

Eating Away From Home

Keep snacks on hand.

If planning to be active or busy with extended periods of time, make sure to keep appropriate food on hand. Fast-acting carbs are a necessary treatment for lows, but complex carbs with protein and fat are useful for sustained energy.

- **Options:** granola or protein bars, trail mix (try swapping dried fruit for granola bites or dried cereal), pretzels with peanut butter, packaged servings of popcorn or chips

Plan ahead.

- **Road trips** – Keep a variety of options on hand, or in a cooler. Get an idea of rest stops and gas stations available on the way.
- **Overnight and day camps** – Find out what and if food will be provided and a general idea of meal time frames.
- **Going abroad** – Research what restaurants, cafes, and grocery stores are nearby.

Ask to view or access nutrition information.

Most staff are accommodating and willing to provide nutrition information if this is available. A trusted adult can also be helpful resources or advocates for help with carb counting.

Review portion sizes.

In situations where nutrition information is not readily available, having a good understanding of portion sizes can be extremely helpful. Don't be afraid to use measuring cups and kitchen scales to improve your carb counting accuracy and prepare yourself for eating out.