

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
Cranberry Juice	59	355 ml	12.5
Black Tea/ Coffee	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
White Bagel	70	1 bagel	9.2
Eggs	60	2	0
French Fries	64	150 g	7.5

Spaghetti, White	39	180 g	6.6	
Chickpea Hummus	25	150 g	2	
Hamburger Patty (no bun)	0	1	0	
Basmati Rice	69	150 g	10.1	
Potato - Boiled	96	150 g	9.1	
Frozen Peas	51	80 g	1.3	
Chicken Leg	0	150 g	0	
Salmon Filet	0	150 g	0	
Broccoli	15	80 g	0.2	
Spinach/ Kale/Greens	10	80 g	0.1	
Grapes	59	120 g	4.0	
Banana	62	120 g	5.9	
Apple	39	120 g	2.2	
Strawberries	40	120 g	1.4	
Raisins	64	60 g	10	
Almonds	15	50 g	1.1	

