



Public Health Collaboration

Informing
Healthy
Decisions

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Food Item	Glycaemic Index	Serving Size	How does each food item affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150g	10.1
White potato (Boiled)	96	150g	9.1
Pure Apple Juice	41	200ml	8.6
Cornflakes	93	30g	8.4
French Fries (Baked)	64	150g	7.5
Coco pops	77	30g	7.3
Spaghetti (White Boiled)	39	180g	6.6
Banana	62	120g	5.9
Wholegrain Barley Bread	85	30g	5.5
Bran Flakes	74	30g	4.8
Sweetcorn (Boiled)	60	80g	4.0
Special K Cereal	54	30g	4.0
White Bread	71	30g	3.7
Wholemeal (Small Slice)	74	30g	3.0
Broccoli	54	80g	0.2
Eggs	0	60g	0