
Author: Toi Sennhauser for EthnoMed
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This presentation is intended to be used by clinicians during discussions with patients about carbohydrates and blood glucose. It is culturally tailored to reflect foods commonly consumed by Iraqi and Syrian Americans.

Background:
Harborview Medical Center (HMC) physician Dr. Carey Jackson identified a need for a culturally-tailored visual reference tool to use during conversations about diet with diabetic patients. Author Toi Sennhauser created this tool to fulfill practicum requirements for the University of Washington’s School of Public Health, Nutritional Sciences. The project was coordinated by Ethnomed.org’s student author program, Contribution Pathways.

Methods/Acknowledgements:
The process of developing this slideshow included guidance from an emerging Iraqi community health board in considering the fit to combine Iraqi and Syrian foods together in a single educational tool. Individuals from varied ethnic and religious backgrounds were invited to participate in interviews and group discussions to inform the educational content. It’s acknowledged that the slideshow is not a complete reflection of the many diverse cultures, foods and dietary traditions present in Iraq and Syria.

Funding for this education was provided by the Pacific Hospital Preservation and Development Authority (PHPDA). Dr. Carey Jackson served as clinical advisor. Rekha Ravindran and Christine Wilson Owens provided program support. Harborview dietitians Lorren Koceja and Iwona Steplewska mentored the author during the project. Meetings were held with health care providers who work with Iraqi and Syrian patients. Cultural guidance was provided by medical interpreter Salahaddin Shamdeen, and interviews and focus groups were organized with the assistance of the Iraqi Community Center of Washington and International Counseling and Community Services. Many thanks to SoozVeen Catering and Azhar Yassin for providing many of the foods featured in this slideshow. Special thanks to these others who supported and contributed to this work: Dawn Corl, Faten Rashid, Dr. Mahri Haider, Marwa Sadik, Zainab Al-Tameemi.

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A sincere thank you to the following businesses for allowing us to take photos of their products on premises: Alhamdani Bakery, Big John’s Pacific Food Importers, DK Market, Quality Food Centers, Uwajimaya

Photo content taken from:
Wikipedia (Creative Commons Attribution 2.0 Generic): Fish and Chips [pg 69 and 79]
https://upload.wikimedia.org/wikipedia/commons/f/ff/Fish_and_Chips_Ocean_Foods_Drummoyne.jpg
Mrs. Keo Chanbo: www.chanbokeo.com
Foods and drinks are made up of carbohydrates, proteins, and fats.

When you eat, your body breaks down the carbohydrates, proteins, and fats into smaller pieces that can be absorbed from your gut (stomach and digestion) into your bloodstream. The blood carries these small, broken down pieces to your muscles and organs, where they can be used by your body for energy and other functions important to life.
Most staple foods, like bread, rice, milk, yogurt, and fruit contain carbohydrates. The body breaks down carbohydrates into a sugar called glucose. Glucose is the body’s favorite fuel source. In a person who does not have diabetes, glucose can be more easily absorbed from the bloodstream into the muscles and organs with the help of insulin, a hormone made by the body.
In a person with diabetes, the body either does not make enough insulin or the body is less sensitive to insulin. This leads to glucose collecting in the blood stream, causing sugar levels in the blood to rise over time.

Your doctor will usually want to track your A1C level. A1C measures how much glucose has been in your blood over the last three months. Talk to your doctor about what a healthy A1C goal looks like for you.

A1C

A1C usually measures your A1C level. A1C measures how much glucose has been in your blood over the last three months. A1C will usually check your A1C level.

A1C
High sugar levels in the blood over time can lead to blindness, kidney problems, amputations, and other complications from diabetes. That’s because when the blood has too much sugar, it gets sticky and begins clogging up blood vessels. It clogs up the smallest blood vessels first like those found in the eyes, kidneys, and nerves.

