

Celebrating GLOBAL FOOD Cultures

Adapting Low Carb Meals to Meet Your Preferences

It can be easier to make changes to your eating patterns and stick to them if they fit with your lifestyle, preferences, and family and cultural traditions.

Here are some ideas for low carb adaptations influenced by a variety of global cuisines and regions. This resource only scratches the surface of cultural cuisines, and focuses on common ingredients found across the world. We hope that this will help spark ideas for adapting your favorite meals.

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About MCT2D

Michigan Collaborative for Type 2 Diabetes (MCT2D) is a collaborative of healthcare providers whose goal is to improve the quality of care that patients with type 2 diabetes receive across the state. MCT2D is supported by Blue Cross Blue Shield of Michigan (BCBSM) and work is coordinated by a team at the University of Michigan. MCT2D has three main initiatives:



Promoting guideline
directed medication
prescribing



Expanding use of
continuous glucose
monitoring devices



Supporting lower
carbohydrate
diets

What is a low carb lifestyle?

Low Carbohydrate (Low Carb) Lifestyle or Meal Plan: A low carbohydrate lifestyle or meal plan limits your intake of carbohydrates (carbs) from foods like grains, starchy vegetables, fruit, sugary snacks, and beverages, and emphasizes proteins, non-starchy vegetables, and healthy fats. This generally means eating **less than 130g of carbohydrates per day**.



Carbohydrates (carbs) are food consisting of or containing a lot of sugars, starch, cellulose, or similar substances. **In this booklet, where carbs are mentioned it means total carbohydrates.**

Pan-fry is form of frying food characterized by the use of minimal cooking oil or fat, typically using just enough to lubricate the pan. In the case of a greasy food such as bacon, no oil or fats may need to be added.

Roast is a cooking method that uses dry heat where hot air covers the food, cooking it evenly on all sides with temperatures of at least 300 °F from an open flame, oven, or other heat source.

Sauté is to fry (food, such as small pieces of meat or vegetables) in a small amount of fat.

Stew is to cook solid food ingredients in liquid.

Units of measure

g = grams

oz = ounces

tbsp = tablespoons



Additional Resources

MCT2D Low Carb Resources for Patients: michmed.org/yqJek

The Low Carb Jumpstart: jumpstart.mct2d.org

FIND AN ALTERNATIVE FOR...

CORNMEAL OR CORN FLOUR:

Cornbread, Grits

MAC AND CHEESE.....

POTATO DISHES LIKE:.....

Potato salad, Mashed potatoes,
Fried potatoes

SWEET BBQ SAUCE ON:.....

Grilled meat, Meatloaf

Examples of low carb Southern United States cuisine:

Note: All carb counts are estimations and may vary depending on ingredients used.

**Enjoy in moderation based on your carb goal*

Beef brisket or slow cooked pork (1 cup)	2g carbs
Tomato and okra stew (½ cup)	6.5g carbs
Cooked greens (1 cup) (collards, turnips, mustard greens)	7.5g carbs
Southern-style green beans (1 cup)	10g carbs
Southern-style bean stew* (½ cup) (lima beans, pinto beans, black-eyed peas)	~25g carbs

...BY TRYING THIS!

.....Swap cornmeal with almond flour to make cornbread

Recipe for low carb cornbread from Wholesome Yum:
michmed.org/w874D

Try this interesting spin on low carb grits using ground lupin beans from Keto Focus: Keto Grits Recipe (only 3g net carbs & NUT FREE): *michmed.org/3x2Gw*

.....Swap pasta with cut up cauliflower

Recipe for cauliflower mac and cheese from Wholesome Yum: *michmed.org/RRJBr*

.....Swap potatoes for these other vegetables

Cauliflower (Creamy mash/"potato" salad)

Kohlrabi (Roast/pan-fry/stew)

Daikon radish (Roast/pan-fry/stew)

Jicama (Roast/pan-fry/stew)

Turnip (Roast/pan-fry/stew)

.....Add sugar-free flavor to your meats

Dry spice rubs or marinades

Sugar-free BBQ sauce (e.g., G Hughes BBQ sauce)

Baked sweet potatoes* (½ cup)

29g carbs



FIND AN ALTERNATIVE FOR...



ARROZ ROJO
(seasoned 'red rice')



TORTILLAS
(corn or flour)



MASA HARINA
(corn meal)

Tamales, Arepas,
Gorditas, Empanadas

POZOLE
(hominy soup)

Examples of low-carb cuisine influenced by Latin America:

Note: All carb counts are estimations and may vary depending on ingredients used.

