

**Table A1.** Glycemic index (GI) and glycemic load (GL) values determined in subjects with normal glucose tolerance: 2008

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>BAKERY PRODUCTS</b>								
<b>Cakes</b>								
1	47±8	67	Normal, 8	Bread, 2h	1	60	29	14
2	55±10	79	Normal, 7	Bread, 2h	1	60	22	12
3	36	52±3	Normal, 10	Bread, 2h	2	60	23	8
4	38±3	54	Normal, 10	Glucose, 2h	UO <sup>4</sup>	111	52	20
5	73±12	104	Normal, 10	Glucose, 2h	UO <sup>4</sup>	38	26	19
6	87±17	124	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	29	25
7	38±5	54	Normal, 12	Glucose, 2h	UO <sup>4</sup>	60	25	9
8	50±4	71	Normal, 10	Bread, 2h	UO <sup>5</sup>	60	26	13
9	42±4	60	Normal, 10	Glucose, 2h	UO <sup>4</sup>	111	58	24
<b>Desserts</b>								
10	41±3	59	Normal, 10	Bread, 2h	UO <sup>5</sup>	165	34	14
11	31±5	44	Normal, 9	Glucose, 2h	UO <sup>6</sup>	75	20	6
12	50±4	72	Normal, 10	Glucose, 2h	UO <sup>6</sup>	50	22	11
13	75±7	107	Normal, 8	Glucose, 2h	3	50	20	15
<b>Muffins</b>								
14	44±6	63	Normal, 8	Bread, 2h	1	60	29	13
15	48±10	69	Normal, 8	Bread, 2h	1	60	19	9
16	49±4	70	Normal, 9	Glucose, 2h	UO <sup>6</sup>	60	25	12
17	54±4	78±6	Normal, 9	Bread, 2h	UO <sup>4</sup>	50	26	14
18	60±4	86±6	Normal, 9	Bread, 2h	UO <sup>4</sup>	50	26	16
19	65±11	93±16	Normal, 10	Bread, 2h	UO <sup>4</sup>	50	26	17
20	50±3	72	Normal, 10	Glucose, 2h	UO <sup>6</sup>	60	31	15
21	57±7	81	Normal, 10	Bread, 2h	UO <sup>5</sup>	70	39	22
22	53±5	75±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	50	28	15
23	52±6	74	Normal, 11	Glucose, 2h	UO <sup>6</sup>	60	32	17
24	48±6	69	Normal, 10	Bread, 2h	UO <sup>5</sup>	70	29	14
25	46±4	66	Normal, 10	Glucose, 2h	UO <sup>6</sup>	60	34	16
26	46±8	66±11	Normal, 14	Bread, 2h	4	50	23	11
27	37±3	53±5	Normal, 14	Bread, 2h	4	50	25	9
28	52±3	74	Normal, 10	Bread, 2h	UO <sup>5</sup>	70	33	17
29	58±7	82	Normal, 10	Bread, 2h	UO <sup>5</sup>	70	33	19
<b>Pancakes</b>								
30	66±9	95	Normal, 8	Glucose, 2h	5	80	26	17
31	67±5	96	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	57	38
32	80±4	114	Normal, 10	Glucose, 2h	3	80	20	16
33	102±11	146	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	23	23
34	61±6	87	Normal, 10	Glucose, 2h	UO <sup>6</sup>	80	53	32
35	46	65±3	Normal, 10	Bread, 2h	2	80	22	10
36	61	87±6	Normal, 10	Bread, 2h	2	80	36	22

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						g	g/serve	
37 Pastry, puff (Pampas™, Australia)	56±5	80	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	20	11
38 Pikelets, Golden brand (Tip Top Bakeries, Chatswood, Australia)	85±14	121	Normal, 10	Glucose, 2h	UO <sup>4</sup>	40	21	18
39 Scones, plain, made from packet mix (Defiance Milling Co, Australia)	92±8	131	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	9	8
<b>BEVERAGES</b>								
40 Aussie Bodies Start the Day UHT, Choc Banana flavored drink (Aussie Bodies Pty Ltd, Australia)	24±3	34	Normal, 10	Glucose, 2h	UO <sup>6</sup>	250 mL	15	4
41 Aussie Bodies Start the Day UHT, Chocolate flavored drink (Aussie Bodies Pty Ltd, Australia)	26±4	37	Normal, 11	Glucose, 2h	UO <sup>6</sup>	250 mL	15	4
42 Beer, Toohey's New (Tooheys Pty Limited, Australia) <sup>7</sup>	66±7	94	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	8	5
43 Chocolate Daydream™ shake, fructose (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) <sup>8</sup>	33±4	47	Normal, 10	Glucose, 2h	6	250 mL	18	6
44 Chocolate Daydream™ shake, sucralose (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) <sup>7</sup> <b>Coca Cola®</b>	25±4	36	Normal, 10	Glucose, 2h	6	250 mL	4	1
45 Coca Cola®, soft drink (Coca Cola Amatil, Sydney, Australia)	53±7	76	Normal, 10	Bread, 2h	UO <sup>4</sup>	250 mL	26	14
46 Coca Cola®, soft drink (Coca Cola Bottling Company, Atlanta, USA)	63	90	Normal, 10	Bread, 2h	7	250 mL	26	16
47 Cordial, orange, reconstituted (Berri Ltd, Berri, Australia)	66±8	94	Normal, 8	Bread, 2h	1	250 mL	20	13
48 Fanta®, orange soft drink (Coca Cola Amatil, Australia)	68±6	97	Normal, 7	Bread, 2h	1	250 mL	34	23
49 Fruit punch (USA)	67	95	Normal, 10	Bread, 2h	7	250 mL	29	19
50 Lemonade, Schweppes®, lemon soft drink (Cadbury Schweppes, Sydney, Australia)	54±5	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	27	15
51 Mars Active® Energy Drink, flavored milk (M&M/Mars, USA)	46±4	66	Normal, 10-12	Bread, 2h	UO <sup>4</sup>	250 mL	33	15
52 Orange Delight Cocktail with pulp, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	44±5	63	Normal, 10	Bread, 2h	UO <sup>5</sup>	250 mL	16	7
53 Ribena™ blackcurrant fruit syrup, reconstituted with water (GlaxoSmithKline Group, Australia)	52±5	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	33	17
<b>Rice milk drink</b>								
54 Rice milk drink, low-fat, Australia's Own Natural™ (So Natural Foods, Taren Point, Australia)	92±9	131	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	32	29
55 Vitasoy® rice milk, low-fat, calcium enriched (National Foods Ltd, Australia) <sup>8</sup>	79±8	113	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	22	17
56 Slim Fast™ French Vanilla ready-to-drink shake (Slim Fast Foods Company, Englewood, USA)	37±5	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	27	10
<b>Smoothie, made from milk and fruit</b>								
57 Smoothie, banana (Australia)	30±4	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	26	8
58 Smoothie, banana and strawberry, V8 Splash® (Campbell's Soup Company, Camden, USA)	44±3	63	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	26	11
59 Smoothie, mango (Australia)	32±4	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	27	9
60 Smoothie, raspberry (Con Agra Inc, Omaha, USA)	33±9	48±13	Normal, 10	Bread, 2h	UO <sup>4</sup>	250 mL	41	14
<i>mean of four foods</i>	35±3	50±4				250 mL	30	11
<b>Smoothie, made from soy milk</b>								
61 Smoothie drink, soy, banana (So Natural Foods, Australia) <sup>8</sup>	30±3	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	22	7
62 Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia) <sup>8</sup>	34±3	49	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	25	8
63 Solo™, lemon squash, soft drink (Cadbury Schweppes, Australia) <sup>8</sup>	58±5	83	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	29	17
64 Soy Beverage, Chocolate flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	40±5	57	Normal, 10	Bread, 2h	UO <sup>5</sup>	250 mL	28	11

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size <i>g</i>	Avail. carbo- hydrate <i>g/serve</i>	GL <sup>3</sup> per serve
65 Soy Beverage, Original flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	15±4	22	Normal, 10	Bread, 2h	UO <sup>5</sup>	250 mL	9	1
66 Soy Beverage, Vanilla flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	28±3	40	Normal, 10	Bread, 2h	UO <sup>5</sup>	250 mL	16	4
67 Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium Health Foods, Australia) <sup>8</sup>	43±5	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	26	11
68 Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium Health Foods, Australia) <sup>8</sup>	46±5	66	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	24	11
69 V8 Splash®, tropical blend fruit drink (Campbell's Soup Company, USA)	47±4	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	28	13
70 Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) <sup>8</sup> (So Natural Foods, Australia)	39±2	56	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	34	13
71 V8® 100% vegetable juice (Campbell's Soup Company, USA)	43±4	61	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	9	4
72 Yakult®, fermented milk drink with <i>Lactobacillus casei</i> (Yakult, Dandenong, Australia)	46±6	66	Normal, 7-10	Bread, 2h	8	65 mL	12	6
73 Yakult® Light, fermented milk drink with <i>Lactobacillus casei</i> (Yakult, Dandenong, Australia)	36±6	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	65 mL	9	3
<b>Sports drinks</b>								
74 Gatorade® (Spring Valley Beverages Pty Ltd, Cheltenham, Vic, Australia)	78±13	111	Normal, 7-10	Bread, 2h	8	250 mL	15	12
75 Isostar® (Novartis Consumer Health, Nyon, Switzerland)	70±15	100	Normal, 7-10	Bread, 2h	8	250 mL	18	13
76 Sustagen Sport® (Mead Johnson, Rydalmere, NSW, Australia)	43±9	61	Normal, 7-10	Bread, 2h	8	250 mL	49	21
77 Thorpedo® Advanced Hydration for Kids, all flavors (Thorpedo Foods, Australia)	11±2	16	Normal, 10	Glucose, 2h	UO <sup>6</sup>	250 mL	35	4
78 Thorpedo® Ultra Low GI Energy Water, all flavors (Thorpedo Foods, Australia)	16±4	23	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	11	2
<b>Drinks made from drinking mix powders</b>								
79 Aussie Bodies Trim Protein Shake, Chocolate flavored (Aussie Bodies Pty Ltd, Australia)	39±4	56	Normal, 10	Glucose, 2h	UO <sup>6</sup>	250 mL	12	5
80 Aussie Bodies Trim Protein Shake, French Vanilla flavored (Aussie Bodies Pty Ltd, Australia)	41±3	59	Normal, 10	Glucose, 2h	UO <sup>6</sup>	250 mL	12	5
81 Build-Up™ nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, Australia)	41±4	59	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	33	14
82 Cinch™ Café Latte weight management powder, prepared with skim milk (Shaklee Corporation, Pleasanton, USA)	27±3	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	31	8
83 Cinch™ Chocolate weight management powder, prepared with skim milk (Shaklee Corporation, USA)	16±3	23	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	31	5
84 Cinch™ Vanilla weight management powder, prepared with skim milk (Shaklee Corporation, USA)	22±3	31	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	29	6
85 Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3	73	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	23	12
86 Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, Australia) mixed in reduced-fat (1.5%) milk	36±3	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	19	7
87 Malted milk powder in full-fat milk (Nestlé, Australia)	45±3	64	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	26	12
<b>Milo™ (chocolate nutrient-fortified drink powder)</b>								
88 Milo™ (Nestlé, Australia) dissolved in water	55±3	79±4	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	16	9
89 Milo™ (Nestlé, Auckland, New Zealand) dissolved in water	52±5	74±7	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	16	8
90 Milo™ (Nestlé, Australia) dissolved in full-fat milk	35±2	50	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	25	9
91 Milo™ (Nestlé, New Zealand) dissolved in full-fat milk	36±3	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	26	9
92 Milo™ Breakfast Smoothie powder prepared with skim milk (Nestlé, Australia)	39±5	56	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	34	13

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93 Nutrimeal™, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, USA) (2000)	26±3	37	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	17	4
94 Nutrimeal™, meal replacement drink, all flavors (Usana Australia, Baulkham Hills, Australia) (2007)	20±2	37	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	17	3
95 Proform Hi-protein powder, neutral flavor, prepared with skim milk (MGC Dairy Co Pty Ltd, Melbourne, Australia)	45±3	64	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	49	22
96 Proform Hi-protein powder, vanilla flavor, prepared with skim milk (MGC Dairy Co Pty Ltd, Australia)	42±5	60	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	50	21
<b>Quik™ (sweet drink powder)</b>								
97 Quik™, chocolate (Nestlé, Australia), made with water	53±5	76±8	Normal, 9	Bread, 2h	UO <sup>4</sup>	250	7	4
98 Quik™, chocolate (Nestlé, Australia), prepared with 1.5% fat milk	41±4	59	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	11	5
99 Quik™, strawberry (Nestlé, Australia), prepared with in water	64±8	92±12	Normal, 9	Bread, 2h	UO <sup>4</sup>	250	8	5
100 Quik™, strawberry (Nestlé, Australia), prepared with 1.5% fat milk	35±3	50	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	12	4
<b>BREADS</b>								
101 Bagel, white (USA) <sup>9</sup>	69	99	Normal, 12	Glucose, 2h	9	70	35	24
<b>Baguette</b>								
102 Traditional French baguette (prepared with wheat flour, water, salt and 20 g yeast) (France)	57±9	82	Normal, 9	Glucose, 3h	10	30	18	10
103 Whole Grain Baguette, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	73±6	104	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	13	9
104 French baguette with chocolate spread (France)	72±8	101	Normal, 14	Glucose, 2h	UO <sup>10</sup>	70	37	27
105 French baguette with butter and strawberry jam (France)	62±7	89	Normal, 14	Glucose, 2h	UO <sup>10</sup>	70	41	26
106 Pain au lait (Pasquier, France)	63±10	90	Normal, 12	Glucose, 2h	UO <sup>10</sup>	60	32	20
<b>Barley breads</b>								
<b>Coarse barley kernel bread, 80% kernels</b>								
107 80% scalded intact kernels (20% white wheat flour)	34	48±10	Normal, 10	Bread, 1.5h	11	30	20	7
108 80% intact kernels (20% white wheat flour)	40	57±10	Normal, 10	Bread, 1.5h	11	30	20	8
109 Barley kernel bread, 50% kibbled barley (Australia)	48	69±7	Normal, 8	Bread, 2h	12	30	20	10
110 Sunflower and barley bread (Riga bakeries, Sydney, Australia)	57±6	81	Normal, 8	Bread, 2h	13	30	11	6
111 Sunflower and barley bread (Vogel's, UK)	70±10	100	Normal, 10	Glucose, 2h	14	30	12	8
<b>Barley flour breads</b>								
112 Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67	95±15	Normal, 10	Bread, 2h	11	30	20	13
113 Wholemeal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fiber barley flour) (Sweden)	50	71±11	Normal, 8	Bread, 2h	15	30	15	7
114 Wholemeal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fiber barley flour) (Sweden)	43	61±7	Normal, 8	Bread, 2h	15	30	11	5
115 Barley flour bread, made from 50% wheat flour and 50% coarse sieved barley flour (containing 4.2% total 1-3, 1-4 β-glucan of which 2.8% soluble) (Italy)	74±15	106	Normal, 8	Glucose, 2h	16	30	16	12
116 Barley flour bread, made from 80% wheat flour and 20% water-extracted barley flour (containing 6.3% total 1-3, 1-4 β-glucan of which 5.7% soluble) (Italy)	70±7	100	Normal, 7	Glucose, 2h	16	30	16	11
117 Whole grain barley flour bread, made from 50% barley flour and 50% wheat flour (containing 2.4% total 1-3, 1-4 β-glucan of which 2.0% soluble) (Italy)	85±14	122	Normal, 8	Glucose, 2h	16	30	18	15
118 Barley bread, 70% high-amylose barley flour and 30% white wheat flour, baked long-time at low tempertaure (Sweden)	49	71±9	Normal, 9	Bread, 1.6h	17	30	12	6
119 Barley bread, 70% high-amylose barley flour & 30% white wheat flour, conventionally baked (Sweden)	70	99±12	Normal, 9	Bread, 1.6h	17	30	13	9