Medications may be necessary to help your body’s muscles and organs use glucose as fuel. This allows for your body to function well, and lowers your blood sugar levels.
If you have diabetes, it is important to keep your blood sugar as normal as possible. You can do this by making healthier food choices. You can still eat carbohydrates, but you need to learn how to recognize them in your food. You should eat fewer carbohydrates for each meal. Eating 3 smaller meals rather than 1 to 2 large meals per day helps your blood sugar stay more balanced.
Many people with diabetes want to eat the same foods that their families are eating. To improve your diabetes, it may not be necessary to change which foods you eat. Eating more of some foods and less of others may be helpful. In fact, a diabetes diet is a healthy diet for your whole family. Because diabetes can be hereditary, many families choose to change their eating habits to a diabetes diet together.
Besides eating a healthy diet, using medications correctly, finding activities to reduce stress or anxiety, and increasing physical activity will help lower blood sugar.

Stress and anxiety lead to higher cortisol levels in your body. Higher cortisol levels add to your body’s high blood sugar. Stress and anxiety can also lead to eating more than usual, which increases blood sugar levels.
Exercise helps decrease both cortisol and glucose levels. Regular physical activity reduces stress, which reduces cortisol levels. In addition, exercise also helps get glucose out of your bloodstream and into your body’s muscles to use for fuel. Please talk to your primary health care provider to find physical activities or other stress-relieving activities that work for you.
إِذَا تَحَسُّنَ نِسْبَةٌ مُسْتَوَى السُكَّرِ فِي الدِّمِ، لَأَيْعْنِي هَذَا إِنَّكَ شُفِيتَ مِنْ مَرَضِ السُكَّرِيَّ. يُجِبُّ أنْ تَتَبْعَ حُمْيَةٍ صَحيَّةٍ لِلْأَكلِ، وَكَذَلِكَ مُمَارَسَةُ الرَّياضَةِ، وَتَنَاولُ الأَدْوَيَةِ حَسَبَ تَعْلِيمَاتِ الطَّبِيِّ لِلسَّيِّطَرَةِ عَلَى مُسْتَوَى السُكَّرِ فِي الدِّمِ بِالقِيَاسَاتِ الصَّحيَّةِ وَالْمُنَاسِبَةِ.

يَجِبُ أَنْ تَتَبْعَ حُمْيَةٍ صَحيَّةٍ لِلْأَكلِ، وَكَذَلِكَ مُمَارَسَةُ الرَّياضَةِ، وَتَنَاولُ الأَدْوَيَةِ حَسَبَ تَعْلِيمَاتِ الطَّبِيِّ لِلسَّيِّطَرَةِ عَلَى مُسْتَوَى السُكَّرِ فِي الدِّمِ بِالقِيَاسَاتِ الصَّحيَّةِ وَالْمُنَاسِبَةِ.

يُقِدُمُ هَذَا العَرْضُ أَنْوَاعَ وَكَمِيَاتَ الطَّعَامِ لِمُسَاعَدَتِكَ فِي السَّيِّطَرَةِ عَلَى مُسْتَوَى السُكَّرِ فِي الدِّمِ.

If your blood sugar levels improve, this does not mean that your diabetes is cured. You still need to follow a healthy eating plan, exercise, and medication recommendations to keep your blood sugar level at a healthy level.

This presentation can show you the types and amount of food to eat to help control your blood sugars.
الكربوهيدرات: مقدمة

Carbohydrates: Introduction
Carbohydrates raise blood sugar. Many foods and drinks contain carbohydrates, like:

- Starches
- Fruit
- Dairy Products
- Sweets
الكَارِبِوْهِيْدِرَاتُ: 
الْنَّشْوِيَّاتُ

Carbohydrates: 
Starches
Starches raise blood sugar. Examples of starches include bread, burghul, freekah, rice, beans and lentils, noodles, potatoes, and some other vegetables.
Foods that are made of whole grains are healthier for you than grains that are processed or white bleached. When grains are processed, most of the fiber, vitamins, and minerals are removed. Whole grains slow digestion and keep you full longer.
Whole wheat and brown rice are examples of whole grains. You can buy whole grain bread, black bread, burghul, freekah, and brown rice. These whole grain products are more nutritious, but they will still increase blood sugar if consumed in amounts larger than your body needs.
Wheat and rice are important staple foods in Iraq and Syria. This may make it hard to control diabetes because foods containing wheat and rice raise blood sugar. For someone with diabetes, changing how much of those you eat can lead to lower blood sugar. Whether you choose whole grain or processed, bleached grains, keep portions small during mealtime.
Some breads are made of wheat or barley flour. These flours raise blood sugar. Breads made with 100% whole wheat or barley flour are healthier because they have more nutrients, but they will still increase blood sugar.
Because breads come in many different sizes, the appropriate portion size of bread per meal will vary depending on the size of the whole bread.

