

dining out with asthma

Enjoying a meal out while trying to follow a specific style of eating can sometimes be a challenge. **Use the following suggestions as a guide to help you dine out with ease.**

BEFORE DINING

Check The Menu Online

- Research the restaurant's online menu before arriving.
- Call ahead to see if menu items can be made a certain way. This can help relieve possible stress associated with dining out.

AT THE RESTAURANT

Make Special Requests

- Ask the waiter if they can accommodate special orders based on dietary restrictions you may follow.

Try to Stay Mindful

- Larger portions at restaurants can sometimes make it difficult to eat only the amount of food you are hungry for, versus the entire amount on the plate. Overeating can make for a full stomach, making breathing more challenging.
- Ask for a to-go box at the beginning of the meal and package half of your meal before you begin eating.
- Remember to put your fork down between bites. This can help you eat slower. Fast eating can lead to gas, which can push on the diaphragm, making breathing more difficult.

Hydrate

- Consider water for your drink of choice. Soft drinks, alcoholic beverages and sweetened tea all contain high amounts of sugar. Carbonated beverages can also cause extra gas bubbles to form in the stomach, pushing on the diaphragm, making breathing more uncomfortable.

Limit Saturated Fat and *Trans* Fat

- Look for menu item descriptors such as 'baked', 'broiled' or 'steamed'. These words indicate the item was prepared with little or no added fat.
- Avoid menu descriptions such as 'fried', 'extra crispy', 'smothered' or 'creamy'. These words indicate the item was prepared with a high amount of saturated fat.
- Aim to incorporate a lean source of protein into your meal, such as chicken, fish or beans.