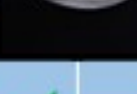
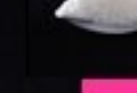
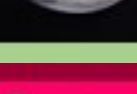


Food item	Glycaemic Load g/serve	Serve Size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?											
White rice	26	150	9.6											
Brown rice	20	150	7.3											
White bread	22	60	8											
Brown bread	16.2	60	6											
Spaghetti white	18	180	6.6											
Spaghetti brown	17	180	6.2											
Broccoli	0.3	250	0.1	← Also salad leaves, courgette...,										
The brown bread and spaghetti are wholemeal. Rice and spaghetti boiled. 60g bread is two slices														

Food Item	Glycaemic index	Serving Size g	How might each food affect blood glucose compared to one 4g teaspoon of table sugar 									
Potato boiled	96	150	9.1									
Sweet corn	60	80	4.0									
Frozen peas,	51	80	1.3									
Cabbage	10	80	0.1	← Also salad leaves, broccoli, courgette, cauliflower..								
Raisins	64	60	10.3									
Banana	62	120	5.7									
Apple	39	120	2.3									
Strawberry	40	120	1.4									

Type of fruit	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does 120g of each fruit affect 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									

Type of bread	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does one small 30g slice affect blood glucose compared to 4g teaspoons of table sugar? 					
White	71	30	10	3.7					
Brown	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 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 | Journal of Insulin Resistance 2016 @lowcarbGP

Cereal	Glycaemic Index	Serve size	How does each cereal affect blood glucose compared to 4g teaspoons of table sugar?						
Coco Pops	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						

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	4		

Total for breakfast 11.7 teaspoons