

How might common foods affect your blood sugar compared to a teaspoon of table sugar?



Food item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150	10.1
Potato, white, boiled	96	150	9.1
French fries	64	150	7.5
Spaghetti, white, boiled	39	180	6.6
Sweet corn, boiled	60	80	4.0
Frozen peas, boiled	51	80	1.3
Banana	62	120	5.7
Apple	39	120	2.3
Wholemeal, small slice	74	30	3.0
Broccoli	15	80	0.2
Eggs	0	60	0



Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese

Three different sources of sugars that make up our total dietary 'sugar burden'; shown as 4g teaspoon of table sugar equivalents*

1 Naturally occurring sugars	2 Foods with added sugars	3 Foods digested down into sugars
Banana 4.9 teaspoons/100g	Coco Pops* average 24.4 teaspoons/100g	Brown bread 10.8 teaspoons/100g
Honey 17.6 teaspoons/100g	Fanta orange 3.4 teaspoons/100ml	Boiled spaghetti 3.7 teaspoons/100g
Skimmed Milk 0.9 teaspoons/100ml	Digestive biscuits 8.8 teaspoons/100g	French fries 5.1 teaspoons/100g
Raisins 17.1 teaspoons/100g	Malt loaf 14.7 teaspoons/100g	Basmati rice 6.8 teaspoons/100g
Apple juice 4.3 teaspoons/100ml	Raspberry yoghurt 2.4 teaspoons/100g	Baked potato 6.3 teaspoons/100g

*As each food will affect blood glucose from the interaction of its glycaemic index and glycaemic load (products of mass and volume). 2008 paper published in The Journal of Insulin Resistance. It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity. The glycaemic index revisited. Unwin J. Journal of Insulin Resistance 2016. @InsulinGIP

A healthy breakfast: cereals, toast, fruit juice?

Food item	Serving size in g/ml	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Bran flakes	30	3.7
Milk	125	1
Brown toast, 1 slice	30	3
Pure Apple juice	200	8.6

Total for breakfast 16.3 teaspoons

Useful information for those with T2Diabetes making dietary choices

*As per calculations derived from the glycaemic index. To be found in: It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity. Journal of Insulin Resistance 2016. Unwin et al

The Glycaemic Index helps predict how these bread types might affect blood glucose – Important Information if you have type 2 diabetes

Type of bread	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does one small 30g slice effect blood glucose compared to 4g teaspoons of table sugar?
White	71	30	10	3.7
Brown	74	30	9	3.3
Rye (95% wholegrain rye flour)	78	30	11	4.0
Wholegrain barley (50% rye)	85	30	15	5.5
Wholemeal, strongpoint flour	59	30	7	2.6
Pita, wholemeal	56	30	8	2.9
Oatmeal batch	62	30	9	3.3

As per calculations to be found in: It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity. The glycaemic index revisited. Unwin J. Journal of Insulin Resistance 2016. @InsulinGIP

The Glycaemic Index helps predict how these breakfasts might affect blood glucose, important information if you have type 2 diabetes

Cereal	Glycaemic Index	Serve size	How does each cereal affect blood glucose compared to 4g teaspoons of table sugar?
Chocolate crispies	77	30g	7.3
Cornflakes	93	30g	8.4
Mini Wheats	59	30g	4.4
Shredded Wheat	67	30g	4.8
Special K	54	30g	4.0
Bran Flakes	74	30g	3.7
Oat porridge	63	150ml	4.4

As per calculations to be found in: It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity. The glycaemic index revisited. Unwin J. Journal of Insulin Resistance 2016. @InsulinGIP

The Glycaemic Index helps predict how these fruits might affect blood glucose – Important Information if you have type 2 diabetes

Type of fruit	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does 120g of each fruit effect blood glucose compared to 4g teaspoons of table sugar?
Banana	62	120	16	5.9
Grapes, black,	59	120	11	4.0
Apple, Golden Delicious	39	120	6	2.2
Watermelon, fresh	80	120	5	1.8
Nectarines, fresh	43	120	4	1.5
Apricots, fresh	34	120	3	1.1
Strawberries, fresh	40	120	3.8	1.4

As per calculations to be found in: It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity. The glycaemic index revisited. Unwin J. Journal of Insulin Resistance 2016. @InsulinGIP

Using the Glycaemic Index to predict how fruit & veg affect blood glucose – Why lump them together as a group?

Food item	Glycaemic index	Serving Size g	How might each food affect blood glucose compared to one 4g teaspoon of table sugar?
Potato, boiled	95	150	9.1
Sweet corn	60	80	4.0
Frozen peas	51	80	1.3
Cabbage	19	80	0.1
Raisins	84	50	10.8
Banana	62	120	5.7
Apple	39	120	2.3
Strawberry	40	120	1.4

As per calculations to be found in: It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity. The glycaemic index revisited. Unwin J. Journal of Insulin Resistance 2016. @InsulinGIP

Infograms as endorsed by NICE guidelines for T2 Diabetes in adults

If on medications for diabetes discuss any dietary changes first with your doctor