The pictures on the following slide show the appropriate portion of bread for one meal. Note that portions are appropriate only if bread is the only carbohydrate in the meal.
These photos show you the appropriate portion sizes for one meal. These portions are appropriate only if bread is the only carbohydrate in the meal.
Whole wheat bread is healthier than white bread, however all types of bread raise blood sugar. If you’re eating sliced bread, 2 pieces is the correct portion size for one meal.
These are the correct portions for French bread/baguette and naan.
Because bread is made from flour, it raises blood sugar. Adding syrup or jam will raise blood sugar even more.

العَلَق مَصنوع من الطَّحين، فإنه سيزيد من نسبة السُكر في الدم. إضافة سِيروُب حُلو أو مَربى سيرفع السُكر أكثر من ذي قبل.
Burghul, freekah, and whole wheat kernels are healthier than processed, bleached grain products. However, all types of wheat products raise blood sugar.
One cup of burghul or freekah is the correct portion size for one meal. One cup is the correct amount only if burghul or freekah is the only carbohydrate in the meal.
One cup of burghul or freekah is about the size of your fist. If you are having bread, rice, beans, or other foods that have carbohydrates at the same time, you might need to reduce the amount of burghul or freekah.
Like wheat products, rice raises blood sugar. Brown rice is healthier than Basmati rice or Amber rice. However, all types of rice raise blood sugar. One cup of cooked rice is the correct portion size for one meal.
One cup of rice is about the size of your fist. Note that 1 cup is the correct amount only if rice is the only carbohydrate in the meal. Keep in mind if you are having bread, burghul, beans, or other foods that have carbohydrates at the same time, you cannot have this much rice.
The correct amount of rice for one meal is 1 cup whether served on a plate or in a bowl. The picture on the right shows 1 cup of cooked rice on a plate.
Limit noodles or pasta to 1 cup per meal. One cup of cooked noodles or pasta is about the size of your fist. **Note that 1 cup is the correct amount if cooked noodles or pasta are the only carbohydrate in the meal.** Keep in mind, if you are having bread or other carbohydrates at the same time, you cannot have this much pasta.
Cereals are carbohydrates, too. Non-sugary cereals, like cornflakes and Cheerios, will raise blood sugar. They do not raise blood sugar as much as sugary cereals.
Sugary cereals, like Frosted Flakes, Raisin Bran, and Honey Nut Cheerios, raise blood sugar a lot.

People with diabetes should avoid sugary cereals.
Oatmeal raises blood sugar. One cup of cooked oatmeal is the right portion for one meal. One cup of cooked oatmeal is about the size of your fist. Adding sugar, fruit, or jam to oatmeal will raise blood sugar even more.

Making porridge from barley, wheat or pancake mixes will also raise your blood sugar.
Beans, dried split peas, and lentils are starches, but they also have some protein. They will raise blood sugar like wheat and rice.
حدّد أو قلل من الفاصولياء والعدس المطبوخ بحجم كوب واحد في كل وجبة. لاحظ أنَّهُ 1 كوب واحد من الفاصولياء تعتبر الكمية المناسبة الصحيحة للكربوهيدرات فقط في كل وجبة. تذكري إذا كان هناك حبَّز أو رز في نفس الوقت في وجبتك لا يجوز أن تحتوي وجبتك على نفس الكمية من الفاصولياء أو العدس.

