DR SUHAIL M MARFANI · HEALTH AND DIABETES PHYSICIAN

Dr. Suhail M Marfani
Let's Start Again

Diabetes Food Chart — Green · Amber · Red

All food categories

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Prime Medical Center, Al Qasimia, Sharjah · 04 707 0999
Green & Amber foods

Use the colour of each food as a starting point, then check the portion. These sample lists cover everyday Pakistani, Indian, Filipino, Middle Eastern and international foods.

Green — Choose more often

Generally a good everyday choice in sensible portions.

Rolled oats	½ cup dry (40 g)
Ragi (finger millet)	1 small ragi roti or ½ cup cooked porridge
Brown rice	½ cup cooked
Guava	1 medium fruit
Apple	1 small apple
Spinach (palak)	Fill half the plate
Okra (bhindi)	1 cup cooked
Bitter gourd (karela)	1 cup cooked
Moong dal	1 cup cooked
Chickpeas (chana)	½–¾ cup cooked
Hummus	2–3 tablespoons
Egg (boiled)	1–2 eggs
Grilled fish	Palm-size piece (100–120 g)
Chicken tikka (grilled)	Palm-size (100–120 g)
Plain yogurt (dahi)	¾ cup
Laban (buttermilk)	1 glass (200 ml)
Water	6–8 glasses a day (unless told otherwise)
Arabic coffee (gahwa)	2–3 small cups
Roasted chana	Small handful (30 g)
Almonds	10–12 almonds

Amber — Watch your portion

Fine to eat — keep the portion small and pair with protein or vegetables.

White rice (boiled)	½ cup cooked (≈ 1 fist)
Whole-wheat chapati	1–2 medium (6-inch) chapati per meal
Arabic bread (khubz)	½ medium piece
Pandesal	1–2 small rolls
Mango	½ cup cubes (≈ 80 g)
Dates	1–2 dates
Idli	2 idli with sambar
Chicken adobo	1 piece with ½ cup rice and vegetables

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Red — Limit / avoid routinely

Best kept for occasional small amounts, not every day.

Chicken biryani	1 small cup (≈ 150 g) with raita and salad
Paratha	½–1 occasionally
Naan (white flour)	¼–½ naan occasionally
Fruit juice (orange)	Avoid routinely; eat the whole orange instead
Samosa	Occasionally — 1 small
Gulab jamun	1 small piece on special occasions
Leche flan	A thin slice occasionally



Chapati — food photograph



White Rice — food photograph



Masoor Dal — food photograph



Apple — food photograph

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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.