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<b>Wholemeal barley flour (80%) &amp; white wheat flour (20%) breads - fermented or with added organic acids or salts (Sweden)</b>								
120	70	100	Normal, 11	Wholemeal barley bread, 2h	18	30	20	14
for the 5 breads below <sup>9</sup>								
121	53	76	Normal, 11	Wholemeal barley bread, 2h	18	30	20	10
sourdough (lactic acid) <sup>9</sup>								
122	66	94	Normal, 11	Wholemeal barley bread, 2h	18	30	19	12
with lactic acid <sup>9</sup>								
123	59	84	Normal, 11	Wholemeal barley bread, 2h	18	30	20	12
with calcium lactate <sup>9</sup>								
124	65	93	Normal, 11	Wholemeal barley bread, 2h	18	30	20	13
with sodium propionate <sup>9</sup>								
125	57	82	Normal, 11	Wholemeal barley bread, 2h	18	30	19	11
with higher dose sodium propionate <sup>9</sup>								
<b>Buckwheat bread</b>								
126	47	67±10	Normal, 10	Bread, 2h	19	30	21	10
Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)								
127	67±2	95	Normal, 8	Glucose, 2h	3	30	19	13
Buckwheat bread (China)								
<b>Chickpea flour bread</b>								
128	55	78±13	Normal, 12	Bread, 2h	20	30	13	7
Chickpea flour bread, made from Amethyst-type desi chickpeas (JK International Pty Ltd, Rocklea, Australia)								
129	67	96±21	Normal, 12	Bread, 2h	20	30	12	8
Chickpea flour bread, made from extruded chickpea flour (Australia)								
130	49±6	70	Normal, 9	Glucose, 2h	UO <sup>4</sup>	50	22	11
Corn tortilla, made from white corn, Diego's brand (San Diego Tortilla Factory Pty Ltd, Andrews, QLD, Australia)								
131	67	96	Normal, 11	Bread, 2h	21	30	12	8
Bread, flax, made from flax meal & wheat flour (Canada) <sup>9</sup>								
<b>Fruit breads</b>								
132	44±5	63±7	Normal, 10	Bread, 2h	22	30	13	6
Bürgen® Fruit loaf (Tip Top Bakeries, Chatswood, Australia)								
133	53±4	76	Normal, 10	Glucose, 2h	UO <sup>6</sup>	30	14	7
Bürgen® Fruit and Muesli bread (Tip Top Bakeries, Australia)								
134	47±6	67	Normal, 8	Bread, 2h	1	30	15	7
Continental fruit loaf, wheat bread with dried fruit (Australia)								
135	71±11	102	Normal, 10	Glucose, 2h	23	30	16	11
Fruit and cinnamon bread (Finest, UK)								
136	54±6	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	15	8
Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, Australia)								
137	57±6	82	Normal, 10	Glucose, 2h	23	30	16	9
Fruit loaf, sliced (UK)								
138	63±5	89±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	14	9
Happiness™ (cinnamon, raisin, pecan bread) (Natural Ovens, Manitowoc, USA)								
139	54±6	77±9	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	12	7
Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)								
140	47±2	67	Normal, 10	Glucose, 2h	3	30	14	7
Whole-wheat bread with dried fruit (China)								
<b>Gluten-free bread</b>								
141	79±13	113	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	13	10
Gluten-free multigrain bread (Country Life Bakery, Dandenong, Australia)								
142	40±5	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	8	3
Gluten-free white bread (Country Life Bakery, Australia)								
143	72±5	103	Normal, 8	Glucose, 2h	UO <sup>4</sup>	30	11	8
Gluten-free buckwheat bread, made with buckwheat meal & rice flour (Naturis Organic Bread, NSW, Australia)								
<b>Hamburger/Hot dog buns</b>								
144	62±6	89	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	12	7
100% Whole wheat Gigantico Burger Buns, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)								
145	62±6	89	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	12	7
100% Whole wheat Gigantico Hot Dog Rolls, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)								

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<b>Oat bread</b>								
146 Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65	93±11	Normal, 10	Bread, 2h	11	30	19	12
<b>Oat bran bread</b>								
147 50% oat bran (Australia)	44	63±10	Normal, 8	Bread, 2h	12	30	18	8
148 45% oat bran and 50% wheat flour (Sweden)	50	72±10	Normal, 10	Bread, 1.5h	24	30	18	9
149 Oatmeal batch bread (UK)	62±8	89	Normal, 10	Glucose, 2h	23	30	15	9
<b>Rice bread</b>								
150 Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, Australia)	72±9	103±10	Normal, 12	Bread, 2h	8	30	12	8
151 Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)	61±9	88±13	Normal, 12	Bread, 2h	8	30	12	7
<b>Rye bread</b>								
152 Rye bread (50% rye flour + 50% wheat flour) (Turkey)	50	72±5	Normal, 10	Bread, 2h	25	30	14	7
153 Wheat and rye bread (75% wheat flour + 10% rye flour + 15% wheat bran) (Turkey)	40	57±4	Normal, 10	Bread, 2h	25	30	14	6
<b>Rye kernel bread</b>								
154 Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	41	58±8	Normal, 10	Bread, 2h	11	30	12	5
155 Whole-kernel rye bread, 60% whole rye kernels and 40% rye flour (Finland) <sup>11</sup>	57	82	Normal, 20	Bread, 3h	26	30	11	6
156 Rye bread (80% rye flour + 20% oat β-glucan concentrate) (Finland) <sup>11</sup>	66	94	Normal, 20	Bread, 3h	26	30	9	6
157 Rye bread, 69% whole-grain rye flour (Jalkiuunileipa, Oululainen Ltd, Lahti, Finland)	78±10	112	Normal, 12	Glucose, 2h	27	30	14	11
<b>Specialty rye breads</b>								
158 Blackbread, Riga (Berzin's Specialty Bakery, Sydney, Australia)	76±14	109	Normal, 7	Glucose, 2h	28	30	13	10
159 Bürgen™ Dark/Swiss rye (Tip Top Bakeries, Australia)	55±12	79	Normal, 9	Glucose, 2h	29	30	10	6
160 Bürgen™ Rye (Tip Top Bakeries, Australia)	51±3	73	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	10	5
161 Country Grain Organic Rye (Country Life Bakery, Australia)	53±4	76	Normal, 12	Glucose, 2h	UO <sup>6</sup>	30	10	5
162 Roggenbrot, Vogel's (Stevens & Co, Sydney, NSW, Australia)	59±5	84	Normal, 8	Bread, 2h	13	30	14	8
163 Rye Hi-Soy with Linseed (Country Life Bakery, Australia)	55±4	79	Normal, 13	Glucose, 2h	UO <sup>6</sup>	30	9	5
164 Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, Australia)	86±15	123	Normal, 7	Glucose, 2h	28	30	14	12
165 Sourdough rye (Australia)	48	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	12	6
<b>Wheat Breads</b>								
166 Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	52	74±7	Normal, 10	Bread, 2h	11	30	20	10
<b>Spelt wheat breads</b>								
167 White spelt wheat bread (Belgium)	65	93±9	Normal, 10	Bread, 2h	30	30	16	10
168 White spelt wheat bread (Slovenia) <sup>12</sup>	74	105	Normal, 6	Bread, 3h	31	30	23	17
169 Wholemeal spelt wheat bread (Slovenia) <sup>12</sup>	63	91	Normal, 6	Bread, 3h	31	30	19	12
170 Scalded spelt wheat kernel bread (Slovenia) <sup>12</sup>	67	96	Normal, 6	Bread, 3h	31	30	22	15
171 Spelt multigrain bread® (Pav's bakery, Australia)	54±10	77±14	Normal, 12	Bread, 2h	UO <sup>4</sup>	30	12	7
<b>White wheat flour bread</b>								
172 White flour (UK)	59±11	84	Normal, 10	Glucose, 2h	32	30	13	8
173 White flour (Canada)	69±5	99	Normal, 10	Glucose, 2h	33	30	14	10
174 White flour, Sunblest™ (Tip Top Bakeries, Australia)	70	100	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	14	10
175 White flour (Sainsbury's, UK)	70±10	100	Normal, 10	Glucose, 2h	14	30	14	10
176 White flour bread	71±3	102	Normal, 47	Glucose, 2h	34	30	14	10
177 White flour (Pepperidge Farm, Norwalk, CT, USA)	71±6	102	Normal, 14	Glucose, 2h	35	30	16	11
178 White flour (South Africa)	71±7	101	Normal, 7	Glucose, 2h	36	30	13	9
179 White flour (Italy)	72	103	Normal, 15	Glucose, 2h	37	30	15	11
180 White flour (Hovis, UK)	73±12	104	Normal, 10	Glucose, 2h	14	30	15	11
181 White flour (Nishin Shokuhin, Japan)	75	108	Normal, 10	Rice <sup>13</sup> , 2h	38	30	13	10

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
182 White flour (Vodova veka Penam, Olomouc, Czech Republic)	75±10	107	Normal, 11	Glucose, 2h	39	30	18	13
183 White flour (Hovis, UK)	75±12	107	Normal, 10	Glucose, 2h	14	30	15	11
184 White flour (Hovis Classic, British Bakeries Ltd, UK) <sup>9</sup>	87	124	Normal, 10	Glucose, 2h	40	30	12	11
185 White flour (China)	88±3	126	Normal, 10	Glucose, 2h	3	30	14	12
186 White flour (Italy)	89±12	128	Normal, 8	Glucose, 2h	16	30	20	18
187 White flour, homemade (UK) <sup>9</sup> <i>mean of sixteen studies</i>	89 75±2	127 108±3	Normal, 10	Glucose, 2h	40 30	30	13 15	12 11
<b>White wheat flour bread, toasted</b>								
188 White bread, toasted (Hovis, UK)	50±7	72	Normal, 10	Glucose, 2h	41	30	15	7
189 White bread, fresh, toasted (British Bakeries Ltd, UK) <sup>9</sup>	63	90	Normal, 10	Glucose, 2h	40	30	12	8
190 White bread, homemade, fresh, toasted (UK) <sup>9</sup> <i>mean of three studies</i>	66 60	95 86	Normal, 10	Glucose, 2h	40	30	13 13	9 8
<b>White wheat flour bread, frozen and defrosted</b>								
191 White bread, frozen and defrosted <sup>9</sup> (British Bakeries Ltd, UK)	75	107	Normal, 10	Glucose, 2h	40	30	12	9
192 White bread, homemade, frozen and defrosted (UK) <sup>9</sup> <b>White wheat flour bread, frozen and defrosted, toasted</b>	62	88	Normal, 10	Glucose, 2h	40	30	13	8
193 White wheat bread, frozen, defrosted and toasted <sup>9</sup> (British Bakeries Ltd, UK)	64	92	Normal, 10	Glucose, 2h	40	30	12	8
194 White bread, homemade, frozen, defrosted <sup>9</sup> and toasted (UK) <b>Wonder™, enriched white bread (Interstate Brands Companies, Kansas City, USA)</b>	54	77	Normal, 10	Glucose, 2h	40	30	13	7
195 Wonder™, enriched white bread	71±9	101±13	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	14	10
196 Wonder™, enriched white bread	72±4	103	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	14	10
197 Wonder™, enriched white bread <i>mean of three studies</i>	77±3 73	110 105	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30 30	14 14	11 10
<b>White bread with enzyme inhibitors</b>								
198 White bread + acarbose (200 mg) (Mexico) <b>White bread with insoluble fiber</b>	50	70±5	Normal, 10	Bread, 3h	42	30	17	8
199 White bread, enriched with 9 g lupin kernel fiber (viscous insoluble fiber) (Australasian Natural Ingredients Pty Ltd, Perth, Australia)	74	106±14	Normal, 21	Bread, 2h	43	30	9	7
200 White bread with added wheatgerm and fiber (UK) <b>White bread with soluble fiber</b>	59±11	84	Normal, 10	Glucose, 2h	32	30	12	6
201 White bread + 15 g psyllium fiber ( <i>Plantago psyllium</i> ) (Mexico)	65	93±24	Normal, 10	Bread, 3h	42	30	17	11
202 White bread, enriched with 12 g Arabinoxylan fiber <sup>14</sup> (soluble fiber) (Australia)	41	59±7	Normal, 14	Bread, 2h	44	30	10	4
203 White bread, enriched with 6 g Arabinoxylan fiber <sup>14</sup> (soluble fiber) (Australia) <b>White bread enriched with Sunfibre (Cyamoposis tetragonolobus) (Indian cluster guar beans)</b>	56	80±7	Normal, 14	Bread, 2h	44	30	12	7
204 White bread with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	63±4	91	Normal, 11	Glucose, 2h	45	30	16	10
205 White bread with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	64±5	92	Normal, 11	Glucose, 2h	45	30	16	10
206 White bread with 10 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	68±5	97	Normal, 11	Glucose, 2h	45	30	17	11
207 White bread with 15 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	56±1	81	Normal, 11	Glucose, 2h	45	30	17	10
208 White bread with 5 g Sunfibre, viscosity 2 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan) <b>White bread consumed with fiber drink</b>	55±2	78	Normal, 11	Glucose, 2h	45	30	16	9
209 White bread consumed with 5 g Sunfibre (Taiyo Kagaku Co, Ltd, Japan) dissolved in 250mL water	49±4	70	Normal, 11	Glucose, 2h	45	-	-	-
210 White bread consumed with 10 g Sunfibre (Taiyo Kagaku Co, Ltd, Japan) dissolved in 250mL water	57±5	81	Normal, 11	Glucose, 2h	45	-	-	-

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
211 White bread consumed with 10 g insoluble dextrin (Matsutani Chemical Industry Co Ltd, Japan) in 250 mL water	66±6	95	Normal, 11	Glucose, 2h	45	-	-	-
212 White bread consumed with 10 g inulin (Orafti, Tienen, Belgium) in 250 mL water	67±6	95	Normal, 11	Glucose, 2h	45	-	-	-
<b>White bread with added ingredients</b>								
213 White bread (100% wheat flour) + 2% pectin (George Weston Foods Ltd, Australia)	85	121±11	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	13	11
214 White bread (100% wheat flour) + 5% fruit fiber (George Weston Foods Ltd, Australia)	76	109±13	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	12	9
215 White bread (80% wheat flour + 20% chickpea flour) (George Weston Foods Ltd, Australia)	79	113±13	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	12	9
216 White bread (90% wheat flour + 10% modified corn starch) (George Weston Foods Ltd, Australia)	78	111±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	13	10
217 White bread (90% wheat flour + 10% tapioca starch) (George Weston Foods Ltd, Australia)	77	110±15	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	13	10
218 White bread (95% wheat flour + 5% oat bran) (George Weston Foods Ltd, Australia)	74	106±8	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	13	10
219 White bread, containing 2% guar gum (George Weston Foods Ltd, Australia)	66	94±9	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	13	8
220 White bread, containing 2% vinegar and 2.5% sourdough (Noble Rise Crunchy Toast, Australia)	79	113±6	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	12	9
221 White bread containing Eurylon® high-amylose maize starch (France) <sup>15</sup>	42	60±6	Normal, 8	Bread, 2.8h	46	30	19	8
222 White bread eaten with powdered dried seaweed ( <i>Nori alga</i> ) (Spain)	48	68±9	Normal, 12	Bread, 2h	47	30	15	7
223 White bread eaten with vinegar as vinaigrette (Sweden)	45	64	Normal, 10	Bread, 1.6h	48	30	15	7
224 White bread eaten with 18 g white vinegar (6% acetic acid) (Sweden)	63	89±4	Normal, 12	Bread, 1.6h	49	30	15	9
225 White bread eaten with 23 g white vinegar (6% acetic acid) (Sweden)	73	105±11	Normal, 12	Bread, 1.6h	49	30	15	11
226 White bread eaten with 28 g white vinegar (6% acetic acid) (Sweden)	54	77±8	Normal, 12	Bread, 1.6h	49	30	15	8
227 White and wholemeal bread (ratio 1:1), fermented by sourdough lactobacilli ( $\Delta$ pH 1.5) and fiber-enriched with oat fiber (Italy)	54	77	Normal, 15	Glucose, 2h	37	30	11	6
<b>White bread, with different proving times and bread volumes</b>								
228 White bread, prepared with a 10 min prove and a second 2 min proving (low loaf volume) (UK)	38±4	54	Normal, 10	Glucose, 2h	50	30	13	5
229 White bread, prepared with a 30 min prove and a second 12 min proving (moderate loaf volume) (UK)	72±7	103	Normal, 10	Glucose, 2h	50	30	13	9
230 White bread, prepared with a 60 min prove and a second 30 min proving (moderate loaf volume) (UK)	86±9	123	Normal, 10	Glucose, 2h	50	30	13	11
231 White bread, prepared with a 40 min prove, a second 25 min proving and a third 50 min proving (large loaf volume) (UK)	100±7	143	Normal, 10	Glucose, 2h	50	30	13	13
<b>White resistant starch-enriched bread</b>								
232 Fiber White™ (Nature's Fresh, Auckland, New Zealand)	77±10	110	Normal, 14	Glucose, 2h	29	30	15	11
233 Wonderwhite™ (Buttercup Bakeries, Australia)	80±8	114	Normal, 8	Bread, 2h	13	30	14	11
<b>Wholemeal (whole wheat) wheat flour bread</b>								
234 Wholemeal flour (Hovis, UK)	68±9	97	Normal, 10	Glucose, 2h	14	30	11	7
235 Wholemeal flour (China)	69±3	99	Normal, 10-12	Glucose, 2h	3	30	13	9
236 Wholemeal flour (Sainsbury's, UK)	71±12	102	Normal, 10	Glucose, 2h	14	30	11	8
237 Wholemeal flour (Canada)	72±6	103	Normal, 10	Glucose, 2h	33	30	12	8
238 Wholemeal flour (Australia)	74	106	Normal, 7	Glucose, 2h	51	30	14	10
239 Wholemeal flour (Hovis, UK)	74±8	106	Normal, 10	Glucose, 2h	14	30	11	8



Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
240 Wholemeal flour (South Africa)	75±9	107	Normal, 8	Glucose, 2h	36	30	13	9
241 Wholemeal flour (Tip Top Bakeries, Australia)	77±9	110	Normal, 8	Glucose, 2h	52	30	12	9
242 Wholemeal flour (Tip Top Bakeries, Australia)	78±16	111	Normal, 7	Glucose, 2h	28	30	12	9
243 Wholemeal flour (France)	85±27	122	Normal, 9	Glucose, 3h	10	30	15	13
<i>mean of ten studies</i>	74±2	106±2				30	12	9
<b>Wholemeal stoneground (whole wheat) wheat flour bread</b>								
244 Wholemeal bread, stoneground flour (Bill's Organic Bread, Cardiff, Australia)	59±8	85	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	11	7
245 Wholemeal flour, stoneground (Waitrose, UK)	66±13	94	Normal, 10	Glucose, 2h	14	30	12	8
<b>Specialty wheat breads</b>								
246 Bakers Delight™ Hi Fibre Lo GI white bread (Bakers Delight Holdings, Australia)	52±7	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	15	8
247 Bakers Delight™ Wholemeal Country Grain bread (Bakers Delight Holdings, Australia)	53±9	76	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	12	6
<b>Bürgen™ Mixed Grain bread (Tip Top Bakeries, Chatswood, Australia)</b>								
248 Bürgen™ Mixed Grain	34±4	49	Normal, 10-12	Bread, 2h	22	30	11	4
249 Bürgen™ Mixed Grain	45±12	64	Normal, 10	Glucose, 2h	29	30	11	5
250 Bürgen™ Mixed Grain	52±4	74	Normal, 12	Glucose, 2h	UO <sup>16</sup>	30	10	5
<i>mean of three studies</i>	44	62				30	11	5
251 Bürgen™ Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia) (1995)	31±3	44	Normal, 8	Bread, 2h	13	30	10	3
252 Bürgen™ Oatbran & Honey bread (Tip Top Bakeries, Australia) (2002)	49±4	70	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	10	5
253 Bürgen® Pumpkin Seed bread, containing 6% pumpkin seeds (Tip Top Bakeries, Australia)	49±4	70	Normal, 10	Glucose, 2h	UO <sup>16</sup>	30	8	4
254 Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia)	36±4	51	Normal, 10-12	Bread, 2h	22	30	9	3
255 Bürgen® Wholemeal & Seeds (Tip Top Bakeries, Australia)	39±8	56	Normal, 10	Glucose, 2h	UO <sup>16</sup>	30	6	2
256 Crusty malted wheat bread (Finest, UK)	52±8	74	Normal, 10	Glucose, 2h	23	30	13	7
257 English Muffin™ bread (Natural Ovens, USA)	77±7	109±11	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	14	11
258 English Muffin, Whole Grain Multigrain, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	45±3	64	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	11	5
259 Golden Hearth™ Organic Heavy Wholegrain bread (Gold Coast Bakeries, QLD, Australia)	53±7	76	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	12	7
260 Healthy Choice™ Hearty 7 Grain (Con Agra Inc., USA)	55±6	79	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	14	8
261 Healthy Choice™ Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	89	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	14	9
262 Helga's™ Classic Seed Loaf (Quality Bakers, Sydney, Australia)	68±9	97	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	14	9
263 Helga's™ Traditional Wholemeal bread (Quality Bakers, Australia)	70±14	100	Normal, 8	Glucose, 2h	UO <sup>4</sup>	30	13	9
264 Hunger Filler™, whole grain bread (Natural Ovens, USA)	59±8	84±12	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	13	7
265 Malt loaf, organic (UK)	59±9	84	Normal, 10	Glucose, 2h	23	30	21	12
266 Molenberg™ (Goodman Fielder, Auckland, New Zealand)	75±10	107	Normal, 15	Glucose, 2h	29	30	14	11
267 Multigrain bread (Sainsbury's, UK)	80±10	114	Normal, 10	Glucose, 2h	14	30	10	8
268 Multigrain batch bread (UK)	62±8	89	Normal, 10	Glucose, 2h	23	30	14	9
269 9-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5	61	Normal, 10-12	Bread, 2h	22	30	14	6
270 Multigrain Loaf, spelt wheat flour (Australia)	54±10	77	Normal, 7-10	Bread, 2h	8	30	15	8
271 Multigrain (50% kibbled wheat grain) (Australia)	43	61±7	Normal, 8	Bread, 2h	12	30	14	6
272 Multigrain loaf, containing coconut flour (Philippines)	60	85±7	Normal, 10	Bread, 2h	2	30	12	7
273 Multiseed bread (UK)	54±4	77	Normal, 10	Glucose, 2h	32	30	12	7
274 Nutty Natural™, whole grain bread (Natural Ovens, USA)	59±7	85±11	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	12	7

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						g	g/serve	
275 Performax™ (Country Life Bakery, Australia)	38±3	55±4	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	13	5
276 Ploughman's™ Wholegrain, original recipe (Quality Bakers, Australia)	47	67±4	Normal, 8	Bread, 2h	12	30	14	7
277 Ploughman's™ Wholemeal, smooth milled (Quality Bakers, Australia)	64±10	91	Normal, 12	Bread, 2h	UO <sup>4</sup>	30	13	9
278 Seeded bread (UK)	49±7	70	Normal, 10	Glucose, 2h	32	30	11	6
279 Sourdough wheat bread (Australia)	54	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	14	8
280 Sourdough Vienna bread, Bakers Delight™ (Bakers Delight Holdings, Australia)	66±6	94	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	16	10
281 Soy & Linseed bread (made from packet mix cooked in bread maker) (Con Agra Inc., USA)	50±6	71±9	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	10	5
282 Stay Trim™, whole grain bread (Natural Ovens, USA)	70±10	101±15	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	15	10
283 Tip Top™ EnerGI white bread (Tip Top Bakeries, George Weston Ltd, Australia)	54	77	Normal, 11	Glucose, 2h	UO <sup>16</sup>	30	13	7
284 Tip Top™ EnerGI white bread (Tip Top Bakeries, George Weston Ltd, Australia)	58	83	Normal, 20	Glucose, 2h	UO <sup>4,6</sup>	30	13	7
285 3 Grain Bread, sprouted grains (Stonemill Bread, Toronto, Canada)	55±6	79	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	10	5
286 Vogel's Honey & Oats (Stevens & Co, Sydney, Australia)	55±5	79	Normal, 8	Bread, 2h	13	30	14	8
287 Vogel's Wonder White 'Low GI' white bread (Quality Bakers, Australia)	54±3	77	Normal, 10	Glucose, 2h	UO <sup>6</sup>	30	12	6
288 Vogel's Wonder White 'Low GI' white bread (Quality Bakers, Australia)	59	84	Normal, 20	Glucose, 2h	UO <sup>4,6</sup>	30	12	7
289 100% Whole Grain™ bread (Natural Ovens, USA)	51±11	73±15	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	13	7
290 White wheat flour flatbread (Sweden)	79	113±13	Normal, 8	Bread, 2h	15	30	16	13
291 Wheat bread, Einkorn ( <i>Triticum monococcum</i> ) wheat, leavened with crushed whole grains (Denmark)	71	102±17	Normal, 11	Bread, 2h	53	30	12	8
292 Wheat bread, Einkorn ( <i>Triticum monococcum</i> ) wheat, leavened with honey and salt (Denmark)	65	93±13	Normal, 11	Bread, 2h	53	30	12	8
293 Wheat bread, Einkorn ( <i>Triticum monococcum</i> ) wheat, leavened with yeast (Denmark)	67	95±13	Normal, 11	Bread, 2h	53	30	12	8
<b>Unleavened Breads</b>								
294 Lebanese bread, white (Seda Bakery, Sydney, Australia)	75±9	107	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	16	12
295 Pita bread, white, mini (UK)	68±5	97	Normal, 10	Glucose, 2h	23	30	15	10
296 Pita bread, wholemeal (UK)	56±13	80	Normal, 10	Glucose, 2h	23	30	14	8
<b>BREAKFAST CEREALS</b>								
<b>All-Bran™ (high-fiber, extruded wheat bran cereal)</b>								
297 All-Bran™ (Kellogg's, Pagewood, NSW, Australia) <sup>7</sup>	30	43±3	Normal, 7	Bread, 3h	54	30	15	4
298 All-Bran™ (Kellogg's, Battle Creek, MI, USA) <sup>11, 14</sup>	38	54	Normal, 8	Glucose, 3h	55	30	21	8
299 All-Bran™ (Kellogg's Inc., Canada)	51±5	73	Normal, 6	Glucose, 2h	33	30	23	12
300 All-Bran™ (Kellogg's, Battle Creek, MI, USA) <i>mean of four studies</i>	55±7	78	Normal, 6	Glucose, 3h	56	30	21	12
	44±6	62±8				30	20	9
301 All-Bran Fruit 'n Oats™ (Kellogg's, Australia)	41±9	59	Normal, 10-12	Bread, 2h	22	30	17	7
302 All-Bran Soy 'n fiber™ (Kellogg's, Australia)	33±3	47±4	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	14	4
303 All-Bran Wheat Flakes™ (Kellogg's, Australia)	60±8	86	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	21	12
304 Balance™ (Sainsbury's, UK)	74±5	106	Normal, 10	Glucose, 2h	14	30	23	17
305 Barley flakes (China)	69±3	99	Normal, 7	Glucose, 2h	3	30	20	14
<b>Barley porridge</b>								
306 Barley flour porridge, made from milled dehulled barley kernels (flour:water = 1:3) boiled for 2.5 min (Sweden)	46	65±9	Normal, 9	Bread, 2h	57	50 (dry)	32	15
307 Barley flour porridge, made from milled high-amylose (covered) barley kernels (flour:water = 1:3), boiled for 2.5 min (Sweden)	39	55±6	Normal, 9	Bread, 2h	57	50 (dry)	28	11
308 Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden)	62	88±6	Normal, 10	Bread, 2h	58	50 (dry)	28	17
309 Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden)	65	93±9	Normal, 10	Bread, 2h	58	50 (dry)	28	18
310 Wholemeal barley flour porridge (100% regular barley) (flour:water = 1:3), boiled 2.5 min (Sweden)	68	97±16	Normal, 8	Bread, 2h	15	50 (dry)	34	23

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
311 Wholemeal high-fiber barley flour porridge (50% barley flour: 50% high-fiber barley flour) (Sweden)	55	78±8	Normal, 8	Bread, 2h	15	50 (dry)	15	8
312 Bran cereal, high fiber (UK)	43±10	61	Normal, 10	Glucose, 2h	23	30	12	5
<b>Bran Flakes</b>								
313 Branflakes (Healthy Living, UK)	50±7	72	Normal, 10	Glucose, 2h	23	30	20	10
314 Bran Flakes, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	65±8	93	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	19	12
315 Bran Flakes™ (Kellogg's, Australia)	74	106	Normal, 12	Bread, 2h	UO <sup>4</sup>	30	18	13
<i>mean of three studies</i>	63	90				30	19	12
<b>Chocapic™ (Nestlé, France)</b>								
316 Chocapic™, wheat-based flaked cereal (2003)	70±10	100	Normal, 11	Glucose, 2h	UO <sup>4</sup>	30	25	17
317 Chocapic™, wheat-based flaked cereal (2003)	74±9	106	Normal, 12	Glucose, 2h	UO <sup>4</sup>	30	26	19
318 Chocapic™, wheat-based flaked cereal (2003)	84±9	120	Normal, 11-14	Glucose, 2h	59	30	26	22
<i>mean of three studies</i>	76	109				30	26	20
<b>Coco Pops™ (cocoa flavored puffed rice)</b>								
319 Coco Pops™ (Kellogg's, Australia)	77±8	110	Normal, 8	Bread, 2h	1	30	26	20
320 Coco Pops™ (Kellogg's, Australia)	77±3	110	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	26	20
<b>Cornflakes™</b>								
321 Cornflakes (China)	74±3	106	Normal, 9	Glucose, 2h	3	30	25	19
322 Cornflakes™ (Kellogg's, Australia)	77	110	Normal, 6	Glucose, 2h	60	30	25	19
323 Cornflakes (China)	79±4	112	Normal, 9	Glucose, 2h	3	30	25	20
324 Cornflakes™ (Kellogg's Inc., Canada)	80±6	114	Normal, 6	Glucose, 2h	33	30	26	21
325 Cornflakes (Kellogg's, UK)	93±14	133	Normal, 10	Glucose, 2h	14	30	25	23
<i>mean of five studies</i>	81±3	115±5				30	25	20
326 Cornflakes, Crunchy Nut™ (Kellogg's, Australia)	72±4	103	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	24	17
327 Corn Pops™ (Kellogg's, Australia)	80±4	114	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	26	21
328 Energy Mix™, wheat-based flaked cereal (Quaker, France)	80±7	114	Normal, 11-14	Glucose, 2h	59	30	25	20
329 Fibre First Multi-Bran Cereal, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	56±10	79	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	10	6
330 Froot Loops™ (Kellogg's, Australia)	69±9	98±13	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	26	18
331 Frosties™, sugar-coated cornflakes (Kellogg's, Australia)	55	79	Normal, 12	Bread, 2h	UO <sup>4</sup>	30	26	14
<b>Fruit and Fibre™</b>								
332 Fruit and Fibre™ (Sainsbury's, UK)	61±4	87	Normal, 10	Glucose, 2h	14	30	21	13
333 Fruit and Fibre (UK)	67±7	96	Normal, 10	Glucose, 2h	23	30	21	14
334 Fruit and Fibre (Value, UK)	68±7	97	Normal, 8	Glucose, 2h	23	30	20	13
<i>mean of three studies</i>	65	93				30	21	13
335 Fruity-Bix™, berry (Sanitarium, New Zealand)	113±10	161	Normal, 10	Glucose, 2h	29	30	22	25
336 Golden Wheats™ (Kellogg's, Australia)	71±8	101±11	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	23	16
337 Granola Clusters, Original, low fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	63±4	90	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	22	14
338 Granola Clusters, Raisin & Almond, low fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	70±7	100	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	22	15
339 Grapenuts™ (Kraft Foods Inc, Port Chester, USA)	75±6	107±8	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	22	16
340 Guardian™ (Kellogg's, Australia)	37±9	53	Normal, 10-12	Bread, 2h	22	30	12	5
341 Healthwise™ for bowel health (Uncle Toby's, Wahgunyah, Australia)	66±9	94	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	18	12
342 High-fiber cereal (UK)	52±6	74	Normal, 10	Glucose, 2h	32	30	17	9
343 Hi-Lite™, containing 55% rolled barley grains (Freedom Foods, Cheltenham, Australia)	54±5	77	Normal, 9	Glucose, 2h	UO <sup>6</sup>	30	18	10
344 Honey Rice Bubbles™ (Kellogg's, Australia)	77±4	110	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	27	20
345 Honey Smacks™ (Kellogg's, Australia)	71±10	101	Normal, 10-12	Bread, 2h	22	30	23	16
346 Hot cereal, apple & cinnamon (Con Agra Inc, USA)	37±6	53±8	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	22	8
347 Hot cereal, unflavored (Con Agra Inc., USA)	25±5	36±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	19	5
348 Just Right™ (Kellogg's, Australia)	60±15	86	Normal, 10-12	Bread, 2h	22	30	22	13
349 Just Right Just Grains™ (Kellogg's, Australia)	62±11	88±16	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	23	14