Limit cooked beans and lentils to 1 cup per meal. Note that 1 cup of cooked beans is the correct amount only if beans are the only carbohydrate in the meal. Remember if you are having bread or rice at the same time, you cannot have as many beans or lentils.
These are vegetables, but they are also starchy. They will raise blood sugar. Eat small amounts of them. One cup of these cooked starchy vegetables is the correct portion if they are the only carbohydrate in a meal.
These foods contain different starches and will raise your blood sugar. If you eat these foods with lentil soup, yogurt or yogurt sauce, it will raise blood sugar even more.
Starches that are in this shape may be hard to measure. To measure the correct amount, add the food into a 1-cup bowl. Eat only as many as can comfortably fit into the bowl.
These stuffed foods, like dolma, may contain rice, which will raise your blood sugar. Make sure to limit the amount of rice you add. If you are stuffing non-starchy vegetables like the ones on the right, the correct portion of rice is 1 cup. If you are stuffing starchy vegetables like the one on the left, the correct portion of rice is ½ cup.
These foods contain bread and sometimes other carbohydrates, like garbanzo beans or potatoes. Here are the correct portion sizes for these foods. For example, when making Fattoush or Tashreep, only use 1 portion of bread, like ½ of a khobez.
الكَارَبُوْهِيدِرَاتِ
الفَاكَهَةُ

Carbohydrates:
Fruits
All fruits raise blood sugar. Fruit is healthy, but it should be eaten in small portions. When you eat fruits, eat them as a snack, not as a dessert. This will help your blood sugars to stay as normal as possible. These are the correct portions of fruit to eat.
Here are more recommended portions of fresh fruit to eat.
There is more sugar in dried fruit than there is in fresh fruit. It is healthier to eat fresh fruit. If you choose to eat dried fruit, choose 1 portion of dried fruit per day as a snack instead of a fresh fruit. These are the correct portions of dried fruit to eat.
Fruits cooked in sugar syrup or canned fruits raise blood sugar a lot. Choose fresh or frozen, unsweetened fruit instead. Eat very small amounts of canned fruits or fruits cooked in sugar syrup as a special treat only.

Here is the recommended portion size for koshaf or torshana.
الكَارِبِوُهِيْدَرَاتِ

مَنْتُوجَاتُ الأَلْبَانِ

Carbohydrates:
Dairy
Dairy products have carbohydrates and protein. Some dairy, like milk and yogurt, have more carbohydrates than other types of dairy, like cheeses. Milk and yogurt can raise your blood sugar.

Cheeses have carbohydrates and protein. In small amounts they will not raise blood sugar.
Yogurt is a healthy food. It has probiotics that help your gut (stomach and digestion) stay healthy. However, yogurt raises blood sugar. Whether you choose yogurt made from whole milk or low fat milk, eat yogurt in small amounts. Here are the correct portion sizes for yogurt and shenina daoogh (yogurt drink).

<table>
<thead>
<tr>
<th>Portion Size</th>
<th>Carbohydrates: Dairy</th>
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<tbody>
<tr>
<td>½ cup Yogurt</td>
<td>50% of a cup of yogurt</td>
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<tr>
<td>1 cup Shenina Daoogh</td>
<td>100% of a cup of shenina daoogh</td>
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</table>
Milk raises blood sugar. Low fat milk is healthier, but will raise your blood sugar too. Drink milk in small portions, whether full fat or low fat. Sweetened condensed milk raises blood sugar a lot. People with diabetes should avoid sweetened condensed milk.
Some dairy products are very high in fat. Kaymar, table cream, heavy cream, and half-and-half are not healthy for your heart. Eat kaymar and other foods containing heavy cream in very small amounts as a special treat only.
Cheese has carbohydrates and protein. In small amounts it will not raise blood sugar. Cheese in large quantities can be bad for your heart.
Here are the correct portion sizes for labneh and white cheese.

Two thumbs next to each other is the correct portion size for white cheese.
الكاربونيدرات:
الحلويات:
Carbohydrates:
Sweets
الحلويات تحوي الكثير من السكر، والنشويات، وكذلك تحوي الحليب في بعض الأحيان. طبعًا ترفع نسبة السكر في الدم بسرعة. الأشخاص المصابين بمرض السكري يجب أن يحاولوا أن يتجنبوا الحلويات أو أن كل كمية صغيرة جدًا من الحلويات في المناسبات الخاصة. إذا كان ممكنًا أن تختار الفاكهة الطازجة أو المجمدة، أو كل الفاكهة الغير محلية عوضًا أو بدلًا من الحلويات.

Sweets have a lot of sugar, starch, and sometimes also contain dairy. They raise blood sugar quickly. People with diabetes should try to avoid sweets, or eat very small amounts of them on special occasions. If possible, choose fresh or frozen, unsweetened fruit to eat instead of sweets.
These traditional sweets will raise blood sugar. It is okay to have 1 portion of dessert on special occasions or festivals, but not often. Here are the correct portion sizes for sweets.
These sweets will raise blood sugar. It is okay to have 1 portion of dessert on special occasions or festivals, but not often. Here are the correct portion sizes for sweets.

