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**YOUR
POCKET
GUIDE TO
DINING OUT**

NEW REVISED & ENHANCED EDITION

Diabetes  Québec

This pocket guide will help you make informed choices at restaurants. The guide is divided into sections by food category. You will find the carbohydrate, fat and calorie (energy) content for a variety of foods, as well as tips at the beginning of each section.

The indicated serving size represents the portion that is generally served in restaurants. **However, be sure to base your calculations of the nutrient values on the portions actually on your plate.** Note, too, that the indicated nutrient values represent averages from a variety of data sources. Therefore, the nutritional content of your dish may differ. For more information, ask the restaurant owner or visit the restaurant's website.

Legend

carb = carbohydrates

lb. = pound

kcal = kilocalorie (calories of energy)

g = gram

ml = millilitre

M.F. = milk fat

in. = inch

1 c. = 1 cup = 250 ml

½ c. = ½ cup = 125 ml

¾ c. = ¾ cup = 175 ml

1 oz. = 1 ounce = 30 grams

1 tbsp. = 1 tablespoon = 15 ml

1 tsp. = 1 teaspoon = 5 ml

Menu

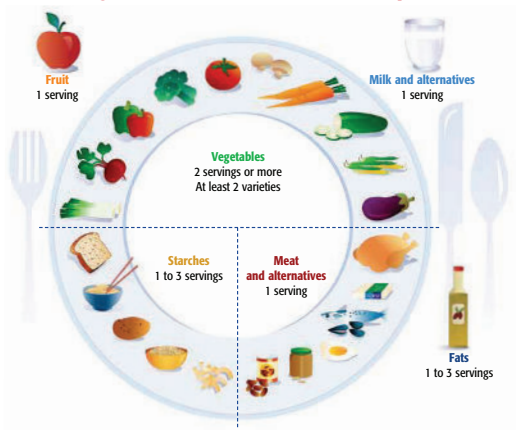
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Basic tips

- Plan your meal by consulting the menu, often available on the restaurant's website.
- Avoid arriving at a restaurant when you're famished.
- Feel free to ask questions about the menu or request modifications.
- Tables d'hôte (set menus at fixed prices) and combos may encourage you to eat more than your appetite requires. Instead, order à la carte items to better control the content of your meal.
- Restaurant portions are often oversized. Feel free to share your meal, ask for smaller portions (a half serving) or take the leftovers home.
- Eat slowly. This lets you savour your meal and feel the signals of satiety.
- Drink a lot of water. It's free!
- An occasional restaurant meal can be part of a healthy diet. It's all a question of frequency!



Take your cue from the balanced plate!



Use your hand to estimate the size of your servings



The tip of your thumb equals roughly 5 mL (1 tsp.), or 1 serving of vegetable oil or margarine.



The palm of your hand equals roughly 90 g (3 oz.), or 1 serving of meat, poultry, fish, or tofu.



Your thumb equals roughly 15 mL (1 tbsp.), or 1 serving of nuts or seeds.



Your fist equals roughly 250 mL (1 cup), or 2 servings of starches, 2 servings of fruit cut into pieces, or 2 servings of vegetables.

My food plan

Amount of carbohydrates per meal: _____

Breakfast

- Smoothies and fruit juices contain a lot of sugar. Avoid them entirely or choose the smallest size.
- A fresh fruit plate can contain up to 10 servings of fruit! Remember: one serving of fruit (½ c.) provides 15 g of carbohydrates. Why not share it?
- An order of pancakes, waffles or French toast is high in carbohydrates (100 to 230 g) and not very nutritious. Opt instead for a small plain pancake topped with a serving of fruit, a little syrup or yogurt. Be sure to add a source of protein (e.g.: yogurt, a boiled egg, cheese).
- Ask for your sauces, toppings and syrups on the side.
- Choose ham or smoked salmon, which contain less fat than bacon, sausages and cretons, or limit yourself to only one of these choices.
- Substitute tomatoes or fresh fruit for hash browns.

