








# Public Health Collaboration

Informing  
Healthy  
Decisions

Find out more @  
[www.PHCuk.org/sugar](http://www.PHCuk.org/sugar)

Food Item	Glycaemic Index	Serving Size	How does each food item affect blood glucose compared with one 4g teaspoon of table sugar?
Wholegrain Barley Bread	85	30g	5.5 
Special K Cereal	54	30g	4.0 
White Bread	71	30g	3.7 
Brown Bread	74	30g	3.3 
Broccoli	54	80g	0.2 
Eggs	0	60g	0