MIDDLE EASTERN FOOD AND MY DIABETES

Middle Eastern food can be very high in carbohydrates, which can greatly impact glucose management. Please see the list below to see how you can still incorporate the foods you love and manage your diabetes.

<table>
<thead>
<tr>
<th>Chicken and Vegetable Curries</th>
<th>Hummus</th>
<th>Falafel</th>
<th>Tikka Kabobs</th>
<th>Rice</th>
<th>Bread</th>
<th>Middle Eastern Style Chicken</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>¼ cup</td>
<td>1 ½ flafels</td>
<td>2-3 kabobs</td>
<td>1/3 cup</td>
<td>½ whole wheat pita (6 in)</td>
<td>1 cup</td>
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</tbody>
</table>

Please refer to 2000 calorie meal plan on the next page. For more recipe information check out [http://diabeticgourmet.com/recipes](http://diabeticgourmet.com/recipes) for more ideas.
<table>
<thead>
<tr>
<th>Meal</th>
<th>Number of Servings/Choices</th>
<th>Menu Ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>3 Carbohydrates (45 grams) (starch/fruit/milk/other) 2 Lean meat (ounces) 0-2 Fats</td>
<td>- 1 whole wheat pita</td>
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<tr>
<td></td>
<td></td>
<td>- 1 pear</td>
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<td></td>
<td></td>
<td>- Vegetable Egg Omelet (1 egg &amp; 1 egg white with sauteed spinach and mushrooms)</td>
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<td></td>
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<td>- 2 Tbsp. Olive Oil to cook egg and vegetables</td>
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<tr>
<td>Morning Snack</td>
<td>2 Carbohydrate (30 grams) (starch/fruit/milk/other) 1 Lean Meat (ounces)</td>
<td>- 3 falafel</td>
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<td></td>
<td></td>
<td>- 1 cup Greek yogurt <em>(portions may vary according to brand)</em></td>
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<tr>
<td>Lunch</td>
<td>3 Carbohydrates (45 grams) (starch/fruit/milk/other) 2 Vegetables (non starchy) 3 Lean meat/meat substitute (ounces) 0-2 Fats</td>
<td>- 1 cup Chicken Curry (includes 3 oz Chicken)</td>
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<td></td>
<td></td>
<td>- ½ whole wheat pita</td>
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<td></td>
<td></td>
<td>- 2 cups mixed sauteed vegetables (ex. tomato, spinach, onion, bell peppers)</td>
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<td></td>
<td></td>
<td>- 2 Tbsp. Olive Oil to sautee vegetables</td>
</tr>
<tr>
<td>Afternoon Snack</td>
<td>2 Carbohydrate (30 grams) (starch/fruit/milk/other) 1 Lean Meat (ounces)</td>
<td>- ½ cup hummus</td>
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<tr>
<td></td>
<td></td>
<td>- Cucumber slices</td>
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<tr>
<td></td>
<td></td>
<td>- 1 string cheese</td>
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<tr>
<td>Dinner</td>
<td>3 Carbohydrates (45 grams) (starch/fruit/milk/other) 2 Vegetables 3 Lean meat (ounces)</td>
<td>- 1 cup Middle Eastern Style Chicken</td>
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<tr>
<td></td>
<td></td>
<td>- 2/3 cup brown rice</td>
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<td></td>
<td></td>
<td>- 1 cup steamed mixed vegetables</td>
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<tr>
<td>Evening Snack</td>
<td>1 Carbohydrate (15 grams) (starch/fruit/milk/other) 2 Lean Meat (ounces) 0-2 Fats</td>
<td>- 1 cup mixed berries</td>
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<tr>
<td></td>
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<td>- ¼ cup raw almonds</td>
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</tbody>
</table>