CHOOSE THIS:

2 eggs
2 pieces of whole wheat toast
1 slice of ham
Fruit
1 coffee

65 g carb, 15 g fat and 550 kcal

INSTEAD OF:

2 eggs
2 pieces of white toast
Pan-fried potatoes/hash browns
Bacon, sausages, baked beans
with pork
1 orange juice

125 g carb, 70 g fat and 1265 kcal

	Serving	Carb (g)	Fat (g)	Kcal
Starches				
Plain bagel	1	50	5	250
Pancake (no syrup)	1 (6 in. in diameter)	20	5	175
Plain croissant	1	25	10	230
Waffle (no syrup)	1 (4 x 4 in.)	70	15	400
English muffin	1	25	0	130
Muffins and pastries	See "Dessert" section			
French toast (no syrup)	1 slice	15	5	150
Bread	1 slice	15	0	95
Hash-brown potatoes	1 slab	15	10	160
Pan-fried potatoes	1/2 c.	20	10	175
Eggs				
Boiled or poached	2	0	10	140
Scrambled or omelette	2	5	15	190
Fried	2	0	15	180
Sandwiches				
English muffin	1 sandwich			
Egg, cheese, bacon		30	20	345
Egg, cheese, sausage		30	30	465
Bagel				
Egg, cheese, bacon		60	30	600
Egg, BLT		55	25	530
Croissant				
Egg, cheese, sausage		35	40	570
Wrap				
Egg, cheese, vegetables		20	15	290
Egg, cheese, bacon		35	25	470
Egg, cheese, sausage	35	30	500	

Breakfast

	Serving	Carb (g)	Fat (g)	Kcal
Meat and alternatives				
Bacon	2 slices	0	5	75
<i>Cretons</i>	1 tbsp.	1	5	55
Baked beans with pork	½ c.	20	2	140
Cottage cheese (2% M.F.)	½ c.	6	3	100
Ham	1 slice	4	1	60
Sausage	1	5	10	135
Sauces and spreads				
Peanut butter	1 tbsp.	5	5	105
Jam	1 tbsp.	15	0	60
Custard	1 tbsp.	5	5	55
Cream cheese	1 tbsp.	0	5	50
Marmalade	1 tbsp.	15	0	60
Molasses	1 tbsp.	15	0	60
Honey	1 tbsp.	15	0	60
Nutella®	1 tbsp.	10	5	100
Hollandaise sauce	1 tbsp.	0	5	70
Maple syrup	1 tbsp.	15	0	60

- Balance your meal by choosing a salad, vegetable soup or thick soup as a starter.
- Choose salad dressings made with oil and vinegar or lemon juice instead of creamy dressings, and request they be served on the side.
- Since starter portions are smaller, you can create a meal by ordering two different starters.

CHOOSE THIS:

Garden salad with an oil and vinegar dressing

10 g carb, 5 g fat and 100 kcal

INSTEAD OF:

Caesar salad

10 g carb, 40 g fat and 440 kcal



Starters

	Serving	Carb (g)	Fat (g)	Kcal
Hot starters				
Chicken wings	4	15	15	290
Fried cheese sticks	4	30	20	370
Breaded deep-fried squid	10	20	15	235
Popcorn shrimp	10	20	10	215
Escargots with garlic butter	6	0	25	235
Garlic bread	1 slice	25	10	200
Garlic bread <i>au gratin</i>	1 slice	25	15	290
Onion rings	8	35	20	315
Entrées froides				
Bruschetta	2	30	5	185
Shrimp cocktail	5 shrimps + 1 tbsp. of sauce	5	0	50
Salads and dressings				
Caesar salad (with dressing)	1 c.	5	20	220
Chef salad (no dressing)	1 c.	5	0	25
Caesar dressing	1 tbsp.	0	10	90
Italian or house dressing	1 tbsp.	0	5	50
Soups				
French onion soup <i>au gratin</i>	1	30	15	315
Vegetable soup	1 c.	10	0	70
Lentil soup	1 c.	20	0	160
Minestrone	1 c.	15	0	95
Soup with pasta or rice	1 c.	20	5	125
Thick soup	1 c.	15	5	120
Soda crackers	7	15	0	90

