

Fact Sheet - Dining Out

Going out to dinner is often thought to be a problem. Actually, most restaurants are more than willing to accommodate special requests.

When ordering in a restaurant, request a very low-fat meal and explain to the server that there is a medical reason for the request. Let the server know that your food must contain a very small amount of oil and no cheese or cream. Most restaurants will steam fish and vegetables or grill a piece of chicken. Many restaurants are happy to take on the challenge and will produce a truly delicious meal for you.

- Choose a restaurant that you know can accommodate your special requests. Call ahead if you are not sure.
- Choose low-fat appetizers like clear soup, steamed clams, shrimp cocktail or fruit cup.
- For your tossed salad ask for vinegar or fresh lemon.
- Choose seafood, chicken or pasta. Do not order fried foods and dishes with creamy sauces. Make a special request to use no oil or just a minimal amount.
- Request that your entrée be baked or broiled without butter. Lemon juice, wine or very small amounts of oil are other options to have the entrée cooked with if you so desire.
- For dessert, choose fresh fruit, sorbet, frozen yogurt, or gelatin without whipped cream.
- Do not eat all of these courses at one sitting. You are much better off eating small portions several times a day so limit the amount that you order when you are dining out.
- For airlines, you can call ahead and request a low-fat meal if your airline is serving food.



This fact sheet is provided courtesy of the National Pancreas Foundation. To learn more about our organization, please visit our website at www.pancreasfoundation.org.