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<tbody>
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<td>Basbousa</td>
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<tr>
<td>Chocolates</td>
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<tr>
<td>Hard Candy</td>
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<tr>
<td>Ice Cream</td>
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</tbody>
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المشروبات
Drinks
Some drinks have very high amounts of sugar. They will raise blood sugar quickly and are unhealthy for people with diabetes.
الماء مهم جدا للصحة. جسمك يعتمد على الماء ليعمل بصورة صحيحة. الماء لا يرفع نسبة السكر في الدم.

Water is important for health. Your body relies on water to function well. Water does not raise blood sugar.
شرب القهوة أو الشاي من غير إضافة الحليب أو السكر يخفف من نسبة السكر في الدم. يكون من المستحسن استعمال بدائل السكر بدلاً من السكر.

Plain tea or coffee without milk and sugar does not raise blood sugar. Using a sugar substitute is okay.
Adding white or brown sugar, raw sugar or coconut sugar to your tea or coffee will raise your blood sugar. If tea or coffee is made in large amounts, prepare a plain cup without a sweetener for yourself. Using a sugar substitute is okay.
Adding liquid sweeteners like agave syrup or honey to your tea or coffee will raise your blood sugar. If tea or coffee is made in large amounts, prepare a plain cup without sweetener for yourself. Using a sugar substitute is okay.
These are sugar substitutes. They can be used to sweeten drinks or other foods. They do not raise blood sugar.
100% fruit juices and smoothies contain a lot of sugar. It is best to avoid them, especially during meals. When making juice at home, use mostly vegetables, only 1-2 portions of fresh fruit, and water.

Or try water flavored with pieces of fruit instead.
Soda is almost all sugar and quickly raises blood sugar a lot. People with diabetes should avoid soda. Diet beverages are okay.
Non-alcoholic beer contains a lot of carbohydrates. Drink non-alcoholic beer only in small amounts on special occasions. Vimto contains a lot of sugar. People with diabetes should use only a few drops of Vimto for each glass of water.
This is Nestle Nido powdered milk. Unless a doctor, nurse, or dietitian has told you to drink it, avoid drinking it because it contains a lot of sugar. It will raise blood sugar. Let your provider know if you drink this often.
Different kinds of alcohol, such as arak, beer and wine, affect your blood sugar in different ways. Please discuss this with your provider. Do not drink alcohol on an empty stomach.
Extras
People often add sweeteners, wheat products, or spices to food. The amount of sweeteners or wheat products may be small, but they increase blood sugar. It is important to pay attention to how much is added. Most spices do not raise blood sugar.
Fruit preserves contain a lot of sugar and increase blood sugar. People with diabetes should avoid them. Instead you can buy sugar-free jam. It will raise your blood sugar less than regular fruit preserves. The photo shows the correct portion size of sugar-free jam.
Pancake syrup contains a lot of sugar and increases blood sugar. The photo shows the correct portion size of pancake syrup if eaten with bread.
Fruit syrups from dates or pomegranates contain sugar. Adding fruit syrups, like pomegranate syrup or date syrup, to a dish increases blood sugar. Adding dried fruit also increases blood sugar.
Wheat products may be added to some dishes. For example, you may flour fish or vegetables before frying, add breadcrumbs to muhammara, or add burghul to tabouleh. These additions will increase blood sugar.
Adding these herbs and spices to food will not raise your blood sugar. Many of the spices commonly used in Iraqi and Syrian cooking have health benefits.
Vinegars and lemons will not raise blood sugars. They are good substitutes for sour fruit syrups.
Pickles can be made from fruits or vegetables. Pickles only raise blood sugar if they contain fruit, starchy vegetables, or added sugar. Pickles may be high in salt.

The correct portion is 3 big olives or 5 small olives.