- Asian dishes often contain a large amount of carbohydrates (copious amounts of rice and noodles, dishes wrapped in dough, sweet sauces, etc.):
 - Learn to spot dishes containing sweet sauces (plum, cherry, pineapple, sweet-and-sour, teriyaki, General Tao, Pad Thai).
 - When you order soup or stir-fry, request that half the noodles be replaced with bean sprouts.
 - Request that extra vegetables be added to your dishes.
- Sushi is mainly rice with only small amounts of fish and vegetables. Order it as starter instead of a main course.
- Opt for stir-fried or steamed dishes instead of deep-fried dishes (such as tempura, crispy noodles, fried rice or tofu, General Tao).
- At a buffet, take a look at all the offerings first before filling your plate.
- The best way to handle “all you can eat” options is to start with small servings. You can always order more later if you are still hungry.

CHOOSE THIS:

Chicken stir-fry with extra
vegetables
Half-serving of rice
45 g carb, 10 g fat and 405 kcal

INSTEAD OF:

General Tao chicken
Rice
Egg roll
125 g carb, 50 g fat and 1115 kcal

Main courses – Asian

	Serving	Carb (g)	Fat (g)	Kcal
Sides				
Mixed vegetables	1 c.	10	5	70
Chicken Pad Thai	1 c.	35	10	280
Chinese vegetable fried rice	1 c.	40	5	250
Steamed rice	1 c.	50	0	210
Imperial roll (egg roll)	1	15	10	145
Spring roll	1	35	2	120
Tom Yum (hot-and-sour) soup	1 c.	10	5	110
Wonton soup	1 c.	10	0	75
Meat				
Chop suey with meat	1 c.	10	10	220
Chow mein with chicken	1 c.	15	10	200
Garlic spare ribs	½ c. deboned	20	10	230
Pineapple chicken	½ c.	20	10	215
General Tao chicken	½ c.	30	20	380
Chicken and vegetable stir-fry	1 c.	10	5	300
Sushi (maki)				
With fish and vegetables	1 (26 g)	10	0	40
With vegetables only	1 (26 g)	5	0	30
Sauces				
Peanut sauce	1 tbsp.	5	5	55
Plum/cherry sauce	1 tbsp.	5	0	25
Soy/tamari sauce	1 tbsp.	0	0	10
Teriyaki sauce	1 tbsp.	5	0	25
Flavoured rice vinegar	1 tbsp.	5	0	25
Desserts				
Almond cookie	1	10	5	80
Chinese fortune cookie	1	5	0	30

Main courses – Greek and Lebanese

- Order a simple platter, such as grilled meat/fish/poultry with a starch and vegetables.
- Choose grilled meat (brochettes and souvlakis) instead of sandwich-type meat (such as gyro, shawarma, shish taouk), which are prepared with more fat.
- If you order a pita sandwich, choose a vegetable salad as a side instead of rice and potatoes.
- The following dishes are very high in fat and should be eaten as starters or shared: moussaka, spanakopita, dolmas and falafel.

CHOOSE THIS:

Chicken brochette

Potatoes

Greek salad

65 g carb, 35 g fat and 800 kcal

INSTEAD OF:

Chicken gyro

French fries

100 g carb, 35 g fat and 885 kcal



Main courses – Greek and Lebanese

	Serving	Carb (g)	Fat (g)	Kcal
Starches				
Couscous	½ c.	20	0	90
French fries	20	40	15	310
Pita bread	1	30	0	160
Potatoes	½ c.	30	10	220
Rice	½ c.	25	0	115
Gyros (Greek sandwiches)				
Beef shawarma	1	40	20	440
Chicken shish taouk	1	40	15	420
Meat and seafood				
Shrimp brochette (5 shrimp)	1	5	1	90
Chicken brochette	1	5	5	220
Butterfly shrimp	5	30	5	290
Pork souvlaki	1	0	5	130
Salads				
Bean salad	½ c.	10	5	140
Greek salad (with dressing)	½ c.	0	5	70
Tabbouleh	½ c.	5	10	110
Sauces and dips				
Baba ganoush	1 tbsp.	2	3	30
Humus	1 tbsp.	2	3	40
Garlic sauce	1 tbsp.	2	4	35
Sour-cream tzatziki	1 tbsp.	1	4	40
Yogurt tzatziki	1 tbsp.	1	3	30
Other				
Falafel	1	5	35	60
Stuffed vine leaf	1	5	5	50

