

# 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

# Additional Resources

## Definitions

### 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](http://michmed.org/yqJek)

The Low Carb Jumpstart:

[jumpstart.mct2d.org](http://jumpstart.mct2d.org)



# Southern United States Cuisine

## FIND AN ALTERNATIVE FOR... BY TRYING THIS!

### CORNMEAL OR CORN FLOUR:.....

Cornbread, Grits



### Swap cornmeal with almond flour to make cornbread

Recipe for low carb cornbread from Wholesome Yum:

[michmed.org/w874D](http://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](http://michmed.org/3x2Gw)

### MAC AND CHEESE .....

### Swap pasta with cut up cauliflower

Recipe for cauliflower mac and cheese from

Wholesome Yum: [michmed.org/RRJBr](http://michmed.org/RRJBr)

### POTATO DISHES LIKE:.....

Potato salad, Mashed potatoes, Fried potatoes

### 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)



### SWEET BBQ SAUCE ON:.....

Grilled meat, Meatloaf

### Add sugar-free flavor to your meats

Dry spice rubs or marinades

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

## 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*

2g carbs	Beef brisket or slow cooked pork (1 cup)
6.5g carbs	Tomato and okra stew (½ cup)
7.5g carbs	Cooked greens (1 cup) (collards, turnips, mustard greens)
10g carbs	Southern-style green beans (1 cup)
~25g carbs	Southern-style bean stew* (½ cup) (lima beans, pinto beans, black-eyed peas)
29g carbs	Baked sweet potatoes* (½ cup)



# Cuisine Inspired by Latin America

## FIND AN ALTERNATIVE FOR... BY TRYING THIS!

### ARROZ ROJO

(seasoned 'red rice')



### 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](http://michmed.org/vJqQd)  
Sauté some vegetables (onions, bell peppers, zucchini, cauliflower, broccoli etc.)

### TORTILLAS

(corn or flour)

### Swap tortillas with low carb tortillas

Recipe from Diet Doctor: [michmed.org/2VM88](http://michmed.org/2VM88)  
Make it a bowl using a base of salad or cauliflower rice and add all your favorite toppings

### MASA HARINA

(corn meal)

Tamales, Arepas,  
Gorditas, Empanadas

### 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](http://michmed.org/MMZDy)

### POZOLE

(hominy soup)

### Reduce hominy and replace with extra vegetables

Try diced radish, kohlrabi, or cauliflower

## Examples of low-carb cuisine influenced by Latin America:

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

0-2g carbs	Churrasco (3 oz)
0-2g carbs	Latin America style meats and seafood (3 oz) (Carnitas/carne asada/barbacoa/al pastor/chorizo)
2g carbs	Salsas (2 tbsp)
2.5g carbs	Guacamole (2 tbsp)
4.5g carbs	Pico de gallo (½ cup)
4.5g carbs	Ceviche (½ cup)
6g carbs	Calabacita (1 cup) (zucchini stew)
8g carbs	Chicken with mole sauce (1 cup)
12g carbs	Huevos rancheros (without tortilla) (1 cup)



# Cuisine Inspired by The Middle East

## FIND AN ALTERNATIVE FOR... BY TRYING THIS!

### MAKLOUBA

(seasoned rice with meat and vegetables)

### Swap rice with these ingredients

Replace rice with mixture of quinoa and cauliflower rice

### WARAQ ENAB/DOLMA

(stuffed grape leaves)

### Swap rice with these ingredients

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

### KIBBEH

(bulgur wheat patties)

### Swap with these ingredients

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

### PITA BREAD



### Swap out wheat flour with these alternatives

Try this low carb bread recipe using almond flour from Wholesome Yum: [michmed.org/xNYrX](https://www.wholesomeyum.com/recipe/low-carb-almond-flour-bread/)

Try low carb wraps or egg wraps from Egglife [michmed.org/7N3Nx](https://www.egglife.com/recipe/low-carb-wrap/)

### HUMMUS

(chickpea dip)



### Swap with these an alternatives

Here is a chickpea free hummus recipe from Wholesome Yum: [michmed.org/KqxDq](https://www.wholesomeyum.com/recipe/chickpea-free-hummus/)

Tahini sauce. Try this recipe from The Spruce Eats: [michmed.org/nmG5A](https://www.thespruceeats.com/recipe/tahini-sauce/)

Baba Ghanoush (eggplant dip). Try this recipe from The Mediterranean Dish: [michmed.org/bmMQK](https://www.themediterraneandish.com/recipe/baba-ghanoush/)

