

Control diabetes with healthy foods and fun: Encourage restaurants to add a diabetes-healthy selection to the menu.

How? Talk to area restaurant owners about adding a diabetes-healthy selection to the menu. The American Dietetic Association and the American Association of Diabetes Educators can provide expert advice and guidance on developing a special selection for the menu or adapting an existing menu item so that it is suitable for a person with diabetes.

This can be a one-time activity, or restaurants may be willing to tie it to a diabetes-related health theme (e.g., February is heart month; people with diabetes have a higher risk of heart disease) or to ethnic fairs and special events (e.g., September is the annual Hispanic festival). Ethnic restaurants can promote the new menu addition to show that ethnic dishes can be prepared in a way that is healthy and still tastes great.

NDEP posters can be displayed in the window of the restaurant or a special insert announcing the healthy menu selection can be printed and clipped to the menu.



Where to start?

Contact the owners or managers of local restaurants.

Many cities have an association of restaurant owners listed in the telephone book.

Also contact your local American Dietetic Association and AADE. Contact information is listed at the end of this guide.



What will you need?

- Nutrient analysis
- Flyers
- Recipe cards



Who else can help?

- The American Diabetes Association
- Local media
- Local health care providers

TIPS



Fast-food restaurants with healthy menu selections like salads can also join the effort. They can help spread the word on their tray place mats. Contact their corporate offices for details.