- Refuse the bread basket offered as a starter.
- Pasta plates are often not well balanced and can contain between 100 and 130 g of carbohydrates, the equivalent of 7 to 9 servings of starch:
 - Add a source of protein, such as chicken or seafood, as well as vegetables, if your order doesn't come with any.
 - Order a half serving or share a plate. Take the leftovers home.
- Opt for grilled instead of breaded meat or fish, cured meats (charcuterie) or sausages.
- Choose tomato sauces over cream, rosé, cheese or oil-based sauces and pesto.
- Watch out for stuffed pasta (manicotti, cannelloni, tortellini, ravioli) and baked *au gratin* pasta dishes, which are often high in fat.

Pizza :

- Choose a thin whole-wheat crust.
- Order toppings of vegetables, grilled chicken or seafood rather than the traditional cured meats (charcuterie).
- Have your pizza with a salad instead of pasta or fries.

CHOOSE THIS:

½ serving of spaghetti
bolognaise
Chef salad
with Italian dressing

60 g carb, 20 g fat and 510 kcal

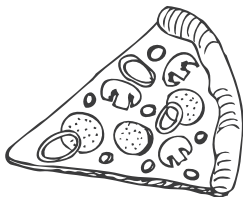
INSTEAD OF:

Tortellini in *rosé* sauce
Garlic bread

140 g carb, 35 g fat and 1030 kcal

Main courses – Italian

	Serving	Carb (g)	Fat (g)	Kcal
Pasta				
Meat lasagna	1 piece	80	45	940
Pasta with pesto	2 c.	90	20	830
Pasta with Alfredo sauce	2 c.	100	25	720
Pasta with meat sauce	2 c.	100	25	815
Pasta with tomato sauce	2 c.	100	10	590
Cheese-stuffed tortellini with <i>rosé</i> sauce	2 c.	115	25	830
If baked <i>au gratin</i> , add:		0	15	195
Pizzas				
Thick pizza crust	⅓ of 12 in.	25	10	240
Stuffed pizza crust	⅓ of 12 in.	25	10	245
Thin pizza crust	⅓ of 12 in.	20	5	165
Individual pizza, thick crust	8 in.	90	30	825
Individual pizza, thin crust	8 in.	65	25	575
Other				
Veal parmigiana	1 cutlet	95	30	945



- Mexican dishes often combine several high-carbohydrate foods: oversized tortillas, corn chips, rice, corn, black beans, etc. :
 - Refuse the basket of chips offered as a starter.
 - If your dish already contains a starch, replace the side of rice with a salad.
- Nachos, a combination of fried items, cheese and sour cream, are a high-fat and not very nutritious choice. Avoid them or share!
- Fajitas filled with vegetables and grilled meat are preferable to deep-fried tortillas (tostadas, shells, chimichangas).
- Choose salsas and lime juice for condiments instead of the usual sour cream, cheese sauce and refried beans.
- Eat guacamole in moderation.

CHOOSE THIS:

2 chicken fajitas with
vegetables and salsa

50 g carb, 10 g fat and 410 kcal

INSTEAD OF:

Nacho plate with sour cream
and guacamole

110 g carb, 75 g fat and 2185 kcal

Main courses – Mexican

	Serving	Carb (g)	Fat (g)	Kcal
Main course				
Burrito with ground beef	1	45	15	410
Burrito with beans	1	45	10	330
Chili with meat	½ c.	10	5	135
Vegetarian chili	½ c.	15	5	150
Enchilada (with cheese)	1	30	20	320
Fajita (no cheese)	1	20	5	190
Nachos (with cheese)	6 to 8	35	20	340
Quesadilla (with cheese)	1	40	30	415
Taco salad	1 c.	15	10	195
Taco	1	15	10	180
Sides				
Sour cream	1 tbsp.	1	2	25
Guacamole	1 tbsp.	1	3	30
Refried beans	½ c.	15	5	120
Rice	½ c.	25	0	115
Salsa	1 tbsp.	1	0	5



