



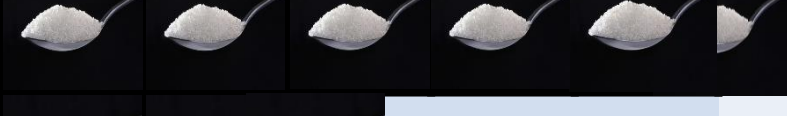


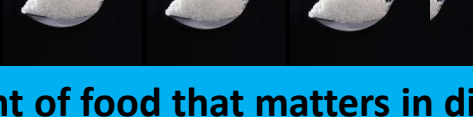


# The Glycaemic Index helps predict how these bread types might affect blood glucose –important information if you have type 2 diabetes

Type of bread	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does one small 30g slice affect blood glucose compared to 4g teaspoons of table sugar? 
<b>White</b>	<b>71</b>	<b>30</b>	<b>10</b>	<b>3.7</b> 
<b>Brown</b>	<b>74</b>	<b>30</b>	<b>9</b>	<b>3.3</b> 
<b>Rye</b> ,69% whole-grain rye flour	<b>78</b>	<b>30</b>	<b>11</b>	<b>4.0</b> 
<b>Wholegrain barley</b> ,50% barley	<b>85</b>	<b>30</b>	<b>15</b>	<b>5.5</b> 
<b>Wholemeal</b> ,stoneground flour	<b>59</b>	<b>30</b>	<b>7</b>	<b>2.6</b> 
<b>Pita</b> , wholemeal	<b>56</b>	<b>30</b>	<b>8</b>	<b>2.9</b> 
<b>Oatmeal batch</b>	<b>62</b>	<b>30</b>	<b>9</b>	<b>3.3</b> 

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:

The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP