

Teaspoons of sugar equivalence infographic
 Starchy carbs digest down into surprising amounts of sugar - look NICE endorsed resource for T2 Diabetes

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

Coco Pops®, average

24.4teaspoons/100g

Brown bread

10.8 teaspoons/100g

Honey

17.6 teaspoons/100g

Fanta orange

3.4 teaspoons/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 by 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.

**Teaspoons of sugar equivalence infographic
as endorsed by NICE to support the guidelines for
Type 2 Diabetes in Adults**



The Glycaemic Index helps predict how these bread types might effect 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 effect 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












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

Why lump them together as a group ?

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 





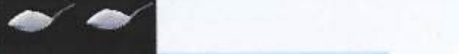



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The Glycaemic Index helps predict how these fruits might affect blood glucose important information if you have type 2 diabetes

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








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 breakfasts might effect blood glucose, important information if you have type 2 diabetes

Cereal	Glycaemic Index	Serve size	How does each cereal effect 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	4.8 
Oat porridge	63	150ml	4.4 

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My Green Food List

EAT

MEAT

Beef
Chicken
Duck
Game
Lamb
Pork
Turkey
Veal
Sausages (97%
pork)
Bacon
Ham
Salami

FISH

Bass
Bream
Cod
Crab
Halibut
Haddock
Lobster
Mackerel
Mussels
Plaice
Prawns
Salmon
Sardines
Shrimp
Trout
Tuna

VEGETABLES

Asparagus
Avocado
Aubergine
Broccoli
Brussel sprouts
Cabbage
Capsicums
Cauliflower
Celery
Cucumber
Green beans
Kale
Leeks
Lettuce
Mushrooms
Radish
Olives
Onions
Spinach
Tomatoes
Zucchini

FRUIT

Blueberries
Raspberries
Strawberries

DAIRY &

EGGS

Eggs
Cream
Cheese
Crème fraiche
Cottage Cheese
Soft cheese
Yoghurt
All Full fat

FATS

Butter
Coconut cream
Coconut milk
Coconut oil
Ghee
Goose/duck fat
Lard
Olive oil

SAUCES

Mayonnaise
Mustard
Vinegars

SEEDS

Chia
Flax
Pumpkin
Sesame
Sunflower

NUTS

Almonds
Brazil Nuts
Hazelnuts
Macadamias
Pecans
Walnuts

FLOURS

Almond flour
Coconut flour
Nut flours

DRINKS

Coffee
Tea
Water

OTHER

Salt
Herbs

My Amber & Red Food List

LIMIT	AVOID		
VEGETABLES	VEGETABLES	MEAT	PROCESSED
Butternut Carrots Pumpkin Sweet potato Parsnips Swede	Beans Chickpeas Lentils Peas Potatoes Sweetcorn Tofu	Hotdogs Nuggets Spam	FOOD Biscuits Bread
FRUIT	FRUITS	FROZEN/ CHILLED	Breakfast cereals
Apples Apricots Lemons/Limes Oranges Peaches Pears	Bananas Dried Fruit Grapes Mangos Pineapples	Ice Cream Frozen Yoghurts Flavoured Yoghurts Sweet deserts	Cakes /Muffins Chocolate Crisps Crumpets Flour
NUTS	GRAINS	SAUCES	Muesli
Cashews Pistachios Peanuts Nut butters	All whole grains Barley Buckwheat Couscous Millet Oats Quinoa	Barbeque sauces Chutneys Pasta sauces Salad dressings Tomato relishes Tomato sauces	Muesli Bars Noodles/Pasta Pastries Pizza
Milk	Rice	VEGETABLE	Rice Cakes
Red/White Wine	Rye	OILS	Sweets and confectionary
Spirits	Spelt	Canola Oil	DRINKS
Chocolate 85+%	Wheat	Cottonseed Oil	Beer
	SWEET	Rapeseed Oil	Cider
	Sugar	Safflower Oil	Colas
	Syrups	Sunflower Oil	Cordials
	Honey	Margarine	Diet Drinks
	Sweeteners	Spreads	Energy Drinks
		Anything deep- fried in seed oils	Flavoured Milks
			Fruit Juices
			Lemonade
			Sports Drinks
			Sugary drinks
			Tonic Water
			Rice Milk
			Soy Milk