Churrasco (3 oz)	0-2g carbs
Latin America style meats and seafood (3 oz)	0-2g carbs
<i>Carnitas/carne asada/barbacoa/al pastor/chorizo</i>	
Salsas (2 tbsp)	2g carbs
Guacamole (2 tbsp)	2.5g carbs
Pico de gallo (½ cup)	4.5g carbs
Ceviche (½ cup)	4.5g carbs
Calabacita (1 cup)	6g carbs
<i>(zucchini stew)</i>	

...BY TRYING THIS!

..... Swap rice with these ingredients

Make cauliflower rice. Bonus tip: mix cauliflower rice with some quinoa for a protein boost. Try this recipe from Pass the Plants: michmed.org/vJqQd

Sauté some vegetables (onions, bell peppers, zucchini, cauliflower, broccoli etc.)

..... Swap tortillas with low carb tortillas

Recipe from Diet Doctor: michmed.org/2VM88

Make it a bowl using a base of salad or cauliflower rice and add all your favorite toppings

..... Swap cornmeal with a blend of almond flour and psyllium husk powder (recipes vary)

Here's a recipe for low carb tamales from Castle in the Mountains: michmed.org/MMZDy

..... Reduce hominy and replace with extra vegetables

Try diced radish, kohlrabi, or cauliflower

Chicken with mole sauce (1 cup)

8g carbs

Huevos rancheros (without tortilla) (1 cup)

12g carbs





FIND AN ALTERNATIVE FOR...

MAKLOUBA.....

(seasoned rice with meat and vegetables)

WARAQ ENAB/DOLMA.....

(stuffed grape leaves)



KIBBEH.....

(bulgur wheat patties)

PITA BREAD.....



HUMMUS.....

(chickpea dip)



Examples of low-carb cuisine influenced by The Middle East:

Note: All carb counts are estimations and may vary depending on ingredients used.

*Enjoy in moderation based on your carb goal.

Grilled meats (3 oz)

kebab, shish tawook etc.

0-2g carbs

Mulukhiyah soup (1 cup)

jute mallow soup

5g carbs

Tabbouleh salad (½ cup)

7g carbs

...BY TRYING THIS!

Swap rice with these ingredients

Replace rice with mixture of quinoa and cauliflower rice

Swap rice with these ingredients

Replace rice with cauliflower rice or prepare with mixture of ground meat, herbs, and spices

Swap with these ingredients

A blend of almond flour, eggs, ground meat, and spices

Swap out wheat flour with these alternatives

Try this low carb bread recipe using almond flour from Wholesome Yum: michmed.org/xNYrX

Try low carb wraps or egg wraps from Egglife michmed.org/7N3Nx

Swap with these an alternatives

Here is a chickpea free hummus recipe from Wholesome Yum: michmed.org/KqxDq

Tahini sauce. Try this recipe from The Spruce Eats: michmed.org/nmG5A

Baba Ghanoush (eggplant dip). Try this recipe from The Mediterranean Dish: michmed.org/bmMQK

Shakshuka (½ cup)

eggs cooked in tomato stew

8-10g carbs

Fassoulia (1 cup)

green bean and tomato stew

10g carbs

Bamiya (1 cup)

okra and tomato stew

12g carbs

Foul medames* (½ cup)

stewed navy beans

18g carbs

Lentil soup* (1 cup)

20g carbs

FIND AN ALTERNATIVE FOR...

BIRYANI.....

(spiced rice and meat dish)

ALOO GOBI.....

(potato and cauliflower curry)

Aloo matar, Aloo palak,
Aloo baingan

NAAN.....

(bread)

DOSA.....

(indian style crepe)

UPMA.....

(semolina breakfast dish)

Examples of low-carb cuisine influenced by South Asia:

Note: All carb counts are estimations and may vary depending on ingredients used.

**Enjoy in moderation based on carb goal.*

Grilled meat and kebabs (3 oz)

0-2g carbs

Tandoori chicken (3 oz)

1-2g carbs

Chutneys (2 tbsp)

2g carbs

(e.g. onion chutney)

Paneer (3 oz)

2-3g carbs

(cheese curd)

Egg bhurji (1 cup)

2-3g carbs

(egg and vegetable scramble)

...BY TRYING THIS!

