

Food Item

Serve
size g

How may each food affect blood glucose compared with one 4g teaspoon of table sugar?

Dr D Unwin, Dr G Livesey. It is the glycaemic response to food that matters in diabetes and obesity. Journal of Insulin Resistance. 2016;2016;1(1), a8



White yam, boiled

150

4.8



Cassava, boiled

150

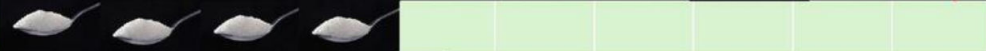
11.3



Blackeyed peas boiled

150

4



Green plantain, boiled

150

4.4



Ripe plantain, boiled

150

5.8



Cassava flour

100

12.4



Yam flour

100

10.8



Cassava flour fufu

100

3.4



Almond flour fufu

100

1.12



Okra

100

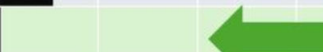
0.3



Eggs

60

0



Other foods in the very low glycaemic range would be garden egg & jute leaf, mongongo nuts, almonds, olive oil, shea butter, coconut oil, wagasi, cauliflower.