Main courses – Fast food restaurants

- Order a regular hamburger instead of a double or triple. For toppings, choose tomato, lettuce, onions and pickles instead of bacon and cheese.
- Choose grilled rather than crispy chicken.
- A fish sandwich has more fat and calories than a regular hamburger!
- Replace the fries with a vegetable salad, share the fries or order the smallest size.
- Limit your use of creamy sauces and salad dressings.
- Large-size soft drinks can contain up to 120 g of carbohydrates! Order a bottle of water instead.

CHOOSE THIS:

Regular beef hamburger
topped with lettuce, tomato
and onion

1 small serving of fries

1 bottle of water

55 g carb, 25 g fat and 520 kcal

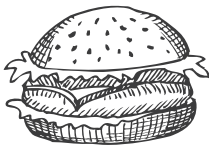
INSTEAD OF:

Jumbo-size beef hamburger

1 large serving of fries

1 medium-size fountain drink

155 g carb, 60 g fat and 1295 kcal



Main courses – Fast food restaurants

	Serving	Carb (g)	Fat (g)	Kcal
Chicken				
Chicken nuggets	4	10	10	165
Chicken strips	4	20	15	320
Fried chicken				
Wing	1	5	5	110
Thigh	1	20	20	260
Drumstick	1	5	5	110
Breast	1	5	15	330
Popcorn	5	15	10	175
Salads (no dressing)				
Asian salad				
Meal size with crispy chicken	1	25	20	410
Meal size with grilled chicken	1	10	10	270
Caesar salad				
Side salad	1	10	10	150
Meal size with crispy chicken	1	25	30	520
Meal size with grilled chicken	1	10	20	390
Garden side salad	1	5	0	40

Main courses – Fast food restaurants

	Serving	Carb (g)	Fat (g)	Kcal
Sandwiches				
Regular hamburger	1	25	15	295
Regular cheeseburger	1	25	15	350
Jumbo-size hamburger	1	40	40	585
Crispy chicken hamburger	1	45	20	470
Grilled chicken hamburger	1	35	10	360
Fish sandwich	1	45	20	425
Veggie burger	1	40	10	335
Crispy chicken wrap Chipotle, ranch, BBQ	1	45	20	430
Grilled chicken wrap Chipotle, ranch, BBQ	1	35	10	340
Sides				
French fries				
Small	1	30	10	225
Medium	1	45	15	360
Large	1	60	20	490
Poutine	2 c.	50	50	750
Onion rings				
Small	1	15	10	150
Medium	1	35	15	315
Large	1	60	30	550
Sauces				
Sweet-and-sour	1 tbsp.	7	0	30
BBQ	1 tbsp.	7	0	30
Ketchup	1 tbsp.	4	0	15
Honey mustard	1 tbsp.	4	6	70

Main courses – Rotisseries/steak house

- Opt for grilled meats instead of ribs or breaded chicken. Avoid eating the skin of the chicken.
- Substitute a baked potato with no fatty toppings (e.g.: sour cream) for fries or rice. Remember: half a medium potato or 1/3 c. of rice contains 15 g of carbohydrates.
- For a balanced plate, ask for vegetables as a side.
- Avoid the bread basket!
- Limit your use of sweet sauces (teriyaki and BBQ).
- A meal-size salad can be a healthy choice: order it topped with grilled poultry or fish and ask for the dressing on the side.
- If you order a club sandwich, ask for a half serving or share it.

