Food Item	Glycaemic Index	Serving gram	How does each food affect blood glucose compared with one 4 g teaspoon of table sugar?
Basmati rice	69	150	10.1
Potato, white, boiled	96	150	9.1
French Fries baked	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	0.0

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

As per calculations derived from the glycaemic index. To be found in

"It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited"
| Unwin et al | Journal of Insulin Resistance 2016 " @lowcarbGP
1

Foods white, brown, or green?

Food Item	Glycaemic Load g/serve	Serving gram	How does each food affect blood glucose compared with one 4 g teaspoon of table sugar?		
White rice	26	150	9.6		
Brown rice	20	150	7.3		
White bread	22	150	8.0		
Brown bread	16.2	180	6.0		
Spaghetti white	18	80	6.6		
Spaghetti brown	17	80	6.2		
Broccoli	0.3	250	0.1		Also salad leaves courgette..... Meat, eggs dairy, seafood

The brown bread and spaghetti are wholemeal. Rice and spaghetti boiled, 60g bread is two slices

As per calculations derived from the glycaemic index. To be found in
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| Unwin et al | Journal of Insulin Resistance 2016 " @lowcarbGP   2

Using the Glycaemic Index to predict
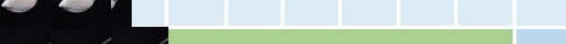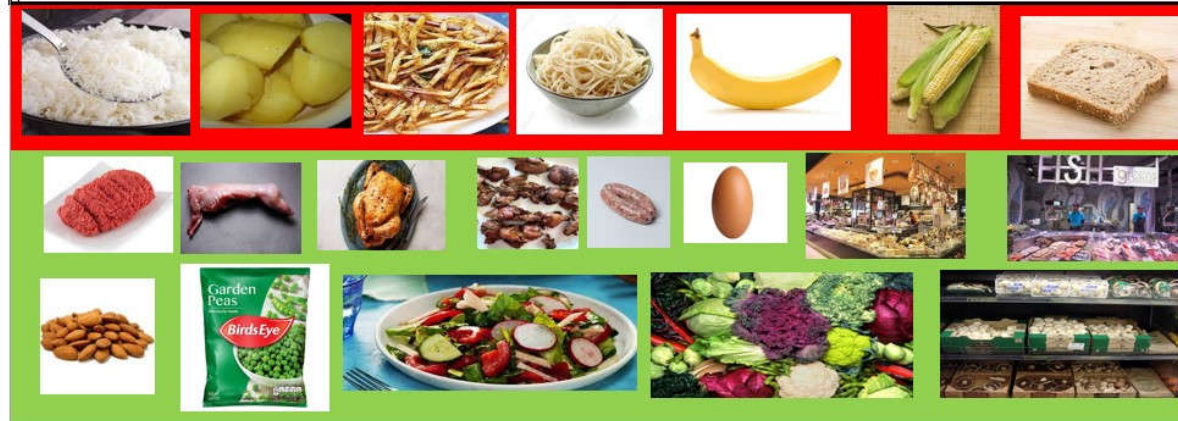# how fruit & veg affect blood glucose

Food Item	Glycaemic Index	Serving gram	How does each food affect blood glucose compared with one 4 g teaspoon of table sugar?		
Potato boiled	96	150	9.1		
Sweet corn	60	80	4.0		
Frozen peas,	51	80	1.3		also salad leaves, broccoli, courgette, cauliflower ….,
Cabbage	10	80	0.1		
Raisins	64	60	10.3		
Banana	62	120	5.7		
Apple	39	120	2.3		
Strawberries, fresh	40	120	1.4		

As per calculations derived from the glycaemic index. To be found in

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| Unwin et al | Journal of Insulin Resistance 2016 " @lowcarbGP   3

A healthy breakfast: cereals, toast, fruit juice ?

Food Item	Serving g/ml	How does each food affect blood glucose compared with one 4 g teaspoon of table sugar?
Bran flakes	30	3.7
Milk	125	1.0
Brown toast, 1 slice	30	3.0
Pure Apple juice	200	8.6

Total for breakfast 16.3 teaspoons

Useful information for those with T2 Diabetes making dietary choices

As per calculations derived from the glycaemic index. To be found in
"It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index
| Unwin et al | Journal of Insulin Resistance 2016 " @lowcarbGP   4

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 g/ml	The Glycaemic Index helps predict how these breakfasts might affect blood glucose,
Coco Pops	77	30	7.3
Cornflakes	93	30	8.4
Mini Wheats	59	30	4.4
Shredded Wheat	67	30	4.8
Special K	54	30	4.0
Bran Flakes	74	30	3.7
Oat Porridge	63	150	4.4

As per calculations derived from the glycaemic index. To be found in
"It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited"
|Unwin et al | Journal of Insulin Resistance 2016 @lowcarbgp

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

Type of bread	GI from scientific literature	Serving gram	Glycaemic load (g/serve)	How does one small 30g slice affect blood glucose compared to 4g teaspoons of table sugar?
White bread	71	30	10	3.7
Brown bread	74	30	9	3.3
Rye ,69% whole-grain rye flour	78	30	11	4.0
Wholegrain barley, 50% barley	85	30	15	5.5
Wholemeal, stoneground flour	59	30	7	2.6
Pita, wholemeal	56	30	8	2.9
Oatmeal batch	62	30	9	3.3

As per calculations derived from the glycaemic index. To be found in
"It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited"
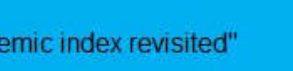
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The Glycaemic Index helps predict how these fruits might affect blood glucose
important information if you have type 2 diabetes

Type of Fruit	GI from scientific literature	Serving gram	Glycaemic load (g/serve)	How does 120g of each fruit affect blood glucose compared to 4 g teaspoons of table sugar	
Banana	62	120	16	5.9	
Grapes, black, fresh	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 derived from the glycaemic index. To be found in
"It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited"
|Unwin et al | Journal of Insulin Resistance 2016 @lowcarbgp

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	**Chocolate rice crispies** 24.4 teaspoons/100g	**Brown bread** 10.8 teaspoons/100g
Honey 17.6 teaspoons/100g	**Fizzy orange** (1/3 can) 1 teaspoon/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 would effect blood glucose, from the International tables of glycaemic index and glycaemic load (Atkinson, Foster-Powell et al. 2008) as per the calculations in a 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.' D J Unwin et al.