





A healthy breakfast: cereals, toast, fruit juice?

Food item	Serving size in g/ml	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?	
Bran flakes	30	3.7	
Milk	125	1	
Brown toast, 1 slice	30	3	
Pure Apple juice	200	8.6	

Total for breakfast 16.3 teaspoons

Useful information for those with T2Diabetes making dietary choices

*As per calculations derived from the glycaemic index. To be found in: *It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity* Journal of Insulin Resistance 2016. Unwin et al