العنبة (بهارات عراقية) Anba
المكدوس Makdous
الطرشي (المخللات) Torshi
Salt does not raise blood sugar. However, salt can raise blood pressure. Eating less salt is good for everyone. Use spices and flavorings, like garlic, to make less salty foods taste more flavorful.
Bouillon cubes, Maggi seasoning, instant noodles, and canned beans are also high in salt. Try to avoid these high salt items when possible or use less of them. You can also drain and rinse canned beans with water to reduce their saltiness.
Foods That Do Not Raise Blood Sugar
Proteins, fats, and non-starchy vegetables will not raise blood sugar. Examples include lamb, olive and canola oil, and okra.
البروتينات

Proteins
Proteins are foods that build muscle and help the body heal. When you eat a meal, include foods with protein. Eating protein with your meal can help you feel full longer. Plain protein foods do not raise blood sugar.
These plain protein foods do not raise blood sugar.
Fats
Fats include oils, animal fats, and butter. Fat does not raise blood sugar, but too much fat is unhealthy and can lead to weight gain. Some fats cause heart disease. To limit fat, buy leaner cuts of meat like the ones on the right. Enjoy higher fat meats, like the ones on the left, during special occasions, and eat them in small amounts.
When preparing foods like stews or pilafs, use lower saturated fats like canola oil or sunflower oil. One tablespoon (or 1 lid/cap full) is a good amount for healthy cooking. When choosing oils, go with canola or sunflower more often than corn oil for more heart health benefits.
When using healthy oils like olive oil and coconut oil for salads or mezze dishes, it’s still important to limit the amount used. Use 1 tablespoon for healthy cooking.

Ghee/clarified butter and mayonnaise are not healthy for your heart. Eat very small amounts on special occasions only.
Nuts and seeds are a healthy source of fat. They do not raise your blood sugar, with the exception of cashew nuts. Cashews are the only nut that can raise your blood sugar. All nuts and seeds should be eaten in moderation. These are portion sizes that are healthy.
Non-Starchy Vegetables
Vegetables that are non-starchy do not raise blood sugar.
These non-starchy vegetables do not raise blood sugar.
Non-Starchy Vegetables

- Beets
- Cilantro
- Bell Peppers
- Green Beans
- Avocado
- Okra

These non-starchy vegetables do not raise blood sugar.
These non-starchy vegetables do not raise blood sugar.
This salad will not raise blood sugar. The salad will only raise your blood sugar if the dressing contains a sweetener, like pomegranate syrup, or if bread or burghul or yogurt is mixed into the salad. If your salad contains carbohydrates, you must reduce the amount you eat. Most bottled salad dressings contain sugar.

You can make your own dressing with lemon, vinegar, and oil. This will not raise your blood sugar.
Remember that some vegetables are starchy. The starchy vegetables on the right will raise blood sugar. Eat smaller amounts of them. The vegetables on the left are non-starchy. They will not raise blood sugar.
الوجبات
Meals
Portion control is important for good health. Portion control is especially important for people with diabetes. Sometimes it can be difficult to estimate portions. Use a cup or your fist to organize your food on the plate. This will help with correct portioning and help manage blood sugar.
Eat only one plate of food per meal. This may feel difficult. Before you eat, try taking some deep breaths. Focus on the smells and flavors in your food.

Chew your food slowly and well. Put your spoon or fork down every now and then and take short breaks from eating. Eating smaller portions allows your body to control your blood sugar better. If you are still feeling hungry you can have more non-starchy vegetables or water.
This plate shows healthy portions of different types of foods. Fill half (½) of your plate with non-starchy vegetables. Fill one quarter (¼) of your plate with bread, grains, beans, or starchy vegetables. Fill the other quarter (¼) of your plate with protein.
Sometimes you may eat a combination of bread, rice, burghul, beans or lentils, or starchy vegetables. Eating too many of these foods will raise blood sugar. If you choose to eat more than one starchy food, the portion of each starchy item should be smaller. This is because bread, rice, burghul, beans, lentils, and starchy vegetables all raise blood sugar.
For example, you may want to eat rice and bread together. Keep the starch portion to ¼ of your plate. The remaining area on the plate can be filled a quarter with protein and half with non-starchy vegetables to make a healthy meal.
Here is another example. Keep the starch portion to ¼ of your plate. The remaining area on the plate can be filled a quarter with protein and half with non-starchy vegetables to make a healthy meal.
If your main dish is a stew or soup that does not contain starchy vegetables or beans, you can eat a larger portion of it. Eat this kind of stew or soup with no more than 1 cup of starch, like 1 cup of rice. If you are still hungry, you can eat salad or another non-starchy vegetable dish.
Here are other examples of a healthy bowl of soup. Notice that each soup is mostly non-starchy vegetables and has less lentils, grains, or starchy vegetables. If you add protein, make sure it is only ¼ of the bowl.
Sometimes your main dish will combine different starches. The correct portion size for this kind of dish is shown here.
If you are eating foods that raise blood sugar, eat them in smaller amounts. The following photographs show examples of meals that raise blood sugar more and meals that raise blood sugar less.
Which meal is better for someone with diabetes?
The meal on the right is better. Because jam and cheese have carbohydrates, the portion of bread has to be reduced. The plate on the right also has less white cheese, less sugar-free jam and a sugar substitute for the tea. The boiled egg adds protein and will help you feel full longer.
Which meal is better for someone with diabetes?
The meal on the right is better. Because jam and yogurt have carbohydrates, the portion of bread has to be reduced. The plate on the right also has less sugar-free jam and a sugar substitute for the tea. The boiled egg adds protein and will help you feel full longer.
Which meal is better for someone with diabetes?
الوجباتين تُعتَبر من الخيارات الجيدة. الطبقين تحتوي على جزء من الكاربوهيدرات على شكل البرغل، أو العدس، أو اللبن، أو الفاكهة. ممكن استبدال الكاربوهيدرات بأنواع أخرى إذا ما حافظت على الكمية والحجم المناسب كوب واحد منها. الماء والأشربة الغير محلاء، الماء المضاف للفاكهة له ممكن أن يكون بدائل جيدة لكي يجعلك لا تشعر بالجفاف.

Both meals are great options. Both plates have the same amount of carbohydrate in the form of burghul, lentils, yogurt, or fruit. It is okay to switch out any carbohydrate with other ones, as long as you keep the total to about one cup. Water or unsweetened, fruit-flavored water are great choices to keep you hydrated.
Which meal is better for someone with diabetes?

Which meal is better for someone with diabetes?
The meal on the left is better. There is less bread and meat sauce. The rest of the plate is filled with salad.
Which meal is better for someone with diabetes?
The meal on the left is better. Tepsi is a great choice for a person with diabetes, because it has a lot of vegetables in it. However, a 2 cup portion also has about a ½ cup of potatoes, which will raise blood sugar. Eat 2 cups of tepsi with a half cup of rice. Fill the rest of the plate with salad.
Which meal is better for someone with diabetes?
The meal on the left is better. Grilled fish does not raise blood sugar. There is less rice and it has less fava beans and more green beans in it. The rest of the plate is filled with salad.
Which meal is better for someone with diabetes?

Which meal is better for someone with diabetes?
The meal on the left is the healthier choice. Gyros purchased at a restaurant can be very large. When eating out, it is okay to have half of the gyro. Save the other half for later. Also, combination meals that include fries and a soda drink raise blood sugar. Instead, try to order a side salad and water.
في بعض الأحيان، يمكن أن تأكل ثلاث وجبات في اليوم، على سبيل المثال، في الصباح، بعد الظهرا، مساءً. إذا كنت مصابًا بالسكري، يجب أن لا تفوت من غير طعام لمدة طويلة. الانتظار طويلاً بين وجبات من غير طعام يمكن أن يسبب إلى انخفاض نسبة السكر في الدم، أو حتى إلى ارتفاع السكر في الدم.

إذا كان ممكنًا في الأفضل، لك أن تأكل ثلاث وجبات، من المهم جداً أن تأكل وجبات خفيفة مغذية بين الساعات بين كل وجبتين. هذا سيساعد على السيطرة على السكر في الدم، وكذلك التقليل من الشعور بالجوع.

Sometimes you may not be able to have three meals a day: for example, in the morning, afternoon, and evening. If you have diabetes, you should not go for long periods of time without eating. Waiting a long time between meals could lead to low blood sugar or even high blood sugar.