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						g	g/serve	
350 Kashi Seven Whole Grain Puffs (Kashi Company, USA)	65±10	93	Normal, 8	Glucose, 2h	UO <sup>4</sup>	30	24	16
351 Complete™ (Kellogg's, Australia)	48±5	68±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	21	10
<b>Mini Wheats, whole wheat</b>								
352 Mini Wheats™ (Kellogg's, Australia)	58±8	83	Normal, 8	Bread, 2h	13	30	21	12
353 Mini Wheats (Sainsbury's, UK)	59±7	84	Normal, 10	Glucose, 2h	14	30	21	12
354 Mini Wheats™, blackcurrant (Kellogg's, Australia)	72±10	103	Normal, 10-12	Bread, 2h	22	30	21	15
<b>Muesli</b>								
355 Alpen original muesli, made from steamed rolled oats with dried fruit and nuts (Weetabix, UK)	55±10	79	Normal, 11-14	Glucose, 2h	59	30	19	11
356 Bürgen® Fruit & Muesli (George Weston Foods, Australia)	51	73	Normal, 10	Glucose, 2h	UO <sup>16</sup>	30	20	10
357 Bürgen® Soy-Lin™ Muesli (George Weston Foods, Australia)	51±3	73	Normal, 10	Glucose, 2h	UO <sup>6</sup>	30	17	9
358 Bürgen® Rye Muesli (George Weston Foods, Australia)	41	59	Normal, 10	Glucose, 2h	UO <sup>16</sup>	30	17	7
359 Muesli (Value, UK)	64±9	92	Normal, 10	Glucose, 2h	23	30	19	12
360 Muesli (Canada) <sup>8</sup>	66±9	94	Normal, 6	Glucose, 2h	33	30	24	16
361 Muesli (Healthy Eating, UK)	86±10	123	Normal, 10	Glucose, 2h	23	30	21	18
362 Muesli, fruit (UK)	67±7	96	Normal, 10	Glucose, 2h	23	30	21	14
363 Muesli, fruit and nut (UK)	59±11	84	Normal, 8	Glucose, 2h	23	30	18	11
364 Muesli, gluten-free with Psyllium (Freedom Foods, Australia)	50±7	72	Normal, 9	Glucose, 2h	UO <sup>6</sup>	30	10	5
365 Muesli, Light, mixed berry & apple flavor, Special K brand (Kellogg's, Australia)	64±7	91	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	13
366 Muesli, Lite (Sanitarium, New Zealand)	54±12	77	Normal, 10	Glucose, 2h	29	30	18	10
367 Muesli, Morning Sun Natural Apricot & Almond (Australia)	49±5	70	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	13	6
368 Muesli, Natural (Sanitarium, Australia)	40±6	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	19	8
369 Muesli, Natural (Sanitarium, New Zealand)	57±9	81	Normal, 10	Glucose, 2h	29	30	19	11
370 Muesli, Natural Style Original Swiss Formula (Uncle Toby's, Australia)	62±6	89	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	18	11
371 Muesli, Naytura Fruit and Nut (Woolworths Limited, Australia)	48±6	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	14	7
372 Muesli, Swiss Bircher (Woolworths Limited, Australia)	52±5	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	17	9
373 Muesli, Swiss Formula (Uncle Toby's, Australia)	56±8	80	Normal, 8	Bread, 2h	1	30	16	9
374 Muesli, toasted (Purina, Sydney, NSW, Australia)	43±4	61	Normal, 8	Bread, 2h	1	30	17	7
375 Muesli, toasted, with nuts (Australia)	65±5	93	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	17	11
376 Muesli, wholewheat (UK)	56±6	80	Normal, 10	Glucose, 2h	23	30	18	10
377 Muesli, yeast & wheat free (Freedom Foods, Australia)	45±5	63	Normal, 10	Glucose, 2h	UO <sup>6</sup>	30	10	4
378 Vogel's Café Style Fibre-Rich Muesli (Specialty Cereals, Mt Kuring-gai, NSW, Australia)	48±6	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	19	9
379 Nutrigrain™ (Kellogg's, Australia)	66±12	94	Normal, 8	Bread, 2h	1	30	15	10
<b>Oat bran, consumed as a drink mixed with 41g glucose and water</b>								
380 15 g Oat bran (containing 2 g β-glucan), consumed as a drink with glucose and water (Finland)	84±6	120	Normal, 10	Glucose, 2h	61	10	3	2
381 30 g Oat bran (containing 4 g β-glucan), consumed as a drink with glucose and water (Finland)	58±6	83	Normal, 10	Glucose, 2h	61	10	3	2
382 30 g Oat bran (containing 4 g β-glucan), consumed as a drink mixed with glucose and water, frozen for 13 days and then thawed before consumption (Finland)	64±8	92	Normal, 10	Glucose, 2h	61	10	3	2
383 45 g Oat bran (containing 6 g β-glucan), consumed as a drink with glucose and water (Finland)	64±9	91	Normal, 10	Glucose, 2h	61	10	3	2
384 Oat 'n Honey Bake™ (Kellogg's, Australia)	77±11	111±16	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	17	13
385 Oats, rolled, uncooked (Lowan's Whole Foods, Box Hill, Australia)	59±4	84	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	19	11
<b>Porridge made from rolled oats</b>								
386 Porridge (Uncle Toby's, Australia) <sup>7</sup>	42	60±5	Normal, 7	Bread, 3h	54	250	21	9

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
387 Porridge, made from rolled oats cooked for 20 min (Canada)	49±8	70	Normal, 6	Glucose, 2h	33	250	23	11
388 Porridge oats (Freedom Foods, Australia)	50±4	72	Normal, 12	Glucose, 2h	UO <sup>6</sup>	250	19	10
389 Traditional porridge oats (Lowan Whole Foods, Australia)	51±8	73±12	Normal, 10	Bread, 2h	UO <sup>4</sup>	250	21	11
390 Porridge, made from steel-cut oats, cooked in water (USA)	52±4	74	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250	33	17
391 Porridge (China)	55±2	79	Normal, 9	Glucose, 2h	3	250	23	13
392 Traditional Rolled Oats (Woolworths Limited, Australia)	57±5	82	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	19	11
393 Old-Fashioned Steel Cut Oats, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	57±8	82	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	25	14
394 Porridge (Hubbards, New Zealand)	58±9	82	Normal, 10	Glucose, 2h	29	250	21	12
395 Porridge (Australia)	58±4	83	Normal, 7	Bread, 2h	62	250	21	12
396 Porridge (Value, UK)	63±15	90	Normal, 8	Glucose, 2h	23	250	30	19
397 Porridge, organic (UK)	63±11	90	Normal, 8	Glucose, 2h	23	250	29	18
398 Porridge, Scottish (UK)	63±7	90	Normal, 10	Glucose, 2h	23	250	31	20
<i>mean of thirteen studies</i>	55±2	79±2				250	24	13
399 Multi grain instant oatmeal, Regular and Cinnamon & Spice, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	55±7	78	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	26	14
400 Multigrain porridge, containing rolled oats, wheat, triticale, rye, barley and rice, cooked with water (The Monster Muesli Company, Beecroft, Australia)	55±2	79	Normal, 9	Glucose, 2h	UO <sup>5</sup>	250	35	19
401 Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden)	74	106±19	Normal, 8	Bread, 2h	15	50 (dry)	32	24
402 Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden)	55	78±9	Normal, 10	Bread, 2h	58	250	27	15
403 Oat porridge made from 0.5-0.6 mm thick flakes, cooked for 10min (Elovena; Raisio Group Ltd, Raisio, Finland)	76±7	109	Normal, 12	Glucose, 2h	27	250	25	19
404 Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden)	69	99±10	Normal, 10	Bread, 2h	58	250	27	19
405 Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden)	50	72±9	Normal, 10	Bread, 2h	58	250	27	14
406 Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden)	80	114±12	Normal, 10	Bread, 2h	58	250	27	22
407 Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden)	53	76±8	Normal, 10	Bread, 2h	58	250	27	14
<b>Instant Porridge</b>								
408 Instant porridge (China)	69±3	99	Normal, 8	Glucose, 2h	3	250	20	14
409 Instant oat porridge, cooked in microwave with water (Uncle Toby's, Australia)	82±10	117	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	24	20
410 Instant oatmeal porridge, made from packet (China)	83±7	119	Normal, 8	Glucose, 2h	3	250	22	18
411 Instant oat cereal porridge prepared with water (UK)	83±10	119	Normal, 10	Glucose, 2h	32	250	36	30
<i>mean of four studies</i>	79±3	114±5				250	26	21
412 Pop Tarts™, Double Chocolate (Kellogg's, Australia)	70±2	100	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	36	25
413 Puffed Wheat (Sanitarium, Australia)	80±11	114	Normal, 8	Glucose, 2h	52	30	21	17
414 Raisin Bran™ (Kellogg's, USA)	61±5	87±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	19	12
415 Rice Bran, extruded (Rice Growers Co-Operative Ltd, Leeton, Australia)	19±3	27	Normal, 8	Bread, 2h	62	30	14	3
<b>Rice Bubbles</b>								
416 Rice Bubbles™ (Kellogg's, Australia) <sup>17</sup>	81	116±11	Normal, 7	Bread, 3h	54	30	26	21
417 Rice Bubbles™ (Kellogg's, Australia)	85±3	121	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	26	22
418 Rice Bubbles™ (Kellogg's, Australia)	92±8	132	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	26	24
419 Rice Bubbles™ (Kellogg's, Australia)	95	136	Normal, 6	Glucose, 2h	60	30	26	25
<i>mean of four studies</i>	88±3	126±5				30	26	23
420 Shredded Wheat (Canada)	67±10	96	Normal, 6	Glucose, 2h	33	30	20	13
421 Soy Crunch Multi-Grain Cereal, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	47±4	67	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	20	9

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>Special K™ - formulation of this cereal varies in different countries</b>								
422 Special K™ (Kellogg's, Australia)	54±4	77	Normal, 8	Bread, 2h	13	30	21	11
423 Special K™ (Kellogg's, USA)	69±5	98±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	21	14
424 Special K™, made from rice (Kellogg's, France)	84±12	120	Normal, 11-14	Glucose, 2h	59	30	23	20
425 Soy Tasty™ (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)	60±5	86	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	12
426 Soytana™, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals, Mt Kuring-gai, NSW, Australia)	49±3	70	Normal, 10	Glucose, 2h	UO <sup>4</sup>	45	25	12
427 Sultana Bran™ (Kellogg's, Australia) (2007)	64±3	92	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	19	12
428 Sultana Bran™ (Kellogg's, Australia) (1997)	73±13	104	Normal, 7-10	Bread, 2h	8	30	19	14
429 Sustain™, Original (Kellogg's, Australia) (2007)	55±5	79	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	22	12
430 Ultra-bran™, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g) (Specialty Cereals, Australia)	41±4	59	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	13	5
431 Vogel's Cluster Crunch Classic (Specialty Cereals, Australia)	50±6	72	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	10
432 Vogel's Cluster Crunch, Honey Hazelnut (Specialty Cereals, Australia)	43±3	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	19	8
433 Wild Oats Cluster Crunch Hazelnut Chocolate (Specialty Cereals, Australia)	43±6	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	19	8
434 Wheat-bites™ (Uncle Toby's, Australia)	72±11	103	Normal, 8	Bread, 2h	13	30	25	18
<b>Wheat biscuits (plain flaked wheat)</b>								
435 Vita-Brits™ (Uncle Toby's, Australia) <sup>7</sup>	61	87±14	Normal, 7	Bread, 3h	54	30	20	12
436 Vita-Brits™ (Uncle Toby's, Australia)	68±6	97	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	13
437 Weet-Bix™ (Sanitarium, Australia)	69	99	Normal, 12	Bread, 2h	UO <sup>4</sup>	30	17	12
438 Weet-Bix™ (Sanitarium, Australia)	69±4	99	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	17	12
439 Weetabix™ (Weetabix of Canada Ltd.)	75±10	107	Normal, 6	Glucose, 2h	33	30	22	16
440 Whole wheat Goldies™ (Kellogg's, Australia)	70±4	100	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	14
441 Wheat based cereal biscuit (UK)	72±10	103	Normal, 10	Glucose, 2h	32	30	20	14
<i>mean of seven studies</i>	69±2	99±2				30	19	13
<b>Wheat biscuits (flaked wheat) with additional ingredients</b>								
442 Good Start™, muesli wheat biscuits (Sanitarium, Australia)	68±4	96	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	14
443 Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4	87	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	17	10
444 Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia)	57±3	81	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	16	9
445 Honey Goldies™ (Kellogg's Australia)	72±3	103	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	21	15
446 Lite-Bix™, plain, no added sugar (Sanitarium, Australia)	70±3	97	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	14
447 Oat bran Weet-Bix™ (Sanitarium, Australia)	57±4	82	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	11
448 Sultana Goldies™ (Kellogg's Australia)	65±6	93	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	21	13
<b>BREAKFAST CEREALS WITH MILK</b>								
449 Branflakes (Sainsbury's, UK), with semi-skimmed milk	76±5	109	Normal, 10	Glucose, 2h	14	30	20	15
450 Cereal flakes with fruit (30 g), consumed with 125 mL skim milk (UK)	57±8	82	Normal, 10	Glucose, 2h	32	155	29	16
451 Cocoa Crunch cereal (30 g) with 125 mL skim milk (UK)	58±11	83	Normal, 10	Glucose, 2h	32	155	28	16
452 Cornflakes (Sainsbury's, UK) (30 g), consumed with 125 mL skim milk	65±5	93	Normal, 10	Glucose, 2h	14	30	25	16
453 Honey Crunch cereal (30 g), consumed with 125 mL skim milk (UK)	54±6	77	Normal, 10	Glucose, 2h	32	155	30	16
<b>Hot oat cereal, prepared with 125 mL skim milk</b>								
454 Hot oat cereal (30 g), berry flavor (UK)	43±6	61	Normal, 10	Glucose, 2h	32	155	26	11
455 Hot oat cereal (30 g), cocoa flavor (UK)	40±5	57	Normal, 10	Glucose, 2h	32	155	23	9
456 Hot oat cereal (30 g), fruit flavor (UK)	47±8	67	Normal, 10	Glucose, 2h	32	155	25	12
457 Hot oat cereal (30 g), honey flavor (UK)	47±6	67	Normal, 10	Glucose, 2h	32	155	26	12

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
458 Hot oat cereal (30 g), orchard fruit flavor (UK)	50±7	72	Normal, 10	Glucose, 2h	32	155	25	12
459 Hot oat cereal (30 g) (UK)	47±6	67	Normal, 10	Glucose, 2h	32	155	23	11
460 Hot oat cereal (30 g) (UK)	40±9	57	Normal, 10	Glucose, 2h	32	155	23	9
<i>mean of seven foods</i>	45±1	64±2				155	24	11
461 Muesli, gluten-free (Freedom Foods, Australia) with 1.5% fat milk	39±6	56	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	19	7
462 Muesli, Original (Sainsbury's, UK), consumed with semi-skimmed milk	60±6	86	Normal, 10	Glucose, 2h	14	30	19	11
463 Muesli, Swiss (Sainsbury's, UK), consumed with semi-skimmed milk	60±6	86	Normal, 10	Glucose, 2h	14	30	19	12
464 Muesli, Wheat free (Pertwee Farm's, UK), consumed with semi-skimmed milk	49±7	70	Normal, 10	Glucose, 2h	14	30	19	9
465 Porridge, jumbo oats (Sainsbury's, UK), consumed with semi-skimmed milk	40±6	57	Normal, 10	Glucose, 2h	14	250	22	9
466 Porridge, small oats (Sainsbury's, UK), consumed with semi-skimmed milk	61±6	87	Normal, 10	Glucose, 2h	14	250	22	14
467 Precise™ (Sainsbury's, UK), with semi-skimmed milk	59±4	84	Normal, 10	Glucose, 2h	14	30	24	14
468 Rice Pops™ (Sainsbury's, UK), with semi-skimmed milk	80±6	114	Normal, 10	Glucose, 2h	14	30	25	20
<b>Wheat biscuits consumed with 125 mL skim milk</b>								
469 Cereal biscuit (30 g), cocoa flavor (UK)	46±7	66	Normal, 10	Glucose, 2h	32	155	27	12
470 Cereal biscuit (30 g), fruit flavor (UK)	56±7	80	Normal, 10	Glucose, 2h	32	155	27	15
471 Cereal biscuit (30 g), honey flavor (UK)	52±7	74	Normal, 10	Glucose, 2h	32	155	27	14
472 Cereal biscuit (30 g), wheat based (UK)	47±8	67	Normal, 10	Glucose, 2h	32	155	26	12
<i>mean of four foods</i>	50±2	72±3				155	27	13
<b>BREAKFAST CEREAL BARS</b>								
473 Cereal bar, cranberry flavor (UK)	42±5	60	Normal, 10	Glucose, 2h	32	30	15	6
474 Cereal bar, hazelnut flavor (UK)	33±6	47	Normal, 10	Glucose, 2h	32	30	11	4
475 Cereal bar, orange flavor (UK)	33±3	47	Normal, 10	Glucose, 2h	32	30	14	5
476 Crunchy Nut Cornflakes™ bar (Kellogg's, Australia)	72±6	102±8	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	26	19
477 Fiber Plus™ bar (Uncle Toby's, Australia)	78±9	111	Normal, 8	Bread, 2h	13	30	23	18
478 Fruity-Bix™ bar, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, Australia)	56±4	80	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	19	11
479 Fruity-Bix™ bar, wild berry, wheat biscuit cereal and covered with yoghurt coating (Sanitarium, Australia)	51±4	73	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	19	9
480 Hi-Lite™ breakfast bar (Freedom Foods, Australia)	53±3	76	Normal, 10	Glucose, 2h	UO <sup>6</sup>	30	21	11
481 K-Time Just Right™ bar (Kellogg's, Australia)	72±4	103	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	24	17
482 K-Time Strawberry Crunch™ bar (Kellogg's, Australia)	77±5	110	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	25	19
483 Muesli breakfast bar, gluten-free (Freedom Foods, Australia)	50±6	72	Normal, 9	Glucose, 2h	UO <sup>6</sup>	30	17	9
484 Omega bar, containing linseeds, sunflower kernels and nuts, gluten-free (Freedom Foods, Australia)	21±2	30	Normal, 9	Glucose, 2h	UO <sup>6</sup>	30	13	3
485 Rice Bubble Treat™ bar (Kellogg's, Australia)	63±11	90±15	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	24	15
486 Sustain™ bar (Kellogg's, Australia)	57±10	82±15	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	25	14
<b>CEREAL GRAINS</b>								
<b>Barley</b>								
487 Barley kernels, high-amylose (hull-less) boiled in water for 25 min (kernel:water = 1:2.5) (Sweden)	20	29±5	Normal, 10	Bread, 2h	57	150	42	8
488 Barley kernels, waxy (hull-less), boiled in water for 25 min (kernel:water = 1:2.5) (Sweden)	22	31±6	Normal, 10	Bread, 2h	57	150	42	9
489 Barley kernels, boiled in water for 25 min (kernel:water = 1:2) (Sweden)	25	35±8	Normal, 10	Bread, 2h	57	150	42	10
490 Barley kernels, high-amylose (covered), boiled in water for 25 min (kernel:water = 1:2) (Sweden)	26	37±7	Normal, 10	Bread, 2h	57	150	42	11
491 Barley, pot, boiled in salted water 20 min (Goudas Food Products, Concord, Canada)	25±2	36	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	42	11
492 Barley, pearled, boiled 60 min (UK)	35±4	50	Normal, 8	Glucose, 2h	23	150	42	15
493 Barley, pot, boiled (Goudas Food Products, Canada)	35±4	50	Normal, 47	Glucose, 2h	34	150	42	15

