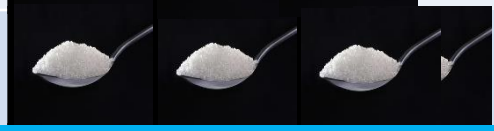
The Glycaemic Index helps predict how these bread types might affect blood glucose –important information if you have type 2 diabetes

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

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