## 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.

0-2g carbs

Grilled meats (3 oz)  
*kebab, shish tawook etc.*

12g carbs

Bamiya (1 cup)  
*okra and tomato stew*

5g carbs

Mulukhiyah soup (1 cup)  
*jute mallow soup*

18g carbs

Foul medames\* (½ cup)  
*stewed navy beans*

7g carbs

Tabbouleh salad (½ cup)

20g carbs

Lentil soup\* (1 cup)

8-10g carbs

Shakshuka (½ cup)  
*eggs cooked in tomato stew*

10g carbs

Fassoulia (1 cup)  
*green bean and tomato stew*



# Cuisine Inspired by South Asia

FIND AN ALTERNATIVE FOR... BY TRYING THIS!



## BIRYANI

(spiced rice and meat dish)

### Swap rice with cauliflower rice

Here is a recipe for low carb chicken biryani from Two Sleeve's: [michmed.org/XwnW8](https://michmed.org/XwnW8)

## ALOO GOBI

(potato and cauliflower curry)

Aloo matar, Aloo palak, Aloo baingan

### Swap potatoes with any of these ingredients:

Diced cauliflower, radish, turnip, and zucchini  
Try this recipe from Carb Manager: [michmed.org/r8Be3](https://michmed.org/r8Be3)

## NAAN

(bread)

### Swap wheat flour with coconut flour

Here is a recipe for low carb naan from Headbangers Kitchen: [michmed.org/9Aj3g](https://michmed.org/9Aj3g)

## DOSA

(Indian style crepe)

### Swap rice/lentil flour with almond and coconut flour

Here is a recipe for low carb dosa from Indian Veggie Delight: [michmed.org/VJGn7](https://michmed.org/VJGn7)

## UPMA

(semolina breakfast dish)

### Swap semolina flour with cauliflower rice

Here is a recipe for low carb upma from Indian Veggie Delight: [michmed.org/57ZkW](https://michmed.org/57ZkW)

## 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.

0-2g carbs	Grilled meat and kebabs (3 oz)	8-11g carbs	Curries (1 cup) Palak paneer ( <i>spinach and paneer curry</i> ), Lauki Sabji ( <i>bitter gourd curry</i> ), Kheema curry ( <i>spicy meat curry</i> ), Rogan Josh ( <i>mutton/lamb curry</i> )
1-2g carbs	Tandoori chicken (3 oz)	15g carbs	Chana masala* (½ cup) ( <i>chickpea curry</i> )
2g carbs	Chutneys (2 tbsp) ( <i>e.g. onion chutney</i> )	19g carbs	Rajma* (½ cup)
2-3g carbs	Paneer (3 oz) ( <i>cheese curd</i> )		
2-3g carbs	Egg bhurji (1 cup) ( <i>egg and vegetable scramble</i> )		

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

Indian Veggie Delight: [michmed.org/kQPqZ](https://michmed.org/kQPqZ)

Headbanger's Kitchen: [michmed.org/47vez](https://michmed.org/47vez)



# Cuisine Inspired by East and Southeast Asia

**FIND AN ALTERNATIVE FOR... BY TRYING THIS!**

## NOODLE DISHES

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

## Swap noodles with these alternatives:

Shirataki noodles, hearts of palm noodles, or try Healthy Noodle by Kibun: [michmed.org/BABz2](http://michmed.org/BABz2)

## SPRING ROLLS AND WRAPS

Vietnamese spring rolls

## Swap rice paper or flour-based wrappers with:

Jicama wraps, cabbage wraps and lettuce wraps or try egg wraps by Egglife: [michmed.org/7N3Nx](http://michmed.org/7N3Nx)

## NASI LEMAK

*(and other rice-based dishes)*

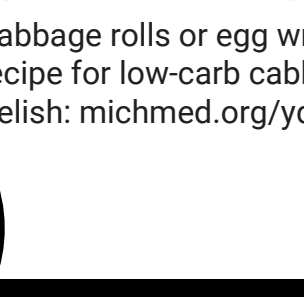
## Swap rice with cauliflower rice

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

## DUMPLINGS

## 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](http://michmed.org/yqKqK)



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

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

0g carbs

Sashimi (3 oz)  
*(sliced raw fish)*

7.5g carbs

Chicken curry (1 cup)

3g carbs

Kai lan/bok choy stir fry (1 cup)  
*(sauteed Asian greens)*

8g carbs

Fish curry (1 cup)