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size <i>g</i>	Avail. carbo- hydrate <i>g/serve</i>	GL <sup>3</sup> per serve
494 Barley, pot, boiled 20 min (Goudas Food Products, Canada) <i>mean of eight studies</i>	37	53±6	Normal, 10	Bread, 2h	63	150	42	16
495 Barley ( <i>Hordeum vulgare</i> ) (India)	28±2	40±3				150	42	12
496 Barley, rolled (Australia)	48	69	Normal, 18	Bread, 3h	64	150	42	20
497 Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden)	66±5	94	Normal, 8	Bread, 2h	62	50 (dry)	38	25
497 Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden)	45	64±10	Normal, 10	Bread, 2h	19	150	30	13
<b>Corn/Maize</b>								
498 Corn granules (China)	52±3	74	Normal, 10	Glucose, 2h	3	150	28	15
499 Maize ( <i>Zea Mays</i> ), flour made into chapatti (India)	59	85	Normal, 18	Bread, 3h	64	30	13	8
500 Cornmeal porridge (China)	68±3	97	Normal, 10	Glucose, 2h	3	150	13	9
<b>Sweet corn</b>								
501 Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	53	Normal, 9	Glucose, 2h	29	150	30	11
502 Sweet corn, on the cob, boiled 20 min (Australia)	48	69	Normal, 6	Glucose, 2h	60	150	30	14
503 Sweet corn (China)	55±2	79	Normal, 10	Glucose, 2h	3	150	32	18
504 Sweet corn (USA) <sup>11</sup>	60	86	Normal, 16	Bread, 3h	65	150	33	20
505 Sweet corn (South Africa) <i>mean of five studies</i>	62±5	89	Normal, 7	Glucose, 2h	36	150	33	20
	52±5	75±7				150	32	17
<b>Couscous</b>								
506 Couscous, rehydrated with hot water (San Remo, Australia)	65±7	93	Normal, 9	Glucose, 2h	UO <sup>4</sup>	150	14	9
<b>Millet</b>								
507 Millet porridge (China)	62±3	88	Normal, 8	Glucose, 2h	3	150	36	22
508 Quinoa, cooked, rehydrated, reheated in microwave for 1.5 min (Nature First Organic, Australia)	53±5	76	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	25	13
<b>Rice, white</b>								
509 Arborio, risotto rice, boiled (SunRice brand, Rice Growers Co-Op., Australia)	69±7	99	Normal, 10	Glucose 2 h	UO <sup>4</sup>	150	53	36
<b>Rice, boiled white, type NS</b>								
510 Type NS (India) <sup>9</sup>	43	62	Normal, 6	Glucose, 2h	66	150	38	16
511 Type NS (Canada)	72±9	103	Normal, 7	Glucose, 2h	33	150	42	30
512 Type NS, boiled in salted water (India)	72	103	Normal, 8	Bread, 3h	67	150	38	27
513 Type NS (China)	83±1	119	Normal, 12	Glucose, 2h	3	150	36	30
514 Type NS, boiled 13 min (Italy) <sup>9, 18</sup> <i>mean of five studies</i>	89	127	Normal, 14	Glucose, 2h	68	150	48	43
	72±8	103±11				150	40	29
515 Type NS, boiled in salted water, refrigerated 16-20 h, reheated (India)	53	76	Normal, 8	Bread, 3h	67	150	38	20
516 Type NS, boiled 13 min, then baked 10 min (Italy) <sup>9, 18</sup>	94	134	Normal, 14	Glucose, 2h	68	150	48	45
<b>Long grain, boiled</b>								
517 Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, Australia)	50	71	Normal, 6	Glucose, 2h	60	150	43	21
518 Long grain, white (Uncle Bens, Auckland, New Zealand)	56±7	80	Normal, 14	Glucose, 2h	29	150	43	24
519 Premium long grain, white (SunRice brand, Rice Growers Co-Op., Australia)	59±7	84	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	40	24
520 Long grain, white, boiled 7 min (Star brand, Gouda Food Products, Canada)	64±3	91	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	40	26
521 Long grain, boiled (Star Brand, Goudas Food Products, Canada) <i>mean of five studies</i>	69±3	98	Normal, 47	Glucose, 2h	34	150	40	28
	60±3	85±5				150	41	25
<b>Rice, long grain, quick-cooking varieties</b>								
522 Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6	97	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	37	25
523 Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7	107	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	37	28
524 Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods, UK)	52±5	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	37	19



Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
525 Long Grain White Rice in 90 Seconds, microwaved (SunRice brand, Rice Growers Co-Op., Australia)	76±7	109	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	58	44
526 Medium grain white rice, boiled 12 mins Sun Rice brand, Rice Growers Co-Op., Australia)	75±8	107	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	39	29
<b>Rice porridge/Congee</b>								
527 Rice porridge (China)	69±6	99	Normal, 10	Glucose, 2h	3	150	33	23
528 Rice porridge (Australia)	88±5	126	Normal, 9	Glucose, 2h	UO <sup>4</sup>	150	15	13
529 Rice porridge, made from rice bran (China)	19±1	27	Normal, 9	Glucose, 2h	3	150	14	3
530 Rice porridge, made from black rice (China)	42±3	60	Normal, 9	Glucose, 2h	3	150	33	14
531 Rice porridge, made from Sticky rice (China)	65±7	93	Normal, 9	Glucose, 2h	3	150	33	21
<b>Rice, specialty rices</b>								
532 American, easy-cook rice (Sainsbury's, UK)	49±12	70	Normal, 10	Glucose, 2h	14	150	46	22
533 Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand)	86±10	123±14	Normal, 12	Glucose, 2h	UO <sup>4</sup>	150	43	37
534 Brown Rice, Uncle Ben's® Ready Whole Grain (pouch) (Effem Foods, USA)	48±5	69	Normal, 10	Bread, 2h	UO <sup>4</sup>	150	42	20
535 Brown & Wild, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA)	45±5	64	Normal, 10	Bread, 2h	UO <sup>4</sup>	150	39	18
536 Chicken Flavored Brown Rice, Uncle Ben's® Ready Whole Grain (pouch) (Effem Foods, USA)	46±4	66	Normal, 10	Bread, 2h	UO <sup>4</sup>	150	39	18
537 Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand)	98±7	140±10	Normal, 12	Glucose, 2h	UO <sup>4</sup>	150	32	31
<b>Jasmine rice, white</b>								
538 Jasmine Fragrant rice, white (SunRice brand, Rice Growers Co-Op., Australia)	89±4	127	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	42	37
539 Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	156±14	Normal, 12	Glucose, 2h	UO <sup>4</sup>	150	42	46
540 Long Grain and Wild, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	49±3	70	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	42	21
541 Moolgiri white rice (Tajmahal Agro Industries, India)	54	77	Normal, 10	Glucose, 2h	UO <sup>19</sup>	150	32	17
542 Original Long Grain, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	48±5	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	46	22
543 Red Raw rice, Sri Lankan, cooked in rice cooker (Australia)	59±4	84	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100 (dry)	78	46
544 Roasted Chicken Flavored, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	51±4	73	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	42	21
545 Santa Fe, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA)	48±6	69	Normal, 10	Bread, 2h	UO <sup>4</sup>	150	37	18
546 Spanish Style, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	51±4	73	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	44	22
547 Vegetable Harvest, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA)	48±5	69	Normal, 10	Bread, 2h	UO <sup>4</sup>	150	36	17
<b>Rice, white low-amylose</b>								
548 Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	83±13	119	Normal, 8	Bread, 2h	62	150	43	36
549 Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	87±7	124	Normal, 8	Bread, 2h	62	150	43	37
550 Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	88±11	126	Normal, 7	Bread, 2h	62	150	43	38
551 Pelde, white (Rice Growers Co-op., Australia)	93±11	133	Normal, 7	Bread, 2h	62	150	43	40
<b>Rice, white high-amylose</b>								
<b>Doongara, white (SunRice CleverRice™ brand, Rice Growers Co-Op., Australia)</b>								
552 Doongara, white, cooked in rice cooker (2007)	48±4	69	Normal, 9	Glucose, 2h	UO <sup>4</sup>	150	39	19
553 Doongara, white (1995)	50±6	72	Normal, 8	Bread, 2h	69	150	39	20
554 Doongara, white (2005)	54±6	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	39	21
555 Doongara, white (1995)	54±7	77	Normal, 9	Bread, 2h	69	150	39	21
556 Doongara, white (1992)	64±9	91	Normal, 8	Bread, 2h	62	150	39	25
<i>mean of five studies</i>	54±3	77±4				150	39	21
<b>Basmati, white, boiled</b>								
557 Basmati, white, boiled (Sainsbury's, UK)	43±8	61	Normal, 10	Glucose, 2h	14	150	43	18
558 Basmati, white, boiled 12 min (Value, UK)	52±11	74	Normal, 8	Glucose, 2h	23	150	28	15

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size <i>g</i>	Avail. carbo- hydrate <i>g/serve</i>	GL <sup>3</sup> per serve
559 Basmati, white, organic, boiled 10 min (UK)	57±10	82	Normal, 8	Glucose, 2h	23	150	40	23
560 Basmati, white, boiled (Mahatma brand, Australia)	58±8	83	Normal, 9	Bread, 2h	69	150	38	22
561 Basmati, white, boiled (SunRice brand, Rice Growers Co-Op., Australia)	65±7	93	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	39	25
562 Basmati, white, boiled 8 min (UK)	69±6	99	Normal, 8	Glucose, 2h	23	150	40	28
<i>mean of six studies</i>	57±4	82±6				150	38	22
<b>Basmati, white, quick cooking</b>								
563 Basmati, easy cook, boiled 9 min (UK)	67±11	96	Normal, 8	Glucose, 2h	23	150	42	28
564 Basmati, easy-cook rice (Sainsbury's, UK)	68±8	97	Normal, 10	Glucose, 2h	14	150	41	28
565 Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® (Masterfoods, UK)	57±4	81	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	41	24
566 Quick cooking white basmati, cooked 10 min, Uncle Ben's® Superior (Masterfoods, Belgium)	60±5	86	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	38	23
567 Japanese Style Sushi rice, white (SunRice brand, Rice Growers Co-Op., Australia)	85±10	122	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	39	33
<b>Japonica/Koshihikari rice</b>								
568 Japonica, short-grain brown rice (Japan)	62±5	88	Normal, 19	Glucose, 2h	70	150	42	26
569 Japonica short-grain brown rice, pre-germinated (Japan)	54±5	78	Normal, 13	Glucose, 2h	70	150	41	22
570 Japonica short-grain brown rice, pre-germinated (Japan)	57±3	82	Normal, 19	Glucose, 2h	70	150	41	23
571 Koshihikari (Japonica), white, short-grain, boiled 15 min, then steamed 10 min (Japan)	48±8	68	Normal, 8	Glucose, 3h	71	150	38	18
572 Japonica, short-grain white rice (Japan)	76±7	109	Normal, 19	Glucose, 2h	70	150	46	35
573 Japonica, short-grain white rice (Japan)	75±6	107	Normal, 13	Glucose, 2h	70	150	46	34
574 Japonica white rice and pre-germinated Japonica brown rice (ratio 1:2)	64±5	91	Normal, 13	Glucose, 2h	70	150	43	27
575 Japonica white rice and pre-germinated Japonica brown rice (ratio 2:1)	67±3	96	Normal, 13	Glucose, 2h	70	150	44	30
576 Koshihikari rice, white (SunRice brand, Rice Growers Co-Op., Australia)	73±7	104	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	38	28
<b>Japonica rice enriched with Sunfibre (Cyamoposis tetragonolobus) (soluble fiber)</b>								
577 Japonica rice with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	68±6	97	Normal, 11	Glucose, 2h	45	150	40	27
578 Japonica rice with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	66±6	94	Normal, 11	Glucose, 2h	45	150	40	26
<b>Milled, white, high amylose rice</b>								
579 Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	66	94±11	Normal, 10	Bread, 1h	72	150	43	28
580 Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	64	91±12	Normal, 7	Bread, 1h	73	150	43	28
581 Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	64	91±12	Normal, 11	Bread, 1h	74	150	43	28
582 Milled (white), high amylose (IR62) rice, boiled 22 min (Philippines)	43	61±9	Normal, 11	Bread, 1h	74	150	43	18
583 Milled (white), high amylose (IR36) rice, boiled 22 min (Philippines)	50	72±10	Normal, 11	Bread, 1h	74	150	43	22
584 Milled (white), high amylose (IR62) rice, cooked in rice cooker 20 min (Philippines)	53	75±4	Normal, 11	Bread, 1h	74	150	43	23
585 Milled (white), high amylose (IR36) rice, cooked in rice cooker 19 min (Philippines)	55	78±5	Normal, 11	Bread, 1h	74	150	43	24
586 Milled (white), high amylose (IR42) rice, cooked in rice cooker 14 min (Philippines)	58	81±5	Normal, 11	Bread, 1h	74	150	43	25
<b>Rice, brown</b>								
587 Brown (Canada)	66±5	94	Normal, 7	Glucose, 2h	33	150	33	21
588 Brown, steamed (USA) <sup>11,14</sup>	50	72	Normal, 8	Glucose, 3h	55	150	33	16
589 Brown rice, boiled in excess water for 25 mins (SunRice brand, Rice Growers Co-op, Australia)	72±6	103	Normal, 9	Glucose, 2h	UO <sup>4</sup>	150	40	29
590 Brown rice (China)	87±2	124	Normal, 10	Glucose, 2h	3	150	33	29

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
591 Calrose brown (Rice Growers Co-op, Australia)	87±8	124	Normal, 8	Bread, 2h	62	150	38	33
592 Doongara brown, high amylose (Rice Growers Co-op, Australia)	66±7	94	Normal, 8	Bread, 2h	62	150	37	24
593 Medium Grain Brown Rice in 90 seconds, microwaved on high (SunRice brand, Rice Growers Co-Op., Australia)	59±8	84	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	51	30
594 Pelde brown (Rice Growers Co-op, Australia)	76±6	109	Normal, 8	Bread, 2h	62	150	38	29
595 Parboiled, cooked 20 min, Uncle Ben's Natur-reis® (Masterfoods, Belgium)	64±7	91	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	36	23
596 Sunbrown Quick™ (Rice Growers Co-op, Australia)	80±7	114	Normal, 8	Bread, 2h	62	150	38	31
<b>Rice, brown, high-amylose</b>								
597 Brown, high amylose (IR42) rice, boiled 30 min (Philippines)	58	83±11	Normal, 10	Bread, 1h	72	150	42	24
<b>Instant/puffed rice</b>								
598 Instant rice, white, cooked 3 min (China)	46±3	66	Normal, 10	Glucose, 2h	3	150	42	19
599 Instant rice, white, cooked 6 min (Trice brand, Australia)	87±7	124	Normal, 6	Glucose, 2h	60	150	42	36
600 Instant rice, white, cooked 6 min (China)	87±2	124	Normal, 10	Glucose, 2h	3	150	42	37
601 Puffed, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods, Belgium)	74±5	106	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	42	31
<i>mean of four studies</i>	74±10	105±14				150	42	31
602 Instant Doongara, white, cooked 5 min (Rice Growers Co-op, Australia)	94±7	132	Normal, 9	Bread, 2h	69	150	42	39
<b>Parboiled rice</b>								
603 Converted, white, boiled 20-30 min, Uncle Ben's® (Masterfoods, USA)	38	54	Normal, 16	Bread, 3h	65	150	36	14
604 Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op, Australia)	87±7	124	Normal, 8	Bread, 2h	62	150	39	34
605 Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op, Australia)	50±6	69	Normal, 8	Bread, 2h	69	150	39	19
<b>Sticky rice</b>								
606 Rice, Sticky (China)	87±2	124	Normal, 10	Glucose, 2h	3	150	28	24
607 Rice, Sticky (China)	88±2	126	Normal, 9	Glucose, 2h	3	150	28	25
608 Rice, Sticky, high-amylose (China)	50±2	72	Normal, 10	Glucose, 2h	3	150	27	14
<b>Wheat</b>								
<b>Wheat, whole kernels</b>								
609 Wheat, whole kernels ( <i>Triticum aestivum</i> ) (India) <sup>14</sup>	30±9	43	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	50 (dry)	38	11
<b>Wheat, precooked kernels</b>								
610 Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50 (dry)	37	19
611 Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5	71	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50 (dry)	33	17
612 Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)	40±5	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	125	39	16
613 Quick cooking (White Wings, Sydney, Australia)	54±11	77	Normal, 8	Glucose, 2h	52	150	47	25
<b>COOKIES</b>								
614 Apricot Temptation fruit cookies, 97% fat-free (Freedom Foods, Australia)	47±4	67	Normal, 10	Glucose, 2h	UO <sup>6</sup>	25	16	8
615 Milk Arrowroot™ (Arnotts, Sydney, NSW, Australia)	69±7	99	Normal, 8	Bread, 2h	1	25	18	12
616 Barquette Abricot (LU, Ris, Orangis, France)	71±6	101	Normal, 11	Glucose, 2h	59	40	32	23
<b>Bebe Dobre Rano Chocolate (LU, Czech Republic)</b>								
617 Bebe Dobre Rano Chocolate (2002)	46±4	66	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	35	16
618 Bebe Dobre Rano Chocolate (2006)	46±3	66	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	35	16
619 Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)	57±9	81	Normal, 11	Glucose, 2h	UO <sup>10,21</sup>	50	33	19
<i>mean of three studies</i>	50	71				50	34	17
620 Bebe Dobre Rano Coconut (LU, Czech Republic)	48±3	69	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	16
621 Bebe Dobre Rano Four Cereals (LU, Czech Republic)	51±4	73	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	17
622 Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9	73	Normal, 11	Glucose, 2h	UO <sup>10,21</sup>	50	34	17

