

Supplementary Figure 1- Four-week menu

Supplementary Table1- Sample 5 day menu

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| **Snack**  | **Ingredients** | **Nutritional content**  |
|  Lentils and rice (*mjaddrah*) (200g) + Salad (1 cup) | Medium grain rice, lentils, lemon juice, cumin and table salt + Shredded cabbage, lemon juice, olive oil and table salt. | Energy: 345 kcal Carbohydrate: 63.5gProtein: 15.1gFat: 3.4g |
|  Rice milk pudding (*riz bhalib*) (150g)+ Fruit (1 piece)  | Orange blossom water, powder wheat starch, white granulated sugar, vitamin D fortified powdered milk and medium grain rice. + fruits  | Energy: 238 kcal Carbohydrate: 45.6gProtein: 4.9gFat: 4.0g  |
|  Cabbage rolls and grape leaves with meat and rice (*malfouf w waraq inab*) (2 cabbages,2 grapes) + Yogurt (*laban*) (1/2 cup) | Cabbage, grape leaves, ground beef, garlic, medium grain rice, olive oil and table salt + Vitamin D fortified powdered milk and yogurt.  | Energy: 314 kcal Carbohydrate: 41.8 gProtein: 13.0gFat: 10.5g  |
|  Bulgur and Chickpeas (*bulgur bi hummus*) (200g) +Salad (1 cup)  | Bulgur, Chickpeas/Garbanzo, onions, olive oil, ground black pepper and table salt + Tomatoes, romaine lettuce, olive oil, lemon juice and table salt. | Energy: 362 kcal Carbohydrate: 59.8gProtein: 13.6gFat: 7.6g  |
|  Meat pies (*laham bi ajeen)* (90 g) + Yogurt (*laban*) (1/2 cup) | All-purpose wheat, ground beef, baker yeast, tomatoes, onions, olive oil, allspices, cinnamon, table salt and sugar + Vitamin D fortified powdered milk and yogurt. | Energy: 463 kcal Carbohydrate: 67.1 gProtein: 16.0gFat: 14.5g  |