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Individualized Service for You & Your Customers

Dear Kara,

Everyone loves the opportunity to dine out. The CDC reports that three in five Americans eat dinner out at least once a week.

For many diabetics, eating out at a restaurant can be difficult. Because of greater health restrictions, they have fewer meal choices. Fortunately, most restaurants are improving their menus to include healthier meals. Here are some tips you can offer your diabetic customers to enjoy their next dining-out experience.

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about our products, team,
and Midwestern values.



1. Plan Ahead

As they make dinner plans, they should check a restaurant's menu online. Restaurants that feature farm-to-table meals are the best choice, but not as readily available. If organic foods are unavailable, they should call ahead and ask if meals can be prepared with less salt, fat, or sugar.

Suggest they have half of their meal wrapped up immediately so they eat less and enjoy more later. Or, consider sharing a meal or a dessert.

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2. Foods To Choose

The best food choices for a diabetic are broiled, steamed, or baked. This includes meat and fish, as well as vegetables. Salmon, tuna, or skinless chicken are excellent choices. Instead of fries for a side dish, choose a salad.

Eating vegetables, fruits, whole grains (such as brown rice), legumes, and nuts can improve blood sugar control and make your customer's body more responsive to insulin. The darker the vegetable, the better. Consider dark greens like kale or spinach, bright red bell peppers, and carrots.

Of course, the best beverage is water, but they can also choose unsweetened tea or black coffee.

3. Foods Not To Choose

Encourage your diabetic customers to avoid processed grains such as white rice, white bread, and pasta. Suggest they ask about substitutes for butter, cheese, and cream sauces. It's especially important to avoid pork, bacon, fried meats, or fatty meats such as ribs. They also need to limit their intake of dairy products such as whole milk, sour cream, and ice cream.

To avoid added sugar, they should resist regular soda, sweetened tea, and flavored coffees with sugar and cream. Dishes with BBQ, honey, teriyaki, or glazed sauces add sugar too.

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you
know?

Your Invoices are saved automatically. To view previous invoices, select the Green 'My Account' link at the top of the page, and then select "View Previous Orders". You may print invoices and Repeat Orders by selecting the corresponding order number.

4. Other Helpful Tips

It may sound extremely restricting to eat out, but it doesn't have to be. A life lived in moderation for a diabetic is the key to successful dining out. Here are some other helpful tips to share:

- Eat meals at the same time each day.
- Always have a snack available if symptoms of low blood sugar develop.
- Alcohol adds calories too, but an occasional drink is usually fine. Suggest ordering light beer or dry wine.
- Limit salt intake.

If your diabetic customers take medicine (either pills or insulin), tell them about the importance of testing their blood sugar before a meal. Experts also recommend testing about two hours after eating to measure the effect their meal had on their levels.

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How We Can Help

As the country begins to open up after the pandemic lockdown, more people will be dining out. By educating your customers, you're not only helping them live healthier lifestyles, you're also building relationships.

Contact us about purchasing additional test strips for the summer.

Together, we can encourage your diabetic customers to protect themselves

with regular testing to verify their medications are working properly. Remember, ordering from us is fast and easy.

Great prices, timely service, and personal attention are just a phone call away.

How can we serve you?



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(262) 878-9008

"Be joyful in hope, patient in affliction, faithful in prayer."

Romans 12:12

Product Highlights



Test Strips

With over 30 million Americans living with diabetes, we know it's important for your pharmacy to have supplies readily available so you can best support your customers as they manage their diabetes.

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