

































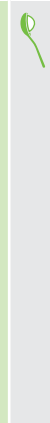


# Spoonfuls of Sugar in Common Foods

Understanding how food affects your blood sugar is critically important for anyone with diabetes, pre-diabetes, metabolic syndrome or excess weight. This infographic uses a method popularized by Dr. David Unwin, comparing food to the blood sugar effect of an equivalent number of teaspoons of sugar. This is why a calorie of broccoli is very different from basmati rice.

## FOOD TABLES

| BEVERAGE        | Serving Size   | Teaspoons Sugar   |
|-----------------|----------------|---|
| Orange Juice    | 354 ml         | 6.2    |
| Coca Cola       | 356 ml         | 8.4   |
| Cranberry Juice | 355 ml         | 12.5  |
| BREAKFAST       | Serving Size   | Teaspoons Sugar   |
| Oatmeal         | 1/2 cup        | 2.3     |
| All-Bran Cereal | 1 cup          | 3.7      |
| Corrflakes      | 1 cup          | 7.3      |
| Bagel-white     | 1 bagel        | 9.2     |
| Pancake         | 1 x 6 inches   | 14.3    |
| SNACK           | Serving Size   | Teaspoons Sugar   |
| Strawberries    | 120 g          | 0.4      |
| Peanuts         | 50 g           | 0.4      |
| Almonds         | 50 g           | 0.6      |
| Cashews         | 50 g           | 1.1      |
| Orange          | 1 raw          | 1.8      |
| Apple           | 1 raw          | 2.2      |
| Pineapple       | 1/2 cup        | 4.0      |
| Banana          | 1 raw          | 4.8      |
| Raisins         | 43 g small box | 7.5     |
| Cliff Bar       | 1 bar          | 8.1     |
| Snickers Bar    | 1 bar          | 8.4     |

| LUNCH or DINNER          | Serving Size | Teaspoons Sugar   |
|--------------------------|--------------|---|
| Broccoli                 | 80 g         | 0.2  |
| Frozen Peas              | 80 g         | 1.3  |
| Black Beans              | 3/4 cup      | 1.8  |
| Lentils                  | 3/4 cup      | 1.9  |
| Corn Tortilla            | 1 tortilla   | 2.8   |
| Pita Bread (whole grain) | 1 slice      | 2.9    |
| Brown Bread              | 1 slice      | 3.3    |
| White Bread              | 1 slice      | 3.7    |
| Sweetcorn                | 80 g         | 4.0    |
| Quinoa                   | 3/4 cup      | 4.8    |
| Spaghetti (whole wheat)  | 1 cup        | 5.1    |
| French Fries (baked)     | 150 g        | 7.5    |
| Brown Rice               | 3/4 cup      | 8.8    |
| White Potato (boiled)    | 1 medium     | 9.2    |
| Spaghetti (white flour)  | 1 cup        | 9.2    |
| Basmati Rice             | 3/4 cup      | 10.3   |

### WANT MORE INFO?

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Our medically-supervised nutritionists will thoroughly assess your lifestyle behaviors and help you develop an individualized, sustainable plan for change.



### REFERENCE

It is the glycemic response to, not the carbohydrate content of food, that matters in diabetes and obesity: The glycemic index revisited. | Unwin | Journal of Insulin Resistance 2016