CHOOSE THIS:

Skinless chicken breast

Baked potato

Vegetables

30 ml of BBQ sauce

60 g carb, 10 g fat and 580 kcal

INSTEAD OF:

Chicken breast with skin

Fries

Coleslaw

Bread roll

Container of BBQ sauce

100 g carb, 55 g fat and 1085 kcal

Main courses – Rotisseries/steak house

	Serving	Carb (g)	Fat (g)	Kcal
Grilled meats				
Flank steak	8 oz.	0	15	350
Strip loin steak	8 oz.	0	35	540
Sirloin steak	7 oz.	0	10	250
Ribs	½ lb. / 8 oz.	10	25	300
Fish				
Fish & chips (no fries)	1 large filet	20	30	360
Chicken				
Chicken brochette	1	15	25	300
Club sandwich	1	55	25	685
Chicken fajitas	See “Main courses – Mexican” section			
Breaded chicken filets	3	25	25	370
Hot chicken (with sauce)	1	50	5	420
Chicken pie	1 piece	30	50	650
Roast chicken (with skin)				
Breast	1	0	20	400
Thigh	1	0	25	360
Chicken wrap	See “Main Courses – Fast food restaurants” section			
Meal-size salads				
Chicken Caesar salad (with dressing)	1 (3 c.)	20	55	790
Asian chicken salad (with dressing)	1 (3 c.)	45	25	640
Green salad with chicken (no dressing)	1 (3 c.)	15	10	400

Main courses – Rotisseries/steak house

	Serving	Carb (g)	Fat (g)	Kcal
Sides				
Bread, fries and sauce	1, 40, ½ c.	85	25	575
Fries	40	65	20	450
Sweet-potato fries	40	55	30	515
Bread	1	15	0	75
Baked potato	1 large	45	0	230
Garnished baked potato	1 large	60	25	550
Mashed potatoes	1 c.	25	5	135
Rice	1 c.	50	5	290
Creamy coleslaw	½ c.	10	15	160
Traditional coleslaw	½ c.	10	10	110
Sauces and condiments				
Ketchup	1 tbsp.	4	0	15
Mayonnaise	1 tbsp.	0	10	95
Sweet-and-sour sauce	1 tbsp.	6	0	25
Brown BBQ sauce	½ c.	7	3	50
Honey mustard	1 tbsp.	4	6	70
Tartar sauce	1 tbsp.	0	2	30



Main courses – Sandwiches

- Choose small breads of 6 in. or less (submarine, baguette, ciabatta).
- Opt for whole-grain breads.
- Choose Dijon mustard or light mayonnaise instead of regular mayonnaise, ranch-style dressing or sweet sauces (e.g.: BBQ, honey mustard).
- Add at least 2 vegetable choices to your sandwich.
- Request that they not butter your bread.
- Watch out for sandwich salad fillings (tuna salad, chicken salad, egg salad), which are very fatty options. Instead, choose a source of simple protein (e.g.: turkey slices, grilled chicken, roast beef).

CHOOSE THIS:

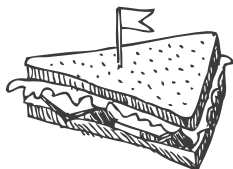
6 in. grilled chicken sandwich
With lettuce, tomato, peppers
and cucumber
15 ml of light mayonnaise
50 g carb, 10 g fat and 330 kcal

INSTEAD OF:

12 in. steak-and-cheese
sandwich
30 ml of ranch dressing
90 g carb, 65 g fat and 1170 kcal

Main courses – Sandwiches

	Serving	Carb (g)	Fat (g)	Kcal
Sandwiches				
Bagel with smoked salmon and cream cheese	1	55	10	420
Croissant with chicken salad	1	30	20	410
Panini with grilled chicken	1	50	10	390
6 in. submarine, lean meat and vegetables	1	45	5	290
6 in. submarine, cured meats (charcuterie) and cheese	1	45	20	475
Egg-salad wrap	1	30	15	320
Sauces				
Light mayonnaise	1 tbsp.	3	5	40
Regular mayonnaise	1 tbsp.	0	10	110
BBQ sauce	1 tbsp.	5	0	20
Ranch salad dressing	1 tbsp.	1	10	110



Before selecting a dessert, ask yourself if you are still hungry. Do you crave something sweet at the end of your meal? Here are a few healthier choices:

- Some restaurants serve coffee with a biscotti, a satisfying and reasonable choice.
- Opt for fruit salads.
- Feel free to share your dessert!



