








# 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?
Basmati rice	69	150g	10.1 
White potato	96	150g	9.1 
Pure Apple Juice	41	200ml	8.6 
Cornflakes	93	30g	8.4 
Coco pops	77	30g	7.3 
Banana	62	120g	5.9 