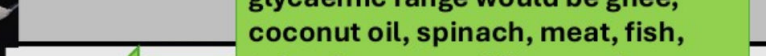


Food	Glycaemic Index	Serve size	How does each food affect blood glucose compared to 4g teaspoons of table sugar?	
Rice, boiled	69	150g	10.1	 
Roti (wheat)	57	40g	5.7	
Roti(almond flour)	15	50g	0.2	
Red lentils (raw)	24	100g	3.5	
Chickpeas(cooked)	28	100g	1.9	
Millet, boiled	65	100g	3.9	
Dal Khichdi	60	200 g	4.5	
Poppadom	70	9 g	1.5	
Raita	20	100g	0.2	
Bitter gourd	15	100 g	0.1	 
Mango juice	55	200 ml	5.0	

Other foods in the very low glycaemic range would be ghee, coconut oil, spinach, meat, fish, tofu, cheese, cauliflower, okra.

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