

# Modify your food habits; change your lifestyle, prevent diabetes



**National Diabetes Center**

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**Making small changes to your eating habits and lifestyle, such as eating a healthy diet, maintaining an ideal weight and getting regular exercise, can effectively reduce your chance of developing diabetes.**

### **Healthy diet tips:**

- Balance your intake of carbohydrates and choose whole grain products.
- Make sure that your daily meals contain all the food groups; make the largest portion of your meal vegetables.
- Reduce your intake of soft drinks and sweetened juices; replace it with water or a little natural juice (or a low-fat drink).
- Eating foods with a high content of fiber, such as vegetables, fruits, whole grains and nuts helps regulate blood sugar and reduces the risk of diabetes, heart disease and other lifestyle diseases (life-threatening or chronic) and gives you a feeling of satiety.
- Starting your day with a balanced breakfast provides the body with energy and helps maintain blood sugar level stability during the day.
- Try to eat the same amount of calories per day divided over three main meals and three snacks.
- Eat slowly and chew your food well.
- Choose healthy fats like olive oil or vegetable oil for cooking instead of using butter, ghee, margarine or animal fat; reduce consumption of fats that are high in calories.
- Trim any visible fat off meat and remove the skin from chicken before cooking.
- Instead of frying, grill, boil, bake or stir-fry.
- Serve fish 2 to 3 times weekly.
- Establish a healthy kitchen that is free of unhealthy foods such as sweets, candies and processed meat, fries, creams, soft drinks and juices.
- Make time for exercise; aim for at least 30 minutes of physical activity a day most days of the week.

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### Biryani

Make your biryani healthier by using skinless chicken or lean meat. Prepare it with vegetable oil instead of using animal fats and add nuts to provide more fiber and healthy fat. Serve with salad.

#### Ingredients (Serves 6):

- 800g skinless chicken chopped
- 2 cups rice
- 2 onions, sliced
- 1 teaspoon biryani spices (as tolerated)
- 1 teaspoon salt
- Cinnamon sticks
- Saffron
- 1 cup yogurt
- Nuts



#### Method:

Mix yogurt, spices and salt. Add chicken pieces and leave mixture for one hour. Cook sliced onions until golden brown; grill the chicken pieces.

Boil rice in water with cinnamon. Remove rice from water and add 2 tablespoons of oil; distribute the chicken pieces over a layer of rice and top with a layer of onion slices and nuts. Cover chicken with remaining rice. Add a little saffron to the rice. Simmer until cooked and add hot water as needed. Serve hot.

#### Nutritional value per cup

Calories: 509

Carbohydrates: 45 grams

Protein: 29 grams

Fat: 19 grams

### Makboos Chicken

Makboos can be prepared using fish or skinless chicken or lean meat. To reduce fat content and calories, use vegetable oils in small quantities. Add vegetables and nuts to make it a heartier meal.

#### Ingredients (Serves 6):

- 500g skinless chicken
- 2 cups rice
- 2 tomato, chopped
- 2 onion, chopped
- 1 teaspoon cinnamon (as tolerated)
- 1 teaspoon seeder
- Salt
- 4 tablespoons vegetable oil



#### Method:

Wash the chicken thoroughly and then boil to produce a chicken stock. Cook onions in a small amount of oil until tender. Mix chicken pieces, tomato, spices and salt. Add the mix to the chicken stock and leave for 30 min.

Wash rice and drain. Add the chicken stock and leave to reduce; reduce heat until rice is tender and water evaporates completely. Add rice to the chicken and serve hot.

#### Nutritional value per cup

Calories: 391

Carbohydrates: 45 grams

Protein: 24 grams

Fat: 14 grams

### Squash and Eggplant Mahshi

To prepare mahshi in a healthier way, use a small amount of red meat (fat-free) and add vegetables and herbs such as parsley, mint and peppers to reduce the amount of rice used and increase the fiber intake.

#### Ingredients (makes 20 pieces):

- 1 cup of rice
- Squash
- Eggplant
- 300g minced meat
- 2 tablespoons vegetable oil
- 5 tomatoes, minced
- 2 cloves garlic, crushed
- Salt and other seasonings
- Cinnamon (as tolerated)
- ½ lemon

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### Method:

Mix rice, meat, vegetables and oil; add salt and spices.

Fill eggplant and squash with mixture. Cook minced tomatoes then add it to squash and eggplant. Add garlic and lemon and salt to taste. Boil over low heat until tender and meat is fully cooked.

### Nutritional value per piece

Calories: 92

Carbohydrates: 7 grams

Protein: 5 grams

Fat: 2 grams

### Lasagna

To prepare a healthier lasagna, use vegetable oil instead of butter and choose a lean meat and add more vegetables. Use low-fat milk to prepare the white sauce.

### Ingredients:

- 9 lasagna slices
- 300g minced meat
- 1 cup milk (low-fat )
- 7 tablespoons flour
- 2 small onions, chopped
- Light mozzarella cheese
- Salt to taste
- Spices, white pepper

### Method:

#### White sauce:

Chop 1 onion and cook with a little oil until it browns. Add flour, milk and spices and bring to a boil.

#### Red sauce:

Chop 1 onion and cook with a little oil until it browns. Add minced meat, spices, cinnamon and salt to taste. Add a little water.

Place a thin layer of white sauce followed by a layer of lasagna (3 slices) and then a layer of red sauce. Repeat the process until sauce and lasagna are gone. Cover with a thin layer of cheese and bake.

### Nutritional value per cup

Calories: 390

Carbohydrates: 40 grams

Protein: 22 grams

Fat: 8 grams



# Modify your food habits; change your lifestyle, prevent diabetes

8

## Thereed

Make thereed a complete meal by adding a variety of vegetables such as okra, squash, etc. and preparing it with skinless chicken or meat. Use a little vegetable oil instead of butter or animal fat.

### Ingredients (Serves 6):

- 240g bread (tortillas)
- 1kg skinless chicken
- 4 squash
- 2 potato
- Okra, chopped (optional)
- Onion, minced (optional)
- Tomatoes, chopped (optional)
- 4 tablespoons oil
- 2 teaspoon seasoning and spices (optional)
- 1 teaspoon cinnamon
- Salt
- 6 tablespoons tomato sauce

### Method:

Heat oil and cook onions. Add chicken and stir until chicken browns.

Add spices, tomato and tomato sauce and stir. Add additional water as required.

Add vegetables and season with salt. Leave until vegetables and chicken are cooked.

Cut tortillas into small pieces and place in a large dish. Pour mixture over tortillas.

### Nutritional value per cup

Calories: 463

Carbohydrates: 40 grams

Protein: 35 grams

Fat: 15 grams

