

Sugar Equivalent of Carbohydrate Containing Food

Food	Portion size	Carbohydrate (grams)	Teaspoon of sugar
<i>Vegetables and Fruit</i>			
Baked potato with skin	1 medium	33	8
Sweet potato	1 medium	26	6.5
Banana	1 medium	24	6
Mango	½ medium	22	5.5
Apple	1 medium	19	5
Blueberries	1 cup	18	4.5
Sweetcorn	½ cup	14	3.5
Orange	1 medium	12	3
Kiwi fruit	1 medium	8	2
Strawberries	1 cup	4	1
Carrots	½ cup	4	1
Rhubarb	1 cup	3	1
Broccoli	½ cup	3	1
Tomato	½ cup	3	1
Red pepper (raw)	½ cup	3	1
Cauliflower	½ cup	1	0.5
Avocado	½ medium	1	0.5
Leafy green vegetables	1 cup	1 or less	0
Olives	5	0	0
<i>Grains and cereals</i>			
Brown rice	1 cup when cooked	48	12
White rice	1 cup when cooked	44	11
Quinoa	1 cup when cooked	35	9
Bulgar wheat	1 cup when cooked	32	8
Whole rolled oats	½ cup before cooking	23	6
Pearl barley	½ cup when cooked	22	5.5
<i>Beans and legumes</i>			
Kidney beans	½ cup	14	3.5
Lentils	½ cup	14	3.5
Chickpeas	½ cup	13	3
Green beans	½ cup	2	0.5
<i>Nuts and seeds</i>			
Cashews	¼ cup	10	2.5
Peanuts	¼ cup plain	5	1
Sunflower seeds	¼ cup	5	1
Chia seeds	¼ cup	3	1
Walnuts	¼ cup	2	0.5
Pecan	¼ cup	1	0.5
<i>Dairy</i>			
Skimmed milk	1 cup	12	3
Full fat milk	1 cup	12	3
Cheddar	½ cup grated	2	0.5

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<i>Processed food</i>			
Spaghetti (white)	1 cup	41	10
Couscous	1 cup	34	8.5
Spaghetti (wholemeal)	1 cup	26	6.5
White bread	2 medium slices	26	6.5
Wholemeal bread	2 medium slices	24	6
Macaroni cheese frozen meal	1 portion	72	18
Chicken curry frozen meal	1 portion	60	15
Pepperoni pizza	½ pizza	44	11
Baked beans 415g tin	½ tin	26	6.5
Vegan 'meat' burger	1 burger	7	2
Granola	1 cup	45	11
Wheat biscuit cereal	2 biscuits	25	6
Corn flake cereal	1 cup	23	6
Rice pop cereal	1 cup	23	6
Fruit jam	1 tablespoon	13	3
Honey	1 tablespoon	11	3
Chocolate hazelnut spread	1 tablespoon	8	2
Peanut butter (sweetened)	1 tablespoon	2	0.5
Peanut butter (unsweetened)	1 tablespoon	1	0
Fruit smoothie (shop bought)	1 cup	30	7.5
Apple juice	1 cup	27	7
Banana corner yoghurt	1 yoghurt	24	6
Fruit corner yoghurt	1 yoghurt	16	4
Plain yoghurt	1 cup	15	4
Low fat fruit yoghurt	1 pot	14	3.5
'Diabetic' ice cream made with fructose	½ cup	30	7.5
Toffee chocolate ice cream bar	51 ml bar	17	4
Vanilla ice cream	½ cup	17	4
Frozen fruit lolly	80 g lolly	12	3
Lemon slice	1 slice	22	5.5
Chocolate biscuit	2 biscuits	20	5
Oat biscuits / digestive	2 biscuits	18	4.5