If it is not possible for you to eat three meals, it is important to have a nutritious snack every few hours between your two meals. This will help control blood sugar and reduce hunger.
Here are examples of healthy snacks between meals. This will help keep your blood sugar in control and will help keep you from overeating later. These are things you can eat in-between meals or carry with you when you leave home. Snacks should be eaten at least two hours after the previous meal and two hours before the next meal. Going more than 5 hours without food can lead to low blood sugar.
These foods may be eaten as snacks. The photos show the appropriate portion sizes. They all have the same amount of carbohydrates. You can eat any one of these options, but as you can see the amount of food can differ a lot.
الصوم

Fasting
Fasting is very important for many people and there are many different fasting traditions. For people with diabetes, it can be difficult to control blood sugar during fasts.
The amount (dose) of many medications people take for diabetes is given for usual food amounts and usual meal times. If you are observing a fast, it is important to plan with your health care provider well before fasting begins, so that your blood sugar does not go too low or too high. A good recommendation is to see your doctor at least two weeks before the start of fasting.
When you are fasting from sunrise to sundown, it can be hard to control your blood sugar. It may be especially difficult to control blood sugar when fasting times fall on the longer day-time months. Make sure you talk to your health care provider about how to keep your blood sugar as normal as possible.
When breaking the fast, take only 2 or 3 dates, 1 small portion of shenina daoogh, and use Splenda or another sugar substitute in your coffee or tea. Two cups of Shorba is the correct portion size for one meal. If you plan to eat a full meal after breaking the fast, eat less shorba.
After breaking the fast, make ⅔ your plate non-starchy vegetables and ⅓ of your plate lean proteins. Limit the amount of starchy, sweet, and fried foods.
A typical meal may look like this. This plate contains the appropriate amount of carbohydrates per meal.
Here are some examples of meals to have before sunrise. These meals are healthy because they have protein and whole grains, both of which can help you stay full longer.
Remember that fried starchy foods and sweets all raise blood sugar. When eating these, eat only 1 portion at a time. Eating fewer fried foods, sweets, and salt helps decrease thirst during daytime hours.
If you eat vegan (no meat or dairy) or vegetarian during fasts, it is important to eat the correct portions of grains, lentils, beans, and starchy vegetables because they can increase your blood sugar.
Remember to limit the portion of starchy foods to ¼ of your plate, which is about the size of your fist. Fill the remaining space on your plate with non-starchy vegetables.
الاحتفالات و المناسبات

Celebrations
You can still eat your favorite foods during celebrations, but eat smaller amounts. Prevent overeating at the celebration by eating at normal mealtimes before hand.

Another way to control blood sugars during celebrations is to plan to do more activity during that day, especially following the celebration meal. This will help to lower your blood sugar. Talk to your health care provider about exercise that works for you.
Be mindful of beverages during celebration occasions, because they usually are high in carbohydrates. Limit these, or have water or diet soda instead. If a large amount of sweet tea is prepared, prepare a plain cup without sweetener or with a sugar substitute for yourself.
الاحتفالات والمناسبات

Celebrations

كَذَٰلِكَ كُنْ حَذِرًا فِي الاحتفالات والمناسبات من كميات الحلويات التي تأكلها. اختر أجزاء صغيرة من الفاكهة بدل الحلويات. كن متأكدًا أن لا تأكل الوجبات الرئيسية والفاكهة في نفس الوقت حاول أن تأخذ وقتًا وتحدد فتاحة فراغ من 2-3 ساعات بينهما.

Similarly, be careful of celebration sweets. Choose a small portion of fruit instead. Make sure to space out the timing between the main meal and the portion of fruit to 2-3 hours.
الغَذَاءُ الأَمْرِيْكِيّ

American Foods
These American foods raise blood sugar if you eat them in large amounts. In large amounts, they also lead to heart disease.
When you eat American foods, make sure to eat a healthy portion. For example, a healthy portion of pizza is 1 slice. Add vegetables or a salad to make a meal.
Changing the way you eat is difficult. However, it can help control diabetes and can even reduce the need for medications. A diabetes diet is a healthy diet and will benefit everyone in your family.
For more information about diabetes in Arabic, see the list below:

The American Diabetes Association [www.diabetes.org](http://www.diabetes.org) or call: 1-800-DIABETES (800) 342-2383. Interpretation in all languages is available.
