

dining out with psoriatic disease

Dining out is one of life's simple pleasures, however enjoying a meal out while trying to follow a specific eating pattern can be challenging. **The good news is, by following the simple tips below, you can dine out with ease and confidence once again.**

BEFORE DINING

Check The Menu Online

- Research the restaurant's online menu before arriving. This can help relieve possible stress associated with dining out.
- Look to see if any menu items can easily be altered to fit within your eating plan.

AT THE RESTAURANT

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 item descriptors such as 'fried', 'extra crispy,' 'smothered', or 'creamy'. These words indicate the item was prepared with high amounts of added fat.
- If eating meat, aim to incorporate a lean protein source, such as chicken or fish, into your meal.

Balance the Plate

- Choose fruit or vegetable sides to pair with your entrée.
- Explore the salad bar for opportunities to incorporate more fruits or vegetables into your meal.

Hydrate Your Body

- Consider water for your drink of choice. Soft drinks, alcoholic beverages, and sweetened tea all contain high amounts of sugar.

Dine for (A Healthier) You

- Don't be afraid to be assertive. Most restaurants are willing to prepare a meal to meet a customer's needs. Ask the server questions about your order.
 - How is the item prepared?
 - Can the sauce or dressing be served on the side?
 - Is the item gluten-free, or can it be prepared gluten-free?
 - Can substitutions be made?
- If you're having a psoriatic arthritis flare, don't be afraid to bring your own arthritis-friendly utensils- forks, spoons, knives, plates, or cups that best fit your needs. Eating out should be an enjoyable experience.