

## Eating for Good Health during Social Distancing – Healthy Take-out and Delivery

When getting take-out or delivery you can still keep in mind good nutrition, especially if you have a chronic condition such as diabetes.



### Tips for Ordering Takeout or Delivery

- If you get takeout, take the food home right away and eat it while it is hot.
- If getting delivery, request “contactless”, the delivery person will notify you when the meal is left at the doorstep
- Transfer the meal from its packaging onto a plate, discard the packaging, and wash hands thoroughly with soap and water.
- Store leftovers safely—wrap tightly and refrigerate any dishes with meat, fish, poultry, or dairy products. Do not let leftovers sit at room temperature for longer than two hours.
- Reheat leftovers to at least 165°
- The microwave is an easy way for reheating leftovers. Rotate food one-half turn midway through the heating time (if your microwave doesn’t have a turntable) and give it a stir to eliminate cold spots where bacteria can survive.
- Be sure to label the date of purchase on your leftovers and remember to discard within three to five days.

Making healthful choices from an online menu can be a challenge — especially since nutrition facts are not always posted to online menus

- Terms to be mindful of terms such as “crispy,” “battered” and “breaded,” as well as “creamy,” “cheesy” and “Alfredo,” which often can mean they’re higher in saturated fat, calories, and likely sodium.
- More healthful options might use terms like “baked,” “grilled,” “roasted,” and “steamed,” as well as “al fresco” or “marinara.”
- Consider steamed vegetables or fruit as a side option, when available.
- Sauces and dressings usually come on the side when ordered to-go but ask for sauces and dressing on the side to be sure and help control how much actually goes on your food.
- If it is a large portion of food you can put half of it away for later
- If you have diabetes, remember it’s important to spread your carbohydrate intake out throughout the day. More information is available to help you estimate carbohydrates in foods <https://www.diabetes.org/nutrition/understanding-carbs>

More nutrition information can be found on <https://www.eatright.org/coronavirus>

Information about COVID-19 in Massachusetts can be found at [www.Mass.gov/2019coronavirus](http://www.Mass.gov/2019coronavirus)