Swap rice with cauliflower rice

Here is a recipe for low carb chicken biryani from Two Sleeveers: michmed.org/XwnW8

Swap potatoes with any of these ingredients:

Diced cauliflower, radish, turnip, and zucchini

Try this recipe from Carb Manager: michmed.org/r8Be3

Swap wheat flour with coconut flour

Here is a recipe for low carb naan from Headbangers Kitchen: michmed.org/9Aj3g

Swap rice/lentil flour with almond and coconut flour

Here is a recipe for low carb dosa from Indian Veggie Delight: michmed.org/VJGn7

Swap semolina flour with cauliflower rice

Here is a recipe for low carb upma from Indian Veggie Delight: michmed.org/57ZkW

Curries (1 cup)

8-11g carbs

Palak paneer (*spinach and paneer curry*), Lauki Sabji (*bitter gourd curry*), Kheema curry (*spicy meat curry*), Rogan Josh (*mutton/lamb curry*)

Chana masala* (½ cup)

15g carbs

(*chickpea curry*)

Rajma* (½ cup)

19g carbs

(*red bean curry*)

Here are some additional resources where you can find low carb and very low carb recipes:

Indian Veggie Delight: michmed.org/kQPqZ

Headbanger's Kitchen: michmed.org/47vez

Cuisine Inspired by East and Southeast Asia

FIND AN ALTERNATIVE FOR...

NOODLE DISHES.....

Wheat noodles, Buckwheat noodles, Rice noodles, Potato starch noodles

SPRING ROLLS AND WRAPS

Vietnamese spring rolls

NASI LEMAK

(and other rice-based dishes)

DUMPLINGS

Examples of low-carb cuisine influenced by East and Southeast Asia:

Note: All carb counts are estimations and may vary depending on ingredients used.

Sashimi (3 oz)

(sliced raw fish)

0g carbs

Kai lan/bok choy stir fry (1 cup)

(sauteed Asian greens)

3g carbs

Goya champuru (1 cup)

(sauteed bitter gourd)

3g carbs

Tom yum soup (1 cup)

(spicy seafood soup)

4g carbs

Chawan-mushi (1 cup)

(savory egg custard)

6g carbs

Mapo tofu (1 cup)

(spicy tofu stew)

7g carbs

...BY TRYING THIS!

Swap noodles with these alternatives:

Shirataki noodles, hearts of palm noodles, or try Healthy Noodle by Kibun: michmed.org/BABz2

Swap rice paper or flour-based wrappers with:

Jicama wraps, cabbage wraps and lettuce wraps or try egg wraps by Egglife: michmed.org/7N3Nx

Swap rice with cauliflower rice

Here is a recipe for Malaysian-inspired low-carb Nasi lemak by Ruled.me: michmed.org/47v7z

Swap flour-based dumpling wrappers with:

Cabbage rolls or egg wrapper rolls. Here is a recipe for low-carb cabbage dumplings by Delish: michmed.org/yqKqK

Chicken curry (1 cup)

7.5g carbs

Fish curry (1 cup)

8g carbs

Beef rendang (1 cup)

10g carbs

(beef curry)

Here are some additional resources where you can find Asian inspired low carb and very low carb recipes:

Low Carbing Asian: michmed.org/Ykzkx



Cuisine Inspired by East and West Africa

FIND AN ALTERNATIVE FOR...

FUFU/UGALI/NSIMA/SIMA

(dough made from corn meal, millet, sorghum, or cassava flour)

NIGERIAN JOLLOF RICE

MATOKÉ

(plantain stew)

BLACK EYED PEAS, HONEY

BEANS, AND COWPEAS

Examples of low-carb cuisine influenced by East and West Africa:

Note: All carb counts are estimations and may vary depending on ingredients used.

Nyama choma (3 oz)

(barbequed meat)

0-1g carbs

Boiled peanuts (1 oz shelled)

6g carbs

Ofe Onugbu (1 cup)

(bitter leaf soup)

8g carbs

Egusi soup (1 cup)

(melon seed soup)

10g carbs

Doro wat (1 cup)

(chicken stew)

10g carbs

Okra soup (1 cup)

10g carbs

...BY TRYING THIS!

