	75	45	725
Cheesecake	1/8*	60	30	570
Chocolate cake	1/8*	45	15	325
Chocolate mousse cake	1/8*	55	35	570
"Pouding chômeur"	1 serving	75	0	315
White cake	1/8*	65	15	400

Cake garnishes

Fruit coulis	2 tbsp.	10	0	40
Hot fudge	2 tbsp.	20	6	140

Pies

Fruit pie (apple, lemon, etc.)	1/6*	60	23	460
Sugar or pecan pie	1/6*	70	20	475
Tart	1	50	15	350

* Cakes and pies are 9 inches in diameter.



Desserts

Other desserts

		Carb (g)	Fat (g)	Kcal
Apple crisp	1 serving	60	7	320
Apple turnover	1	30	15	265
Blanc-mange	1/2 cup	40	3	200
Chocolate mousse	1/2 cup	35	35	470
Cinnamon twist	1	25	5	150
Crème caramel	1/2 cup	35	7	230
Date square	1 1/2 x 2 inch	25	10	190
Dessert pizza	1 slice	50	5	250
Flan	1/2 cup	15	7	150
Fruit gelatine (Jell-O™)	1/2 cup	15	0	80
Fruit salad	1 cup	30	0	120
Millefeuille	1	65	21	455
Pudding	1/2 cup	25	4	155
Rice pudding	1/2 cup	35	3	175
Tapioca	1/2 cup	25	5	175

Beverages

Cool drinks

		Carb (g)	Fat (g)	Kcal
Apple or orange juice	8 oz	30	0	120
Chocolate milk	8 oz	25	3	165
Diet soft drinks	8 oz	0	0	1
Fruit punch	8 oz	30	0	120
Iced tea	8 oz	20	0	80
Milk (2% m.f.)	8 oz	15	5	130
Soft drinks	8 oz	25	0	105
Tomato and clam juice	4 oz	15	0	70
Tomato juice	4 oz	5	0	30
Vegetable juice	4 oz	5	0	25

Iced drinks

Iced cappuccino	16 oz	50	2	240
Milk with chocolate syrup	16 oz	35	4	275
Milk with fruit syrup	16 oz	75	5	350
Shaved ice (Slush™)	16 oz	75	0	280



Beverages

		Carb (g)	Fat (g)	Kcal
<i>Hot drinks</i>				
Cappuccino	10 oz	9	3	85
Coffee, espresso or tea (black)	8 oz	0	0	5
Hot chocolate	10 oz	40	8	230
Latte	10 oz	12	5	125
Mocaccino	10 oz	40	5	280
<i>Extras</i>				
Creamette (15 mL)	1	0	2	15
Milkette (15 mL)	1	0	0	15
Sugar	1 tsp. or 1 packet	5	0	20
Whipped cream	3 tbsp.	0	11	105
<i>Alcoholic beverages</i>				
Beer (light) 4%	12 oz	5	0	95
Beer (no alcohol) 0.5%	12 oz	18	0	80
Beer (regular) 5%	12 oz	15	0	150
Lemonade-style beer 6.1%	12 oz	50	0	260
<i>Liqueurs</i>				
Coffee liqueur, crème de menthe, etc.	1 1/2 oz	17	0	135
<i>Wines and spirits</i>				
Fortified wines (Port, Sherry, etc.)	2 oz	5	0	80
Cognac, gin, rum, vodka, whisky, etc.	1 1/2 oz	0	0	100
Red wine	4 oz	2	0	85
White wine	4 oz	1	0	85

A reminder about exchanges from
Diabetes Québec:

1 starch, fruit, milk and alternatives or other food
exchange is the equivalent of:

15 g of carbohydrates = 3 sugar cubes ■ ■ ■

This guide is based on nutritional values provided
by participating restaurants and on standard
food nutrition tables
(Brault-Lahaie and Bowes & Church's).

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