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>Bebe Dobre Rano Nuts &amp; Honey (LU, Czech Republic)</b>								
623 Bebe Dobre Rano Nuts and Honey (2002)	41±5	59	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	14
624 Bebe Dobre Rano Nuts and Honey (2006)	45±4	64	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	15
625 Bebe Dobre Rano with Milk (LU, Czech Republic)	50±4	71	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	36	18
626 Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11	96	Normal, 11	Glucose, 2h	UO <sup>10, 21</sup>	25	20	14
627 Better Choice Multicereals (LU, Denmark)	51±4	73	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	17
628 Better Choice Wholegrain (LU Denmark)	46±3	66	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	16
629 Chocolate chip cookies, containing coconut flour (Philippines)	43	61±5	Normal, 10	Bread, 2h	2	25	16	7
<b>Digestives</b>								
630 Digestives (UK)	39±5	56	Normal, 10	Glucose, 2h	32	25	16	6
631 Digestives (Canada)	59±7	84	Normal, 6	Glucose, 2h	33	25	16	9
632 Evergreen met Krenten (LU, Netherlands)	66±12	94	Normal, 12	Glucose, 2h	UO <sup>10</sup>	38	21	14
633 Gran'Dia Banana, Oats and Honey (LU, Brazil)	28±5	40	Normal, 11-14	Glucose, 2h	59	30	23	6
634 Gran'Dia Chocolate with five cereals (Danone, Brazil)	39±8	56	Normal, 11-14	Glucose, 2h	59	30	21	8
635 Grany en-cas Abricot (LU, France)	55±6	79	Normal, 12	Glucose, 2h	UO <sup>10</sup>	30	16	9
636 Grany en-cas Fruits des bois (LU, France)	50±5	71	Normal, 14	Glucose, 2h	UO <sup>10</sup>	30	14	7
637 Grany Rush Apricot (LU, Netherlands)	62±3	89	Normal, 12	Glucose, 2h	UO <sup>22</sup>	30	20	12
<b>Györi Édes Jó reggelt! Müzli és gyümölcscsel / Fruits and Muesli (LU, Hungary)</b>								
638 Györi Édes Jó reggelt! Müzli és gyümölcscsel (2002)	45±5	64	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	36	16
639 Györi Édes Jó reggelt! Müzli és gyümölcscsel (2003)	49±5	70	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	36	18
640 Györi Édes Jó reggelt! Müzli és gyümölcscsel (2004) <i>mean of three studies</i>	47±6	67	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	36	17
641 Highland Oatmeal™ (Westons Biscuits, Australia)	55±8	79	Normal, 7	Bread, 2h	1	25	18	10
642 Jo Reggelt Fruits and Figs (LU, Hungary)	41±6	59	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	14
643 Jubilee Nuts and Honey (LU, Russia) (2002)	44±3	62	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	15
644 Jubilee Nuts and Honey (LU, Russia) (2003)	45±4	64	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	15
<b>Jyväsnyvä Paussi Mysli and Fruits (LU Finland)</b>								
645 Jyväsnyvä Paussi Mysli and Fruits (2002)	45±5	64	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	36	16
646 Jyväsnyvä Paussi Mysli and Fruits (2003)	49±5	70	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	36	18
647 Jyväsnyvä Paussi Mysli and Fruits (2004) <i>mean of three studies</i>	47±6	67	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	36	17
648 Jyväsnyvä Paussi Vanilla (LU Finland) (2004)	55±7	79	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	34	19
649 Jyväsnyvä Paussi Vanilla (LU Finland) (2006)	39±4	56	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	13
650 Jyväsnyvä Paussi Wholegrain (LU Finland)	46±3	66	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	16
651 Leda Luxury gluten-free chocolate coated cookies (Leda Nutrition, QLD, Australia)	35±7	50	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	11	4
652 LU P'tit Déjeuner Chocolat (LU, France)	42±5	60	Normal, 11-14	Glucose, 2h	59	50	34	14
<b>LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)</b>								
653 LU P'tit Déjeuner Miel et Pépites Chocolat	45±5	64	Normal, 11-14	Glucose, 2h	59	50	35	16
654 LU P'tit Déjeuner Miel et Pépites Chocolat	49±8	70	Normal, 11	Glucose, 2h	UO <sup>10, 21</sup>	50	35	18
655 LU P'tit Déjeuner Miel et Pépites Chocolat <i>mean of three studies</i>	52±3	74	Normal, 12	Glucose, 2h	UO <sup>22</sup>	50	35	18
656 LU Petit Dejeuner, Chocolate, low in sugar (LU France)	51±7	73	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	36	18
<b>LU Petit Dejeuner Chocolate &amp; Cereals (LU, France)</b>								
657 LU Petit Dejeuner Chocolate & Cereals (2003)	46±6	66	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	16
658 LU Petit Dejeuner Chocolate & Cereals (2006)	58±6	83	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	35	20
659 LU Petit Dejeuner Cereals & Chocolate Chips, low in sugar (LU France, LU Belgium, LU Czech Republic)	37±5	53	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	13
<b>LU Petit Dejeuner Coconut, nuts and chocolate (LU, France)</b>								
660 LU Petit Dejeuner Coconut, nuts and chocolate (2005)	55±6	78	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	19
661 LU Petit Dejeuner Coconut, nuts and chocolate (2006)	51±7	73	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	17
<b>LU Petit Dejeuner Fruits and Muesli (LU France)</b>								
662 LU Petit Dejeuner Fruits and Muesli (2002)	45±5	64	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	36	16
663 LU Petit Dejeuner Fruits and Muesli (2003)	49±5	70	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	36	18
664 LU Petit Dejeuner Fruits and Muesli (2004) <i>mean of three studies</i>	47±6	67	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	36	17

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>LU Petit Dejeuner Honey &amp; Chocolate chips (LU France)</b>								
665 LU Petit Dejeuner Honey & Chocolate chips (2003)	47±6	67	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	17
666 LU Petit Dejeuner Honey & Chocolate chips (2006)	46±4	66	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	16
<b>LU Petit Dejeuner Milk and Cereals (LU France and LU Belgium)</b>								
667 LU Petit Dejeuner Milk and Cereals (2004)	55±7	79	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	34	19
668 LU Petit Dejeuner Milk and Cereals (2006)	39±4	56	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	13
669 LU Petit Dejeuner Multicereals (LU France, LU Belgium)	46±3	66	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	16
670 LU Petit Dejeuner with Fruits and Figs (LU France, LU Belgium)	41±6	59	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	35	14
671 LU Petit Dejeuner with Prunes (LU, France)	51±6	73	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	17
672 Macaroons, prepared with coconut flour (Philippines)	32	46±3	Normal, 10	Bread, 2h	2	30	18	6
673 Maltmeal wafer (Griffin's Foods Ltd., New Zealand)	50±10	71	Normal, 10	Glucose, 2h	29	25	17	9
674 Morning Coffee™ (Arnotts, Australia)	79±6	113	Normal, 8	Bread, 2h	1	25	19	15
675 Nutrigrain Fruits des bois (Kellogg's, France)	57±4	81	Normal, 12	Glucose, 2h	UO <sup>22</sup>	35	23	13
676 Oat biscuit (UK)	45±7	64	Normal, 10	Glucose, 2h	32	25	15	7
677 Oat biscuit (China)	55±1	79	Normal, 10	Glucose, 2h	3	25	16	9
678 Oat biscuit, Nairn's™ Stem Ginger Oat Biscuit (Nairn's Oatcakes Ltd, Edinburgh, Scotland)	55	79	Normal, 10	Glucose, 2h	UO <sup>23</sup>	25	17	9
679 Oatmeal (Canada)	54±4	77	Normal, 6	Glucose, 2h	33	25	17	9
680 Oro (Saiwa, Italy)	61±9	87	Normal, 11-14	Glucose, 2h	59	40	34	21
<b>Petiki Go ! Fruits and Muesli (LU Poland)</b>								
681 Petiki Go ! Fruits and Muesli (2002)	45±5	64	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	36	16
682 Petiki Go ! Fruits and Muesli (2003)	49±5	70	Normal, 11	Glucose, 2h	UO <sup>4</sup>	50	36	18
683 Petiki Go ! Fruits and Muesli (2004) <i>mean of three studies</i>	47±6	67	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	36	17
	47	67				50	36	17
684 Petit brun extra (LU, France)	77±12	110	Normal, 11-14	Glucose, 2h	59	25	20	15
685 Petit LU Normand (LU, France)	51±3	73	Normal, 12	Glucose, 2h	UO <sup>22</sup>	25	19	10
686 Petit LU Roussillon (LU, France)	48±4	69	Normal, 12	Glucose, 2h	UO <sup>22</sup>	25	18	9
687 President's Choice® Blue Menu™ Cranberry Orange Cookies (Loblaw Brands Limited, Canada)	60±4	85	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	17	10
688 President's Choice® Blue Menu™ Crunchy Oat Cookies (Loblaw Brands Limited, Canada)	62±7	88	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	16	10
689 President's Choice® Blue Menu™ Ginger & Lemon Cookies (Loblaw Brands Limited, Canada)	64±5	91	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	17	11
690 Prince Energie+ (LU, France)	73±5	104	Normal, 12	Glucose, 2h	UO <sup>22</sup>	25	17	13
691 Prince fourré chocolat (LU, France)	50±5	71	Normal, 12	Glucose, 2h	UO <sup>10</sup>	45	30	15
692 Prince fourré chocolat (LU, France)	53±5	76	Normal, 13	Glucose, 2h	UO <sup>10</sup>	45	30	16
693 Prince gout chocolat (LU, France)	53±5	76	Normal, 11-14	Glucose, 2h	59	45	32	17
694 Prince Meganana Chocolate (LU, Spain)	49±12	70	Normal, 11	Glucose, 2h	UO <sup>10</sup>	50	36	18
695 Prince Petit Déj Cereals (LU, France)	52±7	74	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	34	18
696 Prince Petit Déj Cereals and Chocolate (LU, France)	51±5	73	Normal, 12	Glucose, 2h	UO <sup>4</sup>	50	35	18
697 Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6	64	Normal, 12	Glucose, 2h	UO <sup>10</sup>	50	36	16
698 Principe megamanana vanilla (LU, Spain)	45±6	64	Normal, 11-14	Glucose, 2h	59	50	35	16
699 Rich Tea (UK)	40±5	57	Normal, 10	Glucose, 2h	32	25	18	7
700 Rich Tea (Canada)	55±4	79	Normal, 6	Glucose, 2h	33	25	19	10
701 Sablé des Flandres (LU, France)	57±10	81	Normal, 12	Glucose, 2h	UO <sup>10</sup>	20	15	8
702 Shortbread (Arnotts, Australia)	64±8	91	Normal, 8	Glucose, 2h	52	25	16	10
703 Shredded Wheatmeal™ (Arnotts, Australia)	62±4	89	Normal, 7	Bread, 2h	1	25	18	11
704 Snack Right Fruit Pillow, Apple and blackberry (Arnotts, Australia)	43±3	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	35	25	11
705 Snack Right Fruit Pillow, Spicy apple and sultana (Arnotts, Australia)	45±3	64	Normal, 10	Glucose, 2h	UO <sup>4</sup>	35	25	11
706 Snack Right Fruit Pillow, Wild berry (Arnott's, Australia)	52±3	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	35	25	13
707 Snack Right Fruit Slice, Mango and passionfruit (Arnott's, Australia)	49±3	70	Normal, 10	Glucose, 2h	UO <sup>4</sup>	35	26	13
708 Snack Right Fruit Slice, Mixed berry (Arnott's, Australia)	50±3	71	Normal, 10	Glucose, 2h	UO <sup>4</sup>	35	27	13
709 Snack Right Fruit Slice, Original Sultana (97% fat-free) (Arnott's, Australia)	48±2	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	35	26	12

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
710 Snack Right Fruit Slice, Sultana with chocolate (Arnott's, Australia)	45±3	64	Normal, 10	Glucose, 2h	UO <sup>4</sup>	35	24	11
711 Thé (LU, France)	41±7	57	Normal, 11-14	Glucose, 2h	59	25	19	8
712 Véritable Petit Beurre (LU, France)	51±8	73	Normal, 11-14	Glucose, 2h	59	25	19	10
713 Véritable Petit Beurre (LU, France) (2002)	54±5	78	Normal, 12	Glucose, 2h	UO <sup>4</sup>	25	19	10
714 Véritable Petit Beurre (LU, France) (2006)	54±6	77	Normal, 11	Glucose, 2h	UO <sup>4</sup>	25	19	10
715 Vitasnella frollini (Saiwa, Italy)	59±10	84	Normal, 11-14	Glucose, 2h	59	25	20	12
<b>CRACKERS</b>								
716 Choice grain crackers (UK)	49±7	70	Normal, 10	Glucose, 2h	32	25	16	8
717 Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, Australia)	87±10	124	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	20	18
718 Cream Cracker (LU Triunfo, Brazil)	65±11	93	Normal, 11-14	Glucose, 2h	59	25	17	11
719 High-calcium cracker (Danone, Malaysia)	52±8	74	Normal, 11-14	Glucose, 2h	59	25	17	9
720 Jatz™, plain salted craker biscuits (Arnotts, Australia)	55±5	79	Normal, 8	Bread, 2h	1	25	17	10
721 Lees Cabin Crackers (Fiji)	60±5	86	Normal, 8	Glucose, 2h	5	25	19	11
722 President's Choice® Blue Menu™ Ancient Grains snack crackers (Loblaw Brands Limited, Canada)	65±6	93	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	16	10
723 President's Choice® Blue Menu™ Wheat & Onion snack crackers (Loblaw Brands Limited, Canada)	60±6	86	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	17	10
724 President's Choice® Blue Menu™ Wheat & Sesame snack crackers (Loblaw Brands Limited, Canada)	56±7	81	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	17	9
725 President's Choice® Blue Menu™ Wheat snack crackers (Loblaw Brands Limited, Canada)	65±7	92	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	17	11
726 Puffed Crispbread (Westons, Australia)	81±9	116	Normal, 8	Glucose, 2h	52	25	19	15
<b>Puffed rice cakes</b>								
727 Puffed rice cakes, white (Rice Growers Co-op, Australia)	82±11	117	Normal, 6	Bread, 2h	62	25	21	17
728 Rice cake (China)	82±3	117	Normal, 8	Glucose, 2h	3	25	21	17
729 Rice cakes, Calrose rice (low-amylose) (Rice Growers Co-op, Australia)	91±7	128	Normal, 9	Bread, 2h	69	25	21	19
730 Rice cakes, Doongara rice (high-amylose) (Rice Growers Co-op, Australia)	61±5	85	Normal, 9	Bread, 2h	69	25	21	13
731 Puffed rice cakes, caramel flavored (USA)	82±10	117	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	22	18
732 Rice cracker, plain (Sakada, Japan)	91	130	Normal, 10	Rice <sup>13</sup> , 2h	38	30	25	23
733 Rye crackers with oats (UK)	64±11	92	Normal, 10	Glucose, 2h	32	25	16	10
734 Rye crackers with sesame (UK)	57±12	82	Normal, 10	Glucose, 2h	32	25	16	9
735 Ryvita® (Canada)	69±10	99	Normal, 7	Glucose, 2h	33	25	16	11
736 Ryvita® Pumpkin Seeds & Oats (George Weston Foods, North Ryde, Australia)	46±7	66	Normal, 10	Glucose, 2h	UO <sup>16</sup>	25	14	6
737 Ryvita® Sunflower Seeds & Oats (George Weston Foods, Australia)	48±8	69	Normal, 10	Glucose, 2h	UO <sup>16</sup>	25	14	7
738 Kavli™ Norwegian Crispbread (Players Biscuits, Sydney, Australia)	71±7	101	Normal, 8	Bread, 2h	13	25	16	12
739 Sao™, plain square crackers (Arnotts, Australia)	70±9	100	Normal, 8	Bread, 2h	1	25	17	12
<b>Water cracker</b>								
740 Water cracker (Canada)	63±9	90	Normal, 6	Glucose, 2h	33	25	18	11
741 Water cracker (Arnotts, Australia)	78±11	111	Normal, 8	Glucose, 2h	52	25	18	14
742 Wholegrain crackers with sesame seeds and rosemary (UK)	53±8	76	Normal, 10	Glucose, 2h	32	25	16	8
743 Wholewheat crackers with pumpkin and thyme (UK)	36±3	51	Normal, 10	Glucose, 2h	32	25	15	6
744 Wholewheat sticks, crunchy, yeast extract flavored (UK)	50±8	72	Normal, 10	Glucose, 2h	32	25	14	7
<b>DAIRY PRODUCTS AND ALTERNATIVES</b>								
<b>Custard</b>								
745 Custard, low-fat, vanilla flavored (Nestlé, Australia)	29±4	41	Normal, 10	Glucose, 2h	UO <sup>6</sup>	100	10	3
746 No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Australia)	35±2	50±3	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	17	6
747 Custard, home made from milk, wheat starch, and sugar (Australia)	43±10	61	Normal, 8	Glucose, 2h	52	100	17	7

