Diabetes and Eating Out – Banquets

Introduction:

Chinese often hold banquets during festive occasions. With wise food choices, people with diabetes can still enjoy these gatherings.

Scene for Banquets:

Actually people with diabetes can go to banquets too. Just be careful when eating.

For meat dishes, have a piece of roasted piglet with the skin and fat removed.

A piece of deep-fried chicken with the skin removed.

You can also have a tablespoon size of fish, a piece of abalone, and one to two pieces of scallops or shrimps.

Eat more vegetables, like broccoli, stuffed hairy gourd with dried scallop, lettuce and skim off the sauces.

It's alright to have a small bowl of soup with shredded chicken and a small bowl of soup noodle with dumplings.

Avoid eating desserts.

For fruits, share the orange with others if it is a big one. If it is a plate of mixed cut fruits like watermelon, honeydew and cantaloupe, take two small pieces.

For beverages, choose hot tea or diet carbonated soda. Avoid soft drinks or fruit juices.

Conclusion:

- If the banquet meal is scheduled later than your usual dinner time, eat a small amount of carbohydrate-rich food 2 to 3 hours beforehand, such as a slice of bread or four whole-wheat crackers.
- During a banquet, politely decline any unsuitable food.
- Take away leftover food in a food container; don’t force yourself to finish it.