

White, brown or green foods?



Food item	Glycaemic Load g/serve	Serve Size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?									
White rice	26	150	9.6									
Brown rice	20	150	7.3									
White bread	22	60	8									
Brown bread	16.2	60	6									
Spaghetti white	18	180	6.6									
Spaghetti brown	17	180	6.2									
Broccoli	0.3	250	0.1									

Also salad leaves, courgette...

The brown bread and spaghetti are wholemeal. Rice and spaghetti boiled. 60g bread is two slices

D Unwin et al. It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited. Journal of Insulin Resistance 2016;1(1), a8.