Desserts – Milk Bars

	Serving	Carb (g)	Fat (g)	Kcal
Soft ice cream cones				
Chocolate	1*	55	10	340
Vanilla	1*	45	15	330
Vanilla dipped in chocolate	1*	60	25	460
Cones (unfilled)				
Waffle cone	1	20	0	95
Sugar cone (regular)	1	5	0	15
Ice creams				
Hard ice cream	2 scoops (1 c.)	55	30	530
Ice milk	2 scoops (1 c.)	30	15	275
Sherbet	2 scoops (1 c.)	60	0	255
Frozen yogurt	2 scoops (1 c.)	60	10	340
Milkshakes				
Chocolate	1*	125	20	730
Strawberry	1*	110	20	660
Vanilla	1*	115	20	690
Specialities				
Sundae	1*	75	15	435
Parfait				
With fruit	1*	70	20	495
With peanuts	1*	95	40	775
Swirl	1*	145	35	860

* Medium size

Desserts – Donuts, cookies, pastries and muffins

	Serving	Carb (g)	Fat (g)	Kcal
Donuts				
Old-fashioned, plain donut	1	30	10	250
Filled donut	1	40	5	230
Glazed donut	1	35	5	220
Donut holes	1	10	3	70
Cookies				
Biscotti	1	15	5	110
Oatmeal cookie	1	35	10	290
Molasses cookie	1	60	10	350
White chocolate and macadamia nut cookie	1	30	10	220
Chocolate-chip cookie	1	30	10	200
Pastries				
Cinnamon bun	1	50	15	370
Chocolatine	1	35	20	350
Danish	1	35	15	315
Scone	1	55	15	390
Muffins				
Muffin	1 (large)	55	15	370



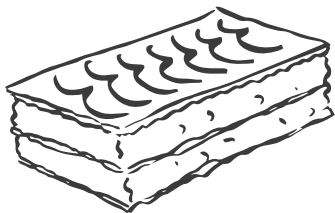
Desserts – Cakes and pies

	Serving	Carb (g)	Fat (g)	Kcal
Cakes*				
Brownie (no frosting)	1	45	20	380
Carrot cake	1	75	35	650
Chocolate cake	1	60	30	540
Cheesecake	1	40	30	455
Vanilla white cake	1	65	15	405
Black Forest cake	1	35	20	360
Chocolate mousse cake	1	40	30	430
<i>Pouding chômeur</i>	1	70	10	345
Cake toppings				
Fruit coulis	1 tbsp.	5	0	25
Chocolate coulis	1 tbsp.	10	0	40
Pies*				
Sugar pie	$\frac{1}{8}$ x 9 in. diameter	70	20	500
Pecan pie	$\frac{1}{8}$ x 9 in. diameter	60	25	430
Apple/fruit/citron pie	$\frac{1}{8}$ x 9 in. diameter	40	15	295
Tart	1	35	20	350

* Ask the server for the exact nutrient composition of your piece of cake or pie. Desserts are often bought from wholesalers.

Desserts – Other desserts

	Serving	Carb (g)	Fat (g)	Kcal
Date square	2 ½ x 3 in.	35	10	225
<i>Crème brûlée</i>	1 ramekin	25	25	335
<i>Crème caramel</i>	1	35	5	220
Apple crisp	1	45	15	245
Fruit jello (Jell-O™)	½ c.	20	0	80
<i>Millefeuille</i>	2 x 5 in.	50	25	430
Chocolate mousse	½ c.	30	20	340
Rice pudding	½ c.	25	5	140
Tapioca pudding	½ c.	30	5	155
Fruit salad	1 c.	30	0	120



Beverages

- To quench your thirst, water is still the best choice.
- Drink sparkling water instead of a soft drink.

