










# Using the Glycaemic Index to predict how fruit & veg affect blood glucose

Food Item	Glycaemic index	Serving Size g	How might each food affect blood glucose compared to one 4g teaspoon of table sugar 
Potato boiled	96	150	9.1 
Sweet corn	60	80	4.0 
Frozen peas,	51	80	1.3 
Cabbage	10	80	0.1 
Raisins	64	60	10.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Strawberry	40	120	1.4 

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