DR SUHAIL M MARFANI · HEALTH AND DIABETES PHYSICIAN

Fruits & Drinks for Diabetes

Fruits · Drinks & Beverages

www.drsuhailmarfani.com
Prime Medical Center, Al Qasimia, Sharjah · 04 707 0999

Whole fruit in sensible portions is part of a healthy diet. Drinks are where glucose rises fastest — water is always the safest choice. The colour letter shows the food's Green / Amber / Red level.

Fruits	
Guava	Green · 1 medium fruit
Apple	Green · 1 small apple
Mango	Amber · ½ cup cubes (≈ 80 g)
Dates	Amber · 1–2 dates

Drinks & beverages	
Fruit juice (orange)	Red · Avoid routinely; eat the whole orange instead
Water	Green · 6–8 glasses a day (unless told otherwise)
Arabic coffee (gahwa)	Green · 2–3 small cups



Apple — food photograph



Mango — food photograph



Guava — food photograph



Water — food photograph

Educational material only — not personal medical advice. Full medical disclaimer on the last page.

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IMPORTANT MEDICAL DISCLAIMER

This food guide and its recommendations are intended for general educational purposes only. They provide generalized dietary information and are not individualized medical nutrition therapy.

We do not know your complete medical history, current health status, medications, kidney function, nutritional requirements or other individual medical circumstances. Therefore, the food choices and portion recommendations in this document may not be appropriate for everyone.

Please consult your treating doctor and/or a qualified registered dietitian or nutrition professional before starting or making significant changes to your dietary plan. Regular medical and nutritional follow-up is recommended to review your health status and develop or adjust a personalized food and nutrition plan where required.

Do not stop or change prescribed medication on the basis of this educational material. This document does not replace professional medical advice, diagnosis or treatment.

Food photographs and illustrations are used under their applicable licences or permissions. Image credits are provided where required.

References: USDA FoodData Central; American Diabetes Association Standards of Care — Nutrition therapy; Atkinson FS et al., International tables of glycaemic index and glycaemic load values 2021. Values shown for sample foods are pending clinical review.