Coffees and teas:

- Choose products that are 100% coffee or tea, with 2% milk or an unsweetened milk substitute (e.g.: plain tea, tea latte, filtered coffee, espresso, cappuccino, coffee latte).
- Sweeten your coffee or tea yourself, if needed.
- If you prefer flavoured coffee or tea (frappuccino, mocha, pumpkin-spice latte, etc.), order the smallest size.
- Don't add cream, whipped toppings or syrups.

Alcohol:

- Drink alcohol with meals and alternate it with water.
- Watch out for cocktails made with juices and syrups. They contain a lot of sugar and the servings are often oversized!
- A pitcher may seem like an economical choice but it is difficult to calculate the amount consumed when your glass is being continually refilled. Order by the glass or wait until your glass is empty before refilling it.
- If you drink alcohol and are at risk for hypoglycemia, measure your blood glucose more often and especially before bed.

Beverages – Refreshments

	Serving	Carb (g)	Fat (g)	Kcal
Miscellaneous				
Soft drinks	1 ¾ c.*	45	0	180
Diet soft drinks	1 ¾ c.*	0	0	0
Vegetable juice	½ c.	5	0	25
Clam and tomato juice	½ c.	15	0	60
Tomato juice	½ c.	5	0	20
Apple or orange juice	1 c.	30	0	120
Kombucha	1 bottle 1 ⅔ c.	20	0	70
Milk (2% M.F.)	1 c.	12	5	125
Chocolate milk (2% M.F.)	1 c.	30	5	200
Fruit drink	1 ¾ c.*	50	0	205
Fruit smoothie	1 ½ c.*	50	2	240
Iced tea	1 bottle 1 ¾ c.	30	0	120
Iced drinks				
Slushie®	1 ¾ c.*	55	0	220
Iced coffee	1 ½ c.*	15	2	70
Flavoured frappuccino	1 ½ c.	50	10	310
Iced moccaccino (2% milk) topped with whipped cream	1 ½ c.	30	15	300

* Small size

Beverages – Hot drinks

	Serving	Carb (g)	Fat (g)	Kcal
Hot drinks				
Black filtered coffee, espresso or plain tea	1 c.	0	0	5
Hot chocolate	1 c.	35	5	240
Capuccino*	1 ¼ c.**	10	5	110
Flavoured cappuccino (e.g : vanilla, caramel)	1 ½ c.**	30	5	210
Coffee latte*	1 ½ c.**	15	5	145
Flavoured coffee latte* (e.g : vanilla, caramel)	1 ½ c.**	35	5	230
Mocha coffee topped with whipped cream	1 ½ c.**	35	15	295
Chai tea	1 ½ c.**	0	0	0
Chai tea latte*	1 ½ c.**	30	5	190
Additions				
Coffee cream (10% M.F.)	1 creamer (15 ml)	1	2	20
Whipped cream	2 tbsp. (30 ml)	3	10	100
Milk (2% M.F.)	1 creamer (15 ml)	1	0	10
Syrup (vanilla, chocolate)	1 tsp. (5 ml)	5	0	20
Sugar	1 sachet	4	0	15

* Milk with 2% M.F.

** Medium size

Beverages – Alcoholic

	Serving	Carb (g)	Fat (g)	Kcal
Beer				
Light beer, 4%	1 bottle (341 ml)	5	0	100
Regular beer, 5%	1 bottle (341 ml)	10	0	150
Non-alcoholic beer, 0.5 %	1 bottle (341 ml)	15	0	75
Liqueurs				
<i>Crème de menthe</i> , coffee liqueur, etc.	1 ½ oz. (45 ml)	20	0	175
Wine and spirits				
Gin, rum, vodka, whisky, etc.	1 ½ oz. (45 ml)	0	0	100
White wine	5 oz. (140 ml)	5	0	115
Red wine	5 oz. (140 ml)	5	0	120
Fortified wines, port, sherry, etc.	3 oz. (85 ml)	10	0	120



This pocket guide was developed using the nutrient values posted on restaurant websites and data from Health Canada's Canadian Nutrient File (2015).

Our thanks to the authors of the original edition of this guide:
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