Food Portion Guide

Household measures & nutrition

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

Portions below are the practical household measures used in the Food Guide. Carbohydrate is the number that moves your glucose most — compare foods by their carbohydrate per portion.

Food	Household portion	Weight	Energy	Carbohydrate	Fibre	Colour
Grains & Cereals						
Rolled oats	½ cup dry	40 g	150 kcal	27 g	4 g	Green
Ragi (finger millet)	1 small ragi roti or ½ cup cooked porridge	—	100 kcal	22 g	3 g	Green
Idli	2 idli with sambar	—	120 kcal	25 g	1.5 g	Amber
Rice & Rice Dishes						
White rice (boiled)	½ cup cooked (≈ 1 fist)	—	130 kcal	28 g	0.4 g	Amber
Brown rice	½ cup cooked	—	123 kcal	26 g	1.8 g	Green
Chicken biryani	1 small cup (≈ 150 g) with raita and salad	—	290 kcal	33 g	1.5 g	Red
Breads & Chapati						
Whole-wheat chapati	1–2 medium (6-inch) chapati per meal	—	120 kcal	18 g	2.5 g	Amber
Paratha	½–1 occasionally	—	260 kcal	32 g	3 g	Red
Naan (white flour)	¼–½ naan occasionally	—	260 kcal	45 g	2 g	Red
Arabic bread (khubz)	½ medium piece	—	110 kcal	22 g	1 g	Amber
Pandesal	1–2 small rolls	—	100 kcal	18 g	0.6 g	Amber
Fruits						
Guava	1 medium fruit	—	68 kcal	14 g	5.4 g	Green
Apple	1 small apple	—	78 kcal	21 g	3.6 g	Green
Mango	½ cup cubes (≈ 80 g)	—	48 kcal	12 g	1.3 g	Amber
Dates	1–2 dates	—	45 kcal	12 g	1.3 g	Amber
Vegetables						
Spinach (palak)	Fill half the plate	—	41 kcal	7 g	4.3 g	Green
Okra (bhindi)	1 cup cooked	—	35 kcal	7 g	4 g	Green
Bitter gourd (karela)	1 cup cooked	—	24 kcal	5 g	2.5 g	Green

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Food	Household portion	Weight	Energy	Carbohydrate	Fibre	Colour
Pulses & Legumes						
Moong dal	1 cup cooked	—	210 kcal	38 g	15 g	Green
Chickpeas (chana)	½–¾ cup cooked	—	130 kcal	22 g	6 g	Green
Hummus	2–3 tablespoons	—	70 kcal	4 g	2 g	Green
Protein Foods						
Egg (boiled)	1–2 eggs	—	72 kcal	0.4 g	0 g	Green
Grilled fish	Palm-size piece (100–120 g)	—	120 kcal	0 g	0 g	Green
Chicken tikka (grilled)	Palm-size (100–120 g)	—	150 kcal	3 g	0 g	Green
Chicken adobo	1 piece with ½ cup rice and vegetables	—	280 kcal	4 g	0 g	Amber
Milk & Dairy						
Plain yogurt (dahi)	¾ cup	—	90 kcal	7 g	0 g	Green
Laban (buttermilk)	1 glass (200 ml)	—	80 kcal	9 g	0 g	Green
Drinks & Beverages						
Fruit juice (orange)	Avoid routinely; eat the whole orange instead	—	110 kcal	26 g	0.5 g	Red
Water	6–8 glasses a day (unless told otherwise)	—	0 kcal	0 g	0 g	Green
Arabic coffee (gahwa)	2–3 small cups	—	2 kcal	0 g	0 g	Green
Snacks & Desserts						
Roasted chana	Small handful	30 g	110 kcal	17 g	5 g	Green
Almonds	10–12 almonds	—	87 kcal	3 g	1.8 g	Green
Samosa	Occasionally — 1 small	—	260 kcal	30 g	2.5 g	Red
Gulab jamun	1 small piece on special occasions	—	150 kcal	24 g	0.2 g	Red
Leche flan	A thin slice occasionally	—	220 kcal	32 g	0 g	Red

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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.

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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.