

Diabetes mellitus is a group of metabolic diseases that are characterized by chronic hyperglycemia and have four main types : type 1 ,type 2 , Gestational Diabetes ,and Prediabetes .carbohydrate counting also reduces the HbA1c concentrations [2] .Such research is important due to great availability and intake of food that is high in unsaturated trans fat ,sugar ,and salt [3].All of this due to malnutrition and sedentary lifestyle ,and propagation of fast food restaurants Which is economically cheaper , and lack of knowledge about healthy diets , and consumption of large amount of carbohydrates especially rice , help .(in increase the risk of insulin resistance and hence increase the fatty acid (lipogenesis