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
748 TRIM™, reduced-fat custard (Pauls Ltd, Brisbane, Australia)	37±4	52±6	Normal, 10	Bread, 2h	UO <sup>4</sup>	100	15	6
<i>mean of four studies</i>	36±3	51±4				100	15	5
749 Custard, low-fat, trifle flavored (Nestlé, Australia)	30±3	43	Normal, 11	Glucose, 2h	UO <sup>6</sup>	100	8	2
<b>Crème Fraîche</b>								
750 Crème fraîche dessert, peach (Finest, UK) <sup>8</sup>	28±8	40	Normal, 9	Glucose, 2h	23	150	23	7
751 Crème fraîche dessert, raspberry (Finest, UK) <sup>8</sup>	30±7	43	Normal, 10	Glucose, 2h	23	150	17	5
<b>Fromage Frais</b>								
752 Fromage Frais, red fruit: blackcurrant <sup>8</sup> (Healthy Living, UK)	22±5	31	Normal, 10	Glucose, 2h	23	100	7	2
753 Fromage Frais, red fruit: raspberry <sup>8</sup> (Healthy Living, UK)	31±8	44	Normal, 10	Glucose, 2h	23	100	13	2
754 Fromage Frais, red fruit: red cherry <sup>8</sup> (Healthy Living, UK)	25±6	36	Normal, 10	Glucose, 2h	23	100	7	2
755 Fromage Frais, red fruit: strawberry <sup>8</sup> (Healthy Living, UK)	29±9	41	Normal, 9	Glucose, 2h	23	100	7	2
756 Fromage Frais, yellow fruit: mandarin and orange <sup>8</sup> (Healthy Living, UK)	19±6	27	Normal, 9	Glucose, 2h	23	100	7	1
757 Fromage Frais, yellow fruit: mango and papaya <sup>8</sup> (Healthy Living, UK)	25±7	36	Normal, 8	Glucose, 2h	23	100	7	2
758 Fromage Frais, yellow fruit: passionfruit and pineapple <sup>8</sup> (Healthy Living, UK)	18±5	26	Normal, 8	Glucose, 2h	23	100	7	1
759 Fromage Frais, yellow fruit: peach and apricot <sup>8</sup> (Healthy Living, UK)	22±5	31	Normal, 8	Glucose, 2h	23	100	7	1
760 Fruche®, low-fat, apricot vanilla honey (National Foods Ltd, Melbourne, Australia)	34±5	49	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	22	8
761 Fruche®, low-fat, berry compote (National Foods Ltd, Australia)	37±6	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	21	8
762 Fruche®, low-fat, duet peach on pineapple (National Foods Ltd, Australia)	34±5	49	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	22	8
763 Fruche®, low-fat, lemon sorbetto (National Foods Ltd, Australia)	34±3	49	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	22	7
764 Fruche®, low-fat, orange sorbetto (National Foods Ltd, Australia)	34±3	49	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	21	7
765 Fruche®, low-fat, peach roulade (National Foods Ltd, Australia)	37±6	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	21	8
766 Fruche® on Fruit, low-fat, toffee apple (National Foods Ltd, Australia)	47±6	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	33	16
767 Ice cream, low carbohydrate, chocolate (Australia) <sup>7</sup>	32±7	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	2	1
768 Ice fruit confection, Frosty Fruits® Orange Mango Splits (Nestlé Peter's, Australia)	59±4	84	Normal, 9	Glucose, 2h	UO <sup>4</sup>	50	12	7
<b>Ice cream, Regular/type NS</b>								
769 Ice cream (half vanilla, half chocolate) (Italy) <sup>24</sup>	57	82±40	Normal, 7	Bread, 2h	76	50	10	6
<b>Ice cream, Reduced- or Low-fat</b>								
770 Chocollo™, low-fat chocolate flavored ice cream (Wendy's Supa Sundaes Pty Ltd, Australia)	24±6	34	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	11	3
771 Ice cream, low-fat, Bulla Light Creamy vanilla (Regal Cream Products, VIC, Australia)	36±5	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	13	7
772 Ice cream, low-fat, Bulla Light Real Dairy chocolate (Regal Cream Products, Australia)	27±3	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	13	3
773 Ice cream, low-fat, Bulla Light Real Dairy English toffee (Regal Cream Products, Australia)	27±3	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	13	3
774 Ice cream, low-fat, Bulla Light Real Dairy mango (Regal Cream Products, Australia)	30±4	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	13	4
775 Ice cream, low-fat, vanilla, 'Light' (Nestlé Peter's, Australia)	46	66	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	15	7
776 Ice cream, low-fat, Light & Creamy, Raspberry Ripple (Nestlé Peter's, Australia)	55±3	79	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	16	9
777 Ice-cream, low-fat (1.2 % fat), Light Prestige <sup>8</sup> rich vanilla (Norco, Australia)	47±5	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	10	5

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						<i>g</i>	<i>g/serve</i>	
778 Ice-cream, low-fat (1.4% fat), Light Prestige <sup>8</sup> traditional toffee (Norco, Australia)	37±4	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	14	5
779 Ice-cream, reduced-fat (7.1 % fat), Prestige <sup>8</sup> golden macadamia (Norco, Australia)	37±3	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	12	4
<b>Ice cream, Premium (high-fat)</b>								
780 Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)	37±3	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	9	4
781 Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)	38±3	54	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	9	3
782 Milk, condensed, sweetened (Nestlé, Australia)	61±6	87±9	Normal, 11	Glucose, 2h	77	100	54	33
<b>Milk, full-fat</b>								
783 Full-fat (Italy) <sup>24</sup>	11	15±8	Normal, 7	Bread, 2h	76	250 mL	12	1
784 Full-fat (3% fat, Skånemejerier, Malmö, Sweden) <sup>8</sup>	21	30±4	Normal, 10	Bread, 2h	78	250 mL	12	3
785 Full-fat (Dairy Farmers Ltd, Sydney, Australia) <sup>25</sup>	31±2	44±2	Normal, 10	Bread, 2h	UO <sup>4</sup>	250 mL	12	4
786 Full-fat (Canada)	34±6	49	Normal, 6	Glucose, 2h	33	250 mL	12	4
787 Full-fat, pasteurised, fresh, organic (Arla, UK) <sup>8</sup>	34±6	49	Normal, 9	Glucose, 2h	23	250 mL	12	4
788 Full-fat (USA) <sup>8</sup>	41±2	59	Normal, 9	Glucose, 2h	79	250 mL	12	5
789 Full-fat, standardised homogenised, pasteurised, British (Dairycrest, UK) <sup>8</sup> <i>mean of seven studies</i>	46±10	66	Normal, 10	Glucose, 2h	23	250 mL	12	5
790 Fermented cow's milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden) <sup>8</sup>	31±4	45±7	Normal, 10	Bread, 2h	78	250 mL	12	4
791 Fermented cow's milk (filmjök, 3% fat) (Skånemejerier, Malmö, Sweden) <sup>8</sup>	11	15±3	Normal, 10	Bread, 2h	78	-	-	-
792 Full-fat milk + 20g wheat bran (Italy) <sup>24</sup>	28	40±27	Normal, 7	Bread, 2h	76	250 mL	12	3
<b>Milk, full-fat, flavored</b>								
793 Banana, honey and malt flavored milk (Australia)	31±4	44	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	27	8
794 Masters® mocha milk (National Foods Ltd, Australia)	32±4	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	27	9
<b>Milk, reduced-fat</b>								
795 Milk, reduced fat (1.4%) (Lite White™, Dairy Farmers Ltd, Australia) <sup>25</sup>	30±6	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	13	4
796 Milk, semi-skimmed, British (Dairycrest, UK) <sup>8</sup>	25±6	36	Normal, 8	Glucose, 2h	23	250 mL	13	3
797 Milk, semi-skimmed, pasteurised, organic (Arla, UK) <sup>8</sup> <i>mean of three studies</i>	34±8	49	Normal, 9	Glucose, 2h	23	250 mL	13	4
798 Milk, reduced fat with added omega 3 (Take Care™, Dairy Farmers Ltd, Australia) <sup>25</sup>	30	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	15	3
799 Milk, reduced fat (98% fat free) with added omega 3 (Farmers Best™, Dairy Farmers Ltd, Australia) <sup>25</sup>	23±3	33	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	16	4
<b>Milk, reduced- or low-fat, flavored</b>								
800 Big M™ flavored milk, chocolate or strawberry (National Foods Ltd, Australia)	27±6	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	16	4
801 Masters® Light, 99% fat free chocolate or mocha milk (National Foods Ltd, Australia)	37±4	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	24	9
802 Masters®, reduced fat, chocolate or strawberry milk (National Foods Ltd, Australia)	27±5	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	22	6
803 Masters®, reduced fat, chocolate or strawberry milk (National Foods Ltd, Australia)	35±5	50	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	25	9
804 Milk, low-fat, chocolate, with aspartame, Lite White™ (Dairy Farmers Ltd, Australia)	24±6	34	Normal, 8	Bread, 2h	1	250 mL	15	3
804 Milk, low-fat, chocolate, with sugar, Lite White™ (Dairy Farmers Ltd, Australia)	24±6	34	Normal, 8	Bread, 2h	1	250 mL	15	3
<b>Rush® flavored milk (Parmalat Australia Ltd, South Brisbane, Australia)</b>								
805 Rush® Heavenly Vanilla Malt milk	34±4	49	Normal, 8	Bread, 2h	1	250 mL	26	9
805 Rush® Heavenly Vanilla Malt milk	31±4	44	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	15	7
806 Rush® Intense Coffee milk	24±3	34	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	14	5
807 Rush® Ultimate Chocolate milk	26±5	37	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	14	5
808 Rush® Wicked Latte milk	26±3	37	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	14	5
<b>Milk, skim/low-fat</b>								
809 Pura™ HiLo milk (National Foods Ltd, Australia)	20±5	29	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	14	3
810 Pura™ Skimmer milk (National Foods Ltd, Australia)	20±5	29	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	14	3
811 Milk, skim, made from powder (Arla Foods, Sweden) <sup>8,9</sup>	27	38±5	Normal, 12	Bread, 2h	80	250 mL	11	3



Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
812 Pura™ Light Start milk (National Foods Ltd, Australia)	30±5	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	15	4
813 Pura™ Tone milk (National Foods Ltd, Australia)	30±5	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	16	5
814 Milk, skim (Canada)	32±5	46	Normal, 6	Glucose, 2h	33	250 mL	13	4
815 Milk, skim (Dairy Farmers Ltd, Australia) <sup>25</sup>	32±6	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	13	4
816 Milk, skim (USA)	32	46	Normal, 10	Bread, 2h	7	250 mL	11	4
817 Milk, skim (USA) <sup>8</sup>	37±3	53	Normal, 8	Glucose, 2h	79	250 mL	13	5
818 Milk, skimmed, pasteurised, British (Dairycrest, UK) <sup>8</sup>	48±15	69	Normal, 10	Glucose, 2h	23	250 mL	13	6
819 Shape™ milk, fat free (Dairy Farmers Ltd, Australia) <sup>25</sup> <i>mean of eleven studies</i>	34±3 31±2	49 45±3	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL 250 mL	17 14	6 4
820 Milkshake, made from Chocollo™, low-fat chocolate ice cream, skim milk and malted milk powder (Wendy's Supa Sundaes Pty Ltd, Australia)	21±4	30	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	30	6
<b>Mousse, prepared</b>								
821 Nestlé Combo mousse (Nestlé, Australia)	42±5	60	Normal, 11	Glucose, 2h	UO <sup>6</sup>	70	12	5
822 Nestlé Milo flavored mousse (Nestlé, Australia)	46±3	66	Normal, 12	Glucose, 2h	UO <sup>6</sup>	70	14	6
<b>Mousse, reduced-fat, prepared from commercial mousse mix with water</b>								
823 Butterscotch, 1.9% fat (Nestlé, Australia)	36±4	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	10	4
824 Chocolate, 2% fat (Nestlé, Australia)	31±4	44±6	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	11	3
825 Citrus (Nestlé, Australia)	47±5	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	30	14
826 Hazelnut, 2.4% fat (Nestlé, Australia)	36±4	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	10	4
827 Mango, 1.8% fat (Nestlé, Australia)	33±5	47	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	11	4
828 Mixed berry, 2.2% fat (Nestlé, Australia)	36±5	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	10	4
829 Strawberry, 2.3% fat (Nestlé, Australia) <i>mean of seven foods</i>	32±3 36±2	46 51±3	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50 50	10 10	3 4
<b>Pudding, instant (White Wings, Australia)</b>								
830 Chocolate, made from powder and whole milk	47±4	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	16	7
831 Vanilla, made from powder and whole milk	40±4	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	16	6
<b>Pudding, made from dairy and rice, Yoplait™ Le Rice® (National Foods Ltd, Australia)</b>								
832 Le Rice®, Apple & Cinnamon flavor	52±4	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	38	20
833 Le Rice®, Apricot & Almond Muesli flavor	45±4	64	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	39	18
834 Le Rice®, Caramel flavor	41±6	59	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	38	16
835 Le Rice®, Forest Berries flavor	45±4	64	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	36	16
836 Le Rice®, Raspberry & Apple flavor	52±4	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	38	20
837 Le Rice®, Strawberry flavor	54±6	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	38	21
838 Le Rice®, Tropical Mango flavor	54±6	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	38	20
839 Le Rice®, Vanilla flavor <i>mean of eight foods</i>	43±4 48±2	61 69±3	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180 180	37 38	16 18
<b>Yoghurt</b>								
840 Jalna Bush Honey Bio Dynamic yoghurt (Jalna Dairy Foods, VIC, Australia) <sup>25</sup>	26±3	37	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	13	3
841 Jalna Premium Vanilla Creamy yoghurt (Jalna Dairy Foods, Australia)	18±4	26	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	15	3
842 Yoghurt, black cherry (Finest, UK) <sup>8</sup>	17±3	24	Normal, 10	Glucose, 2h	23	200	14	2
843 Yoghurt, black cherry (Healthy Living Light, UK) <sup>8</sup>	67±15	96	Normal, 10	Glucose, 2h	23	200	12	8
844 Yoghurt, bourbon vanilla (Finest, UK) <sup>8</sup>	64±14	92	Normal, 10	Glucose, 2h	23	200	32	20
845 Yoghurt, champagne rhubarb (Finest, UK) <sup>8</sup>	49±12	70	Normal, 10	Glucose, 2h	23	200	38	19
846 Yoghurt, Devonshire fudge (Finest, UK) <sup>8</sup>	37±7	53	Normal, 10	Glucose, 2h	23	200	34	13
847 Yoghurt, Greek style, honey topped (UK) <sup>8</sup>	36±7	51	Normal, 9	Glucose, 2h	23	200	32	12
848 Yoghurt, lemon curd (Finest, UK) <sup>8</sup>	67±14	96	Normal, 10	Glucose, 2h	23	200	45	30
849 Yoghurt, orange blossom (Finest, UK) <sup>8</sup>	42±11	60	Normal, 10	Glucose, 2h	23	200	40	17
850 Yoghurt, peach & apricot (Healthy Living Light, UK) <sup>8</sup>	28±6	40	Normal, 9	Glucose, 2h	23	200	17	5
851 Yoghurt, peach melba (Value, UK) <sup>8</sup>	57±5	82	Normal, 8	Glucose, 2h	23	200	32	18
852 Yoghurt, raspberry (Healthy Living Light, UK) <sup>8</sup>	43±8	61	Normal, 10	Glucose, 2h	23	200	16	7
853 Yoghurt, red fruit: Morello cherry <sup>8</sup> (Healthy Living Light, UK)	35±6	50	Normal, 9	Glucose, 2h	23	200	12	4
854 Yoghurt, red fruit: raspberry and black cherry <sup>8</sup> (Healthy Living Light, UK)	37±8	53	Normal, 9	Glucose, 2h	23	200	13	5

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
855 Yoghurt, red fruit: raspberry and cranberry <sup>§</sup> (Healthy Living Light, UK)	42±12	60	Normal, 9	Glucose, 2h	23	200	27	11
856 Yoghurt, Scottish raspberry (Finest, UK) <sup>§</sup>	32±7	46	Normal, 10	Glucose, 2h	23	200	40	13
857 Yoghurt, strawberry (Healthy Living Light, UK) <sup>§</sup>	30±6	43	Normal, 10	Glucose, 2h	23	200	16	5
858 Yoghurt, strawberry and cream (Finest, UK) <sup>§</sup>	41±6	59	Normal, 10	Glucose, 2h	23	200	38	16
859 Yoghurt, summer fruit: apricot <sup>§</sup> (Healthy Living Light, UK)	11±4	16	Normal, 9	Glucose, 2h	23	200	13	1
860 Yoghurt, summer fruit: peach and vanilla <sup>§</sup> (Healthy Living Light, UK)	26±7	37	Normal, 9	Glucose, 2h	23	200	13	3
861 Yoghurt, summer fruit: raspberry <sup>§</sup> (Healthy Living Light, UK)	28±5	40	Normal, 9	Glucose, 2h	23	200	12	3
862 Yoghurt, summer fruit: strawberry <sup>§</sup> (Healthy Living Light, UK)	36±9	51	Normal, 9	Glucose, 2h	23	200	13	5
863 Yoghurt, toffee (Healthy Living Light, UK) <sup>§</sup>	41±11	59	Normal, 10	Glucose, 2h	23	200	16	7
864 Yoghurt, tropical fruit: guava and passionfruit <sup>§</sup> (Healthy Living Light, UK)	24±7	34	Normal, 9	Glucose, 2h	23	200	12	3
865 Yoghurt, tropical fruit: mango <sup>§</sup> (Healthy Living Light, UK)	32±8	46	Normal, 9	Glucose, 2h	23	200	13	4
866 Yoghurt, tropical fruit: peach and apricot <sup>§</sup> (Healthy Living Light, UK)	27±6	39	Normal, 9	Glucose, 2h	23	200	13	3
867 Yoghurt, tropical pineapple <sup>§</sup> (Healthy Living Light, UK)	38±7	54	Normal, 9	Glucose, 2h	23	200	13	5
868 Yoghurt, Valencia orange (Finest, UK) <sup>§</sup>	34±7	49	Normal, 10	Glucose, 2h	23	200	33	11
869 Yoghurt, vanilla (Healthy Living Light, UK) <sup>§</sup>	47±13	67	Normal, 10	Glucose, 2h	23	200	14	7
870 Yoghurt, white peach (Finest, UK) <sup>§</sup>	54±12	77	Normal, 10	Glucose, 2h	23	200	32	17
<b>Yoghurt, frozen, President's Choice® Blue Menu™ brand (Loblaw Brands Limited, Canada)</b>								
871 Mochaccino frozen yoghurt	51±5	73	Normal, 10	Bread, 2h	UO <sup>5</sup>	125	21	11
872 Strawberry Banana frozen yoghurt	55±6	78	Normal, 10	Bread, 2h	UO <sup>5</sup>	125	20	11
873 Vanilla frozen yoghurt	46±5	66	Normal, 10	Bread, 2h	UO <sup>5</sup>	125	21	10
<i>mean of three foods</i>	51	72				125	21	11
<b>Low-fat yoghurt</b>								
874 Low-fat, fruit, aspartame, Ski™ (Dairy Farmers, Australia)	14±4	20	Normal, 7	Bread, 2h	1	200	13	2
875 Low-fat, fruit, sugar, Ski™ (Dairy Farmers, Australia)	33±7	47	Normal, 8	Bread, 2h	1	200	31	10
876 Low-fat, sugar-sweetened, strawberry classic, Yoplait™ Lite (National Foods Ltd, Australia)	33±5	47	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	31	10
877 Low-fat (0.9%), fruit, wild strawberry (Ski d'Lite™, Dairy Farmers Ltd, Australia)	31±14	44	Normal, 9	Glucose, 2h	UO <sup>4</sup>	200	30	9
878 Low-fat, Nestlé Diet Blueberry (Nestlé, Australia)	32±4	46	Normal, 10	Glucose, 2h	UO <sup>6</sup>	200	11	4
879 Low-fat, Nestlé Diet Mixed Berry (Nestlé, Australia)	28±4	40	Normal, 12	Glucose, 2h	UO <sup>6</sup>	200	11	3
880 Low-fat, Nestlé Diet Peaches & Cream (Nestlé, Australia)	28±3	40	Normal, 10	Glucose, 2h	UO <sup>6</sup>	200	11	3
881 Low-fat, apricot (UK) <sup>§</sup>	42±6	60	Normal, 10	Glucose, 2h	23	200	28	12
882 Low-fat, black cherry (UK) <sup>§</sup>	41±5	59	Normal, 10	Glucose, 2h	23	200	28	11
883 Low-fat, hazelnut (UK) <sup>§</sup>	53±9	76	Normal, 10	Glucose, 2h	23	200	29	15
884 Low-fat, peach melba (Value, UK) <sup>§</sup>	56±11	80	Normal, 10	Glucose, 2h	23	200	28	16
885 Low-fat, raspberry (UK) <sup>§</sup>	34±6	49	Normal, 10	Glucose, 2h	23	200	28	10
886 Low-fat, strawberry (UK) <sup>§</sup>	61±11	89	Normal, 10	Glucose, 2h	23	200	30	18
<b>Vaalia®, low-fat, sugar sweetened yoghurt (Pauls Ltd, Australia)</b>								
887 Heavenly Honey flavor	32±4	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	36	11
888 Lemon Crème flavor	43±6	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	39	17
889 Luscious Berries flavor	29±2	41	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	30	9
890 Passionfruit flavor	32±3	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	33	11
891 Strawberry flavor	28±3	40	Normal, 9	Glucose, 2h	UO <sup>4</sup>	200	29	8
<i>mean of five foods</i>	33±3	47±4				200	33	11
<b>Natural yoghurt</b>								
892 Fat-Free Natural yoghurt (Jalna Dairy Foods, Australia) <sup>25</sup>	19±5	27	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	7	2

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						g	g/serve	
893 Greek Style yoghurt, Premium blend (Jalna Dairy Foods, Australia) <sup>25</sup>	12±4	17	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	8	1
894 Leben European Style yoghurt (Jalna Dairy Foods, Australia) <sup>25</sup>	11±5	16	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	7	1
895 Yoghurt, low fat, natural (UK) <sup>8</sup> <i>mean of four foods</i>	35±10 19±6	50 28±8	Normal, 9	Glucose, 2h	23	200 200	35 14	12 3
<b>Non-fat yoghurt</b>								
896 Passionfruit yoghurt, fat-free (Jalna Dairy Foods, Australia) <b>Diet Vaalia™, sweetened with acesulfame K and Splenda</b>	27±4	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	14	5
897 Diet Vaalia™, exotic fruits (Pauls Ltd., Australia) <sup>8</sup>	23±2	33	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	16	4
898 Diet Vaalia™, mango (Pauls Ltd., Australia) <sup>8</sup>	23±2	33	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	14	3
899 Diet Vaalia™, mixed berry (Pauls Ltd., Australia) <sup>8</sup>	25±3	36	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	13	3
900 Diet Vaalia™, strawberry (Pauls Ltd., Australia) <sup>8</sup>	23±2	33	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	13	3
901 Diet Vaalia™, vanilla (Pauls Ltd, Australia) <sup>8</sup> <i>mean of five foods</i>	23±2 23±1	33 34±1	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200 200	13 14	3 3
<b>Ski™, non-fat, sugar sweetened</b>								
902 Ski™, Honey flavor (Dairy Farmers Ltd, Australia)	40±2	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	35	14
903 Ski™, vanilla flavor (Dairy Farmers Ltd, Australia) <b>Yoplait™, non-fat, artificially sweetened yoghurts (National Foods Ltd, Australia)</b>	40±4	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	31	12
904 Yoplait™ No Fat berry fruit flavors <sup>8</sup>	16±3	23	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	13	2
905 Yoplait™ No Fat Strawberry Classic flavor <sup>8</sup>	19±3	27	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	13	2
906 Yoplait™ No Fat tropical fruit flavors <sup>8</sup>	20±4	29	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	13	3
907 Yoplait™ No Fat yoghurt, various flavors <sup>8</sup> <i>mean of four foods</i>	18±3 18±1	26 26±1	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200 200	14 13	3 2
<b>Probiotic yoghurt</b>								
908 Yoghurt, probiotic, prune (UK) <sup>8</sup>	44±10	63	Normal, 10	Glucose, 2h	23	200	29	13
909 Yoghurt, probiotic, raspberry (UK) <sup>8</sup>	45±10	64	Normal, 10	Glucose, 2h	23	200	29	13
910 Yoghurt, probiotic, strawberry (UK) <sup>8</sup> <i>mean of three foods</i>	52±14 47	74 67	Normal, 10	Glucose, 2h	23 200	200 200	29 29	15 14
<b>Reduced-fat yoghurt</b>								
911 Reduced-fat, Vaalia™, apricot & mango (Pauls Ltd., Australia) <sup>8</sup>	26±4	38±6	Normal, 10	Bread, 2h	UO <sup>4</sup>	200	30	8
912 Reduced-fat, Vaalia™, french vanilla (Pauls Ltd., Australia) <sup>8</sup>	26±4	38±5	Normal, 10	Bread, 2h	UO <sup>4</sup>	200	10	3
913 Reduced-fat, Extra-Lite™, strawberry (Pauls Ltd., Australia) <sup>8</sup>	28±4	40±6	Normal, 10	Bread, 2h	UO <sup>4</sup>	200	33	9
914 Reduced-fat, strawberry (Czech Republic)	43±5	61	Normal, 20	Glucose, 2h	39	200	32	14
915 Reduced-fat, Yoplait™ Lite, berry fruit flavors (National Foods Ltd, Australia)	25±3	36	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	34	9
916 Reduced-fat, Yoplait™ Lite, tropical fruit flavors (National Foods Ltd, Australia)	37±3	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	32	12
917 Reduced-fat, Yoplait™ Lite, various flavors (National Foods Ltd, Australia)	27±2	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	33	9
918 Reduced-fat, Yoplait™ Lite, Fruit Salad flavor (National Foods Ltd, Australia) <b>Yoghurt drinks</b>	32±5	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	27	9
919 Probiotic drink, cranberry (UK) <sup>8</sup>	56±9	80	Normal, 10	Glucose, 2h	23	250 mL	31	17
920 Probiotic drink, orange (UK) <sup>8</sup>	30±8	43	Normal, 10	Glucose, 2h	23	250 mL	34	10
921 Probiotic drink, original (UK) <sup>8</sup>	34±5	49	Normal, 10	Glucose, 2h	23	250 mL	31	11
922 Vitalise Multivitamin Cultured Milk Fruit Drink (Jalna Dairy Foods, Australia)	24±5	34	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	13	4
923 Wildberry Yoghourt on the Go (Jalna Dairy Foods, Australia)	19±4	27	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	13	4
924 Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit (Pauls Ltd., Australia) <sup>8</sup>	38±4	54±6	Normal, 10	Bread, 2h	UO <sup>4</sup>	250 mL	36	14

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>Soy-based dairy product alternatives</b>								
<b>Soy milks</b>								
925 Soy milk, full-fat (3%), Original, 0 mg calcium, with maltodextrin, (So Natural Foods, Australia) <sup>§</sup>	44±5	63	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	17	8
926 Soy milk, full-fat (3%), Calciforte, 120 mg calcium, with maltodextrin (So Natural Foods, Australia) <sup>§</sup> (2000)	36±4	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	18	6
927 Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia) <sup>§</sup> (2006)	41±4	59	Normal, 15	Glucose, 2h	UO <sup>6</sup>	250 mL	15	6
928 Soy milk, Vitasoy® Organic (National Foods Ltd, Australia) <sup>§</sup>	43±3	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	16	7
929 Soy milk, Vitasoy® So Milky Regular (National Foods Ltd, Australia) <sup>§</sup>	21±5	30	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	8	2
930 Soy milk, low-fat (0.7%), Vitasoy® Light Original (National Foods Ltd, Australia) <sup>§</sup>	45±5	65	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	10	4
931 Soy milk, reduced-fat (1.5%), Vitasoy® So Milky Lite (National Foods Ltd, Australia) <sup>§</sup>	17±3	24	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	7	1
932 Soy milk, reduced-fat (1.5%), 120 mg calcium, Light, containing maltodextrin (So Natural Foods, Australia) <sup>§</sup>	44±3	63	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	17	8
933 Soy milk, reduced-fat (1.8%), 120 mg calcium, Vitasoy® Premium Vitality+ (National Foods Ltd, Australia) <sup>§</sup>	18±3	26	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	12	2
<b>Soy milk drinks</b>								
934 Soy Beverage, Chocolate flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	40±5	57	Normal, 10	Bread, 2h	UO <sup>5</sup>	250 mL	28	11
935 Soy Beverage, Original flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	15±4	22	Normal, 10	Bread, 2h	UO <sup>5</sup>	250 mL	9	1
936 Soy Beverage, Vanilla flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	28±3	40	Normal, 10	Bread, 2h	UO <sup>5</sup>	250 mL	16	4
937 Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Chocolate (National Foods Ltd, Australia) <sup>§</sup>	31±3	44	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	19	6
938 Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Vanilla (National Foods Ltd, Australia) <sup>§</sup>	31±3	44	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	17	5
939 Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia) <sup>§</sup>	30±3	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	22	7
940 Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia) <sup>§</sup>	34±3	49	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	25	8
941 Up & Go™, cocoa malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium, Australia) <sup>§</sup>	43±5	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	26	11
942 Up & Go™, original malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium, Australia) <sup>§</sup>	46±5	66	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	24	11
943 Xpress™, chocolate (soy bean, cereal, legume extract drink with fructose) <sup>§</sup> (So Natural Foods, Australia)	39±2	56	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	34	13
<b>Soy yoghurt</b>								
944 Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia) <sup>§</sup>	50±3	71	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	26	13
<b>FRUIT AND FRUIT PRODUCTS</b>								
<b>Apples, raw</b>								
945 Apple, Golden Delicious (Canada)	39±3	56	Normal, 6	Glucose, 2h	33	120	16	6
946 Apple, dried (Australia)	29±5	41±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	60	36	11
947 Sliced Apples, canned, solid packed without juice (Langeberg and Ashton Foods Pty Ltd, South Africa)	42±2	60	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	10	4
<b>Apricots</b>								
948 Apricots, raw, NS (Australia)	34±3	49	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	9	3
949 Apricot Halves canned in fruit juice (Langeberg and Ashton Foods Pty Ltd, South Africa)	51±5	73	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	12	6
<b>Apricots, dried</b>								
950 Apricots, dried (Australia)	30±7	43	Normal, 8	Bread, 2h	1	60	27	8
951 Apricots, dried, ready to eat (UK)	31±6	44	Normal, 8	Glucose, 2h	23	60	22	7
952 Apricots, dried, ready to eat, bite size (UK)	32±7	46	Normal, 10	Glucose, 2h	23	60	22	7
<i>mean of three studies</i>	31	44				60	24	7

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
953 Apricot dried fruit snack (Australia)	42±3	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	15	12	5
954 Apricot & apple fruit strips, gluten-free (Freedom Foods, Australia)	29±6	41	Normal, 10	Glucose, 2h	UO <sup>6</sup>	20	16	5
<b>Apricot jam/fruit spread</b>								
955 Apricot 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)	43±6	61	Normal, 10	Glucose, 2h	UO <sup>6</sup>	30	16	7
956 Apricot 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	50±6	72	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	19	9
957 Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, Australia)	55±7	78±10	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	13	7
958 President's Choice® Blue Menu™ Twice the Fruit Apricot spread (Loblaw Brands Limited, Canada)	56±8	80	Normal, 10	Bread, 2h	UO <sup>5</sup>	30	12	7
<i>mean of four studies</i>	51±3	73±4				30	15	8
<b>Banana, raw</b>								
959 Banana (Australia)	47±5	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	24	11
960 Banana (Canada)	62±9	89	Normal, 6	Glucose, 2h	33	120	25	16
961 Banana (South Africa)	70±5	100	Normal, 8	Glucose, 2h	36	120	23	16
962 Banana, processed fruit fingers, Heinz Kidz™ (H J Heinz, Malvern, Australia)	61±11	87	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	12
963 Blackberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	46±5	66	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	18	8
964 Blackberry Sour Buzz dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia)	35±5	50	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	7
965 Blubberies, wild (Wild Blueberries Association, Canada)	53±7	76	Normal, 10	Bread, 2h	UO <sup>5</sup>	100	9	5
<b>Breadfruit (<i>Artocarpus altilis</i>)</b>								
966 Breadfruit, peeled, boiled 10 min (Jamaica