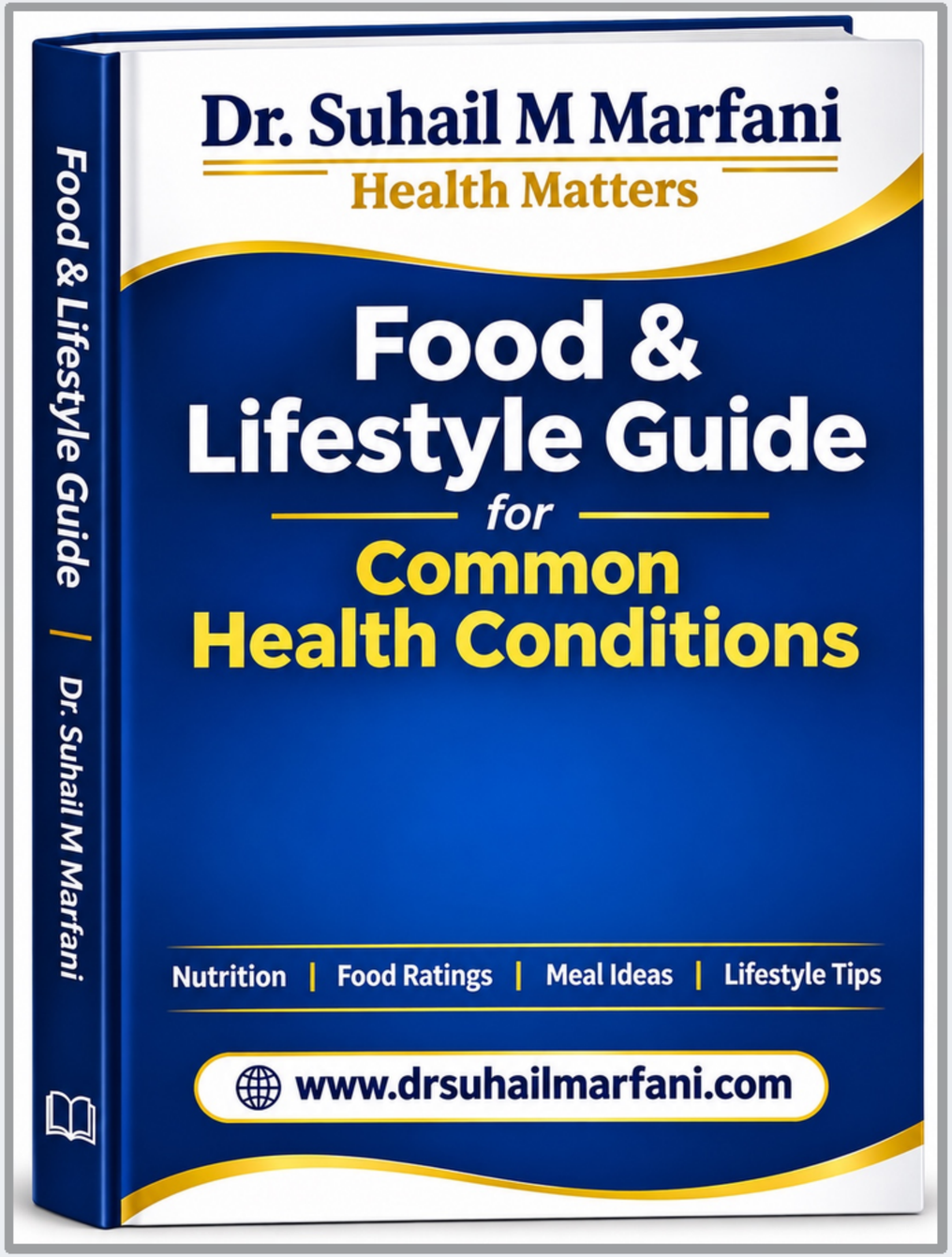

Dr. Suhail M Marfani
Health Matters
Food & Lifestyle Guide
for
Common Health Conditions
Nutrition | Food Ratings | Meal Ideas | Lifestyle Tips
www.drsuhailmarfani.com
Food & Lifestyle Guide | Dr. Suhail M Marfani

Dr. Suhail M Marfani
Health Matters

Medical Disclaimer

The information in this book is for general education and awareness only. It is not a substitute for professional medical advice, diagnosis, or treatment.

Always consult your doctor or a qualified healthcare professional for advice about your specific health condition.

Dr. Suhail M Marfani

Health Matters

Preface

This website, **www.drsuhailmarfani.com**, provides reliable and easy-to-understand information to help you improve your health and manage common medical conditions.

What You Will Find

- Simple information about common health conditions.
- Food guides and food choices.
- Practical diet and meal ideas.
- Exercise and lifestyle tips.
- Useful health tools (e.g. BMI, WHR, BMR).

Your Benefits

- Make better daily health choices.
- Manage your condition with confidence.
- Improve your overall health and quality of life.

Dr. Suhail M Marfani
Health Matters

Contents

What You Will Find in This Guide

1 **Diabetes Guide**
About diabetes, targets, and food & lifestyle guide.