.....**Swap out the cornmeal and flours with cauliflower, almond flour, or coconut flour**

Here is a recipe for low carb cauliflower fufu from Low Carb Africa: michmed.org/yqK5K

.....**Swap out the rice with cauliflower rice**

Here is a recipe for Cauliflower Jollof by Low Carb Africa: michmed.org/7N3kx

.....**Swap out the plantain with turnips, kohlrabi, or cauliflower chunks**

Here is a recipe for Matoke: michmed.org/Ykz3x
Substitute the green bananas in the recipe for turnips, kohlrabi, or cauliflower

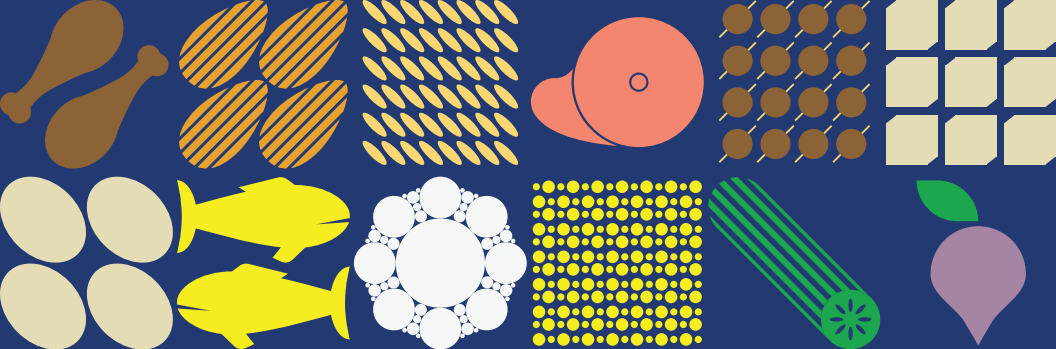
.....**Swap out beans for a different protein source like fish, shellfish, poultry, meat, tofu and tempeh**

Try this popular African peanut stew called Maafe from Low Carb Africa: michmed.org/8NwzG

Here are some additional resources where you can find African-inspired low carb and very low carb recipes:

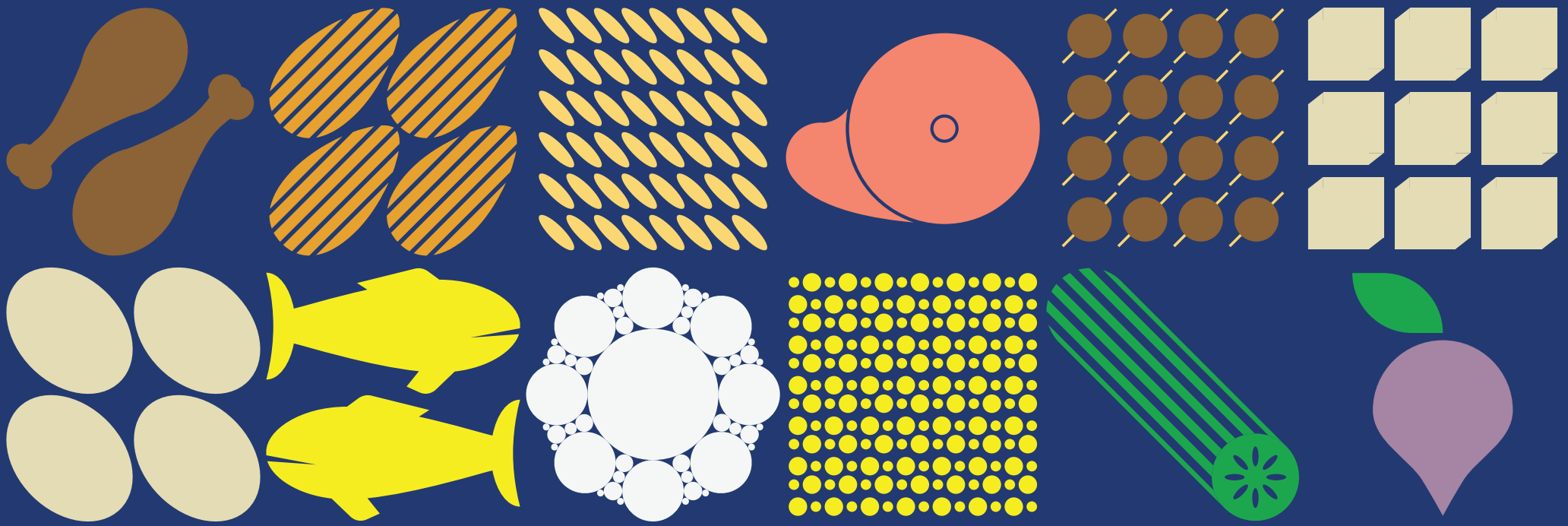
Low Carb Africa: michmed.org/GyJKJ





***For more low carb
resources visit
michmed.org/yqJek***





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