3g carbs

Goya champuru (1 cup)  
*(sauteed bitter melon)*

10g carbs

Beef rendang (1 cup)  
*(beef curry)*

4g carbs

Tom yum soup (1 cup)  
*(spicy seafood soup)*

Here are some additional resources where you can find Asian inspired low carb and very low carb recipes:  
Low Carbing Asian: [michmed.org/Ykzkx](http://michmed.org/Ykzkx)

6g carbs

Chawan-mushi (1 cup)  
*(savory egg custard)*

7g carbs

Mapo tofu (1 cup)  
*(spicy tofu stew)*



# Cuisine Inspired by East and West Africa

## FIND AN ALTERNATIVE FOR... BY TRYING THIS!

### FUFU/UGALI/NSIMA/SIMA

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

**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](http://michmed.org/yqK5K)

### NIGERIAN JOLLOF RICE

**Swap out the rice with cauliflower rice**

Here is a recipe for Cauliflower Jollof by Low Carb Africa: [michmed.org/7N3kx](http://michmed.org/7N3kx)

### MATOKÉ

(plantain stew)

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

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

### BLACK EYED PEAS, HONEY BEANS, AND COWPEAS

**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](http://michmed.org/8NwzG)

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

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

0-1g carbs

Nyama choma (3 oz)  
(barbequed meat)

6g carbs

Boiled peanuts (1 oz shelled)

8g carbs

Ofe Onugbu (1 cup)  
(bitter leaf soup)

10g carbs

Egusi soup (1 cup)  
(melon seed soup)

10g carbs

Doro wat (1 cup)  
(chicken stew)

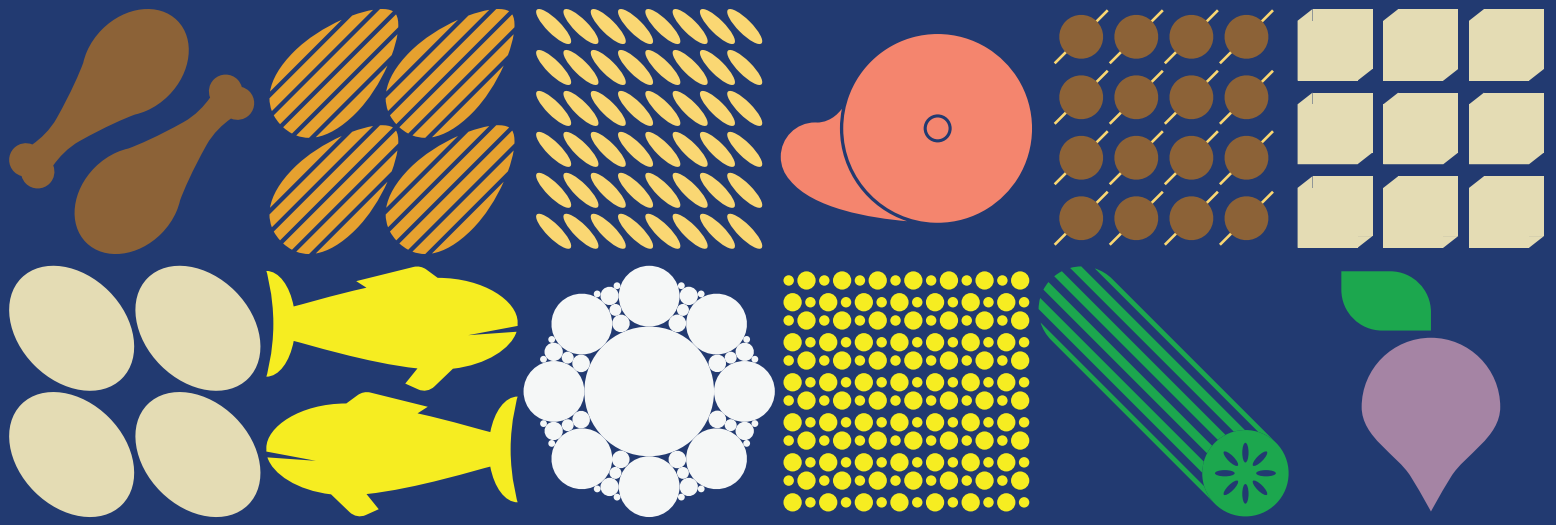
10g carbs

Okra soup (1 cup)

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

Low Carb Africa: [michmed.org/GyJKJ](http://michmed.org/GyJKJ)





***For more low carb  
resources visit  
[michmed.org/yqJek](https://michmed.org/yqJek)***