2 **Pre-Diabetes Guide**
Early signs, risk factors, and how to prevent diabetes.

3 **Weight Management**
Healthy weight, diet plan, and practical tips.

4 **High Blood Pressure (Hypertension)**
Simple guide, target levels, and low-salt food choices.

5 **Cholesterol & Heart Health**
Understand cholesterol, healthy foods, and heart care.

6 **Thyroid Health**
Hypothyroidism & hyperthyroidism, diet and lifestyle tips.

7 **Gout & Uric Acid**
Causes, food to avoid, and foods that are safe.

8 **Useful Health Tools**
BMI, waist–hip ratio (WHR), BMR and other simple calculators.

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Diabetes Food Guide

Eat Smart. Keep Your Blood Glucose in Control.

GREEN	AMBER	RED
Choose more often	Watch your portion	Limit / avoid routinely
 Broccoli	 Brown rice	 Sweets
 Lentils	 Whole wheat roti	 White bread
 Apple	 Mango	 Sugary drinks

For more food ratings, visit www.drsuhailmarfani.com

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Prediabetes Food Guide

Make Changes Early. Lower Your Risk of Diabetes.

GREEN	AMBER	RED
Choose more often	Watch your portion	Limit / avoid routinely
 Spinach	 Oats	 Fried snacks
 Chickpeas	 Brown rice	 Pastries
 Guava	 Banana	 Sugary drinks

For more food ratings, visit www.drsuhailmarfani.com

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Obesity & Weight Management Food Guide

Smarter Food Choices for a Healthier Weight.

GREEN	AMBER	RED
Choose more often	Watch your portion	Limit / avoid routinely
 Salad	 Whole wheat roti	 French fries
 Grilled chicken	 Brown rice	 Burger
 Berries	 Low-fat yogurt	 Sugary desserts

For more food ratings, visit www.drsuhailmarfani.com

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Hypertension Food Guide

Eat Right. Keep Your Blood Pressure in Control.

GREEN	AMBER	RED
Choose more often	Watch your portion	Limit / avoid routinely
 Almonds	 White rice	 Nihari
 Apple	 Cheddar cheese	 Pizza
 Avocado	 Chicken mandi	 Tocino

For more food ratings, visit www.drsuhailmarfani.com

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High Cholesterol Food Guide

Choose Foods for a Healthier Heart.

GREEN	AMBER	RED
Choose more often	Watch your portion	Limit / avoid routinely
 Oats	 Eggs	 Red meat
 Walnuts	 Yogurt	 Butter
 Salmon	 Brown rice	 Creamy desserts

For more food ratings, visit www.drsuhailmarfani.com

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Hypothyroidism Food Guide

Eat a balanced diet. Avoid excess iodine.

GREEN
Choose a balanced variety



Eggs



Fish



Milk & yoghurt

AMBER
Be mindful of timing



Soy / tofu



Broccoli & cabbage



Calcium / iron supplements

RED
Avoid excess / unprescribed



Kelp supplements



High-dose iodine



Sea moss products

Food does not replace thyroid medicine. Keep calcium and iron supplements at least 4 hours apart from levothyroxine; ask your clinician before iodine supplements.

For more food ratings, visit

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Hyperthyroidism Food Guide

Eat a balanced diet. Avoid excess iodine.

GREEN	AMBER	RED
Choose a balanced variety	Usual foods — individual advice	Avoid excess iodine
 Fresh vegetables	 Fish & seafood	 Kelp / seaweed supplements
 Fresh fruit	 Milk & yoghurt	 High-dose iodine
 Whole grains	 Eggs	 Sea moss products

Do not start iodine supplements or follow a restrictive diet without medical advice. Food choices do not replace treatment.

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Fatty Liver Food Guide

Support Your Liver Through Healthier Eating.

GREEN	AMBER	RED
Choose more often	Watch your portion	Limit / avoid routinely
 Salad & vegetables	 Brown rice	 Fried food
 Fish (e.g. salmon)	 Oats	 Sugary desserts
 Avocado	 Grilled chicken	 Processed meat

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High Uric Acid / Gout Food Guide

Choose Low-Purine Foods. Help Reduce Gout Risk.

GREEN	AMBER	RED
Choose more often	Watch your portion	Limit / avoid routinely
 Low-fat milk	 Chicken	 Organ meats
 Eggs	 Lentils	 Sardines
 Vegetables	 Oats	 Sugary drinks

For more food ratings, visit

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My Sincere Advice

- Kindly go through the website step by step.
- Learn new things and know the facts about common health myths in our population.
- The information here is for education and awareness, to help you make better and informed decisions.
- Every individual's body can react differently, and every medical condition can vary in type, severity and situation.

Therefore, my humble advice is to always
talk to your healthcare professional
before making any changes to your diet, exercise, lifestyle or medicines.

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Thank You

Thank you for visiting
www.drsuhailmarfani.com.

I hope the information here helps you make healthier choices and live a better, longer life.

Dr. Suhail M Marfani

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Visit My Website
www.drsuhailmarfani.com
Explore simple, trusted and practical health information for you and your family.