

# HOW MUCH SUGAR IS IN THE FOOD YOU EAT?



Understanding how common foods affect your blood sugar is an important step in improving your metabolic health. Whether you want to prevent or reverse insulin resistance and prediabetes, lose weight, or put your type 2 diabetes into remission, reducing your sugar intake can help. UK physician Dr. David Unwin has created these graphics that compare the glycemic load of different foods as compared to 1 tsp or 1 cube of table sugar. (Used with permission.)

**Reference:** Unwin D et al. It is the glycemic response to, not the carbohydrate content of food, that matters in diabetes and obesity. Journal of Insulin Resistance. 2016.



| Food Item                | Glycemic Index (GI) | Serving Size | How each food impacts blood glucose compared to 4 grams (1 teaspoon or cube) of sugar |
|--------------------------|---------------------|--------------|---|
| Orange Juice             | 48                  | 200 ml       | 6   |
| Apple Juice              | 44                  | 200 ml       | 8.6   |
| <b>Cranberry Juice</b>   | 59                  | 355 ml       | 12.5  |
| <b>Black Tea/ Coffee</b> | 0                   | 355 ml       | 0   |
| Brown Toast              | 74                  | 2 pieces     | 3   |
| Bran Flakes              | 74                  | 1 cup        | 3.7   |
| Corn Flakes              | 93                  | 1 cup        | 7.3   |
| Oatmeal                  | 63                  | ½ cup        | 4.4   |
| <b>White Bagel</b>       | 70                  | 1 bagel      | 9.2   |
| <b>Eggs</b>              | 60                  | 2            | 0   |
| French Fries             | 64                  | 150          | 7.5   |

|                          |    |     |      |  |
|--------------------------|----|-----|------|--|
| Spaghetti, White         | 39 | 180 | 6.6  |  |
| Chickpea Hummus          | 25 | 150 | 2    |  |
| Hamburger Patty (no bun) | 0  | 0   |      |  |
| Basmati Rice             | 69 | 150 | 10.1 |  |
| Potato - Boiled          | 96 | 150 | 9.1  |  |
| Frozen Peas              | 51 | 80  | 1.3  |  |
| Chicken Leg              | 0  | 150 | 0    |  |
| Salmon Filet             | 0  | 150 | 0    |  |
| Broccoli                 | 15 | 80  | 0.2  |  |
| Spinach/Kale/Greens      | 10 | 80  | 0.1  |  |
| Grapes                   | 59 | 120 | 4.0  |  |
| Banana                   | 62 | 120 | 5.9  |  |
| Apple                    | 39 | 120 | 2.2  |  |
| Strawberries             | 40 | 120 | 1.4  |  |
| Raisins                  | 64 | 60  | 10   |  |
| Almonds                  | 15 | 50  | 1.1  |  |

