







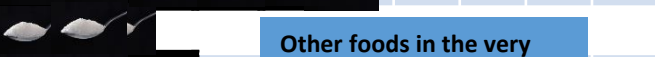
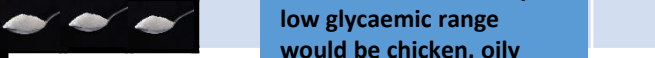
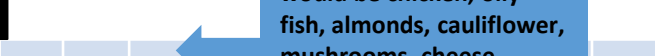


## Three different sources of sugars that make up our total dietary 'sugar burden'; shown as 4g teaspoon of table sugar equivalents\*

1 Naturally occurring sugars	2 Foods with added sugars	3 Foods digested down into sugars
<b>Banana</b> 4.9 teaspoons/100g	<b>Chocolate rice crispies</b> 24.4 teaspoons/100g	<b>Brown bread</b> 10.8 teaspoons/100g
<b>Honey</b> 17.6 teaspoons/100g	<b>Fizzy orange (1/3 can)</b> 1 teaspoon/100ml	<b>Boiled spaghetti</b> 3.7 teaspoons/100g
<b>Skimmed Milk</b> 0.9 teaspoons/100ml	<b>Digestive biscuits</b> 8.8 teaspoons/100g	<b>French fries</b> 5.1 teaspoons/100g
<b>Raisins</b> 17.1 teaspoons/100g	<b>Malt loaf</b> 14.7 teaspoons/100g	<b>Basmati rice</b> 6.8 teaspoons/100g
<b>Apple juice</b> 4.3 teaspoons/100ml	<b>Raspberry yoghurt</b> 2.4 teaspoons/100g	<b>Baked potato</b> 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 in 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.

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



Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150	10.1 
Potato, white, boiled	96	150	9.1 
French Fries baked	64	150	7.5 
Spaghetti White boiled	39	180	6.6 
Sweet corn boiled	60	80	4.0 
Frozen peas, boiled	51	80	1.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Wholemeal Small slice	74	30	3.0 
Broccoli	15	80	0.2 
Eggs	0	60	0 

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, cauliflower, mushrooms, cheese ..,

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

