

# 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 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 is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:

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# 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 affect blood glucose compared to 4g teaspoons of table sugar? 
<b>White</b>	<b>71</b>	<b>30</b>	<b>10</b>	<b>3.7</b> 
<b>Brown</b>	<b>74</b>	<b>30</b>	<b>9</b>	<b>3.3</b> 
<b>Rye</b> ,69% whole-grain rye flour	<b>78</b>	<b>30</b>	<b>11</b>	<b>4.0</b> 
<b>Wholegrain barley</b> ,50% barley	<b>85</b>	<b>30</b>	<b>15</b>	<b>5.5</b> 
<b>Wholemeal</b> ,stoneground flour	<b>59</b>	<b>30</b>	<b>7</b>	<b>2.6</b> 
<b>Pita</b> , wholemeal	<b>56</b>	<b>30</b>	<b>8</b>	<b>2.9</b> 
<b>Oatmeal batch</b>	<b>62</b>	<b>30</b>	<b>9</b>	<b>3.3</b> 

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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 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

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

# 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 affect blood glucose compared to 4g teaspoons of table sugar? 
Banana	62	120	16	5.7 
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 is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:

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

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 
Raisins	64	60	10.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Strawberry	40	120	1.4 

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:

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