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Chronic Illness Education 2023: Diabetes Management in Arab American Communities with Middle Eastern Cuisine

Neeti Gandra

Wayne State University School of Medicine, go3987@wayne.edu

Uzair Khan

Wayne State University School of Medicine, hk8508@wayne.edu

Christopher Rittle

Wayne State University School of Medicine, hl5628@wayne.edu

Nora Sharba

Wayne State University School of Medicine, go1700@wayne.edu

Josiah Stryd

Wayne State University School of Medicine, hk1743@wayne.edu

See next page for additional authors

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Authors

Neeti Gandra, Uzair Khan, Christopher Rittle, Nora Sharba, Josiah Stryd, Gretchen Swift, and Kinan Sawar

Diabetes Management in Arab American Communities with Middle Eastern Cuisine

Authors: Gandra. N., Khan. U., Rittle. C., Sharba. N., Styrd.
J., Swift. G. Sawar, K.

Learning Community: Orange 27


Age Group: Adult (18+)

Curriculum Tie-In: Endocrine





Diet Modifications for Type II Diabetics

- Consider switching to foods with a low glycemic index score
 - Changing white pita bread to whole grain, for a similar taste!
 - Whole grains contains dietary fiber, which slows and reduces excess sugar absorption, reducing risk for hyperglycemia and diabetes
 - Legumes such as lentils, beans and peas can also be used as a source of protein and fiber
 - Rice with every meal may be part of your dinner routine already!
 - rice is a healthier carbohydrate than complex carbohydrates (starches) found in potatoes
 - Try and replace red meat with fish, like salmon, which is high in proteins and fatty acids
 - Red meat often has higher saturated fat content which lead to increased risks of developing complications associated with diabetes
 - Canola, olive and or peanut oil can all be used in cooking to provide new flavors and lower the sodium and sugars found in butter
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Ingredients – 20 Patties

1 can	chickpeas, rinsed and drained
1	small onion, chopped
2-4	garlic cloves, peeled
2 Tbsp	chopped parsley
2 Tbsp	chopped cilantro
1 tsp	ground cumin
½ tsp	salt
pinch	dried chili flakes
¼ cup	whole wheat flour
1 tsp	baking powder

*canola oil for cooking

Example Recipe

Oven-Roasted Falafel

01. Preheat the oven to 425 F

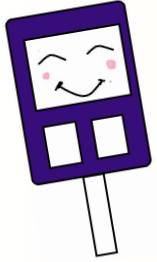
02. Mix all the ingredients

- pulse all the dry ingredients in a food processor until the mixture is soft

03. Roll Dough into balls

04. Roast for 15 min on each side

Include a 3 sentences summary of how the learning from this project impacts your group's development as future physicians.



As future physicians training in an area with a high Arab American population, it is essential to be cognizant of cultural factors that impact our patients' health". Regarding Type II Diabetes management, a nutritious and balanced diet is crucial to maintaining glucose levels in a normal range. This project facilitated our development by educating us on the creation process behind nutritional food plans needed for diabetics and how we may adapt ourselves to better serve our unique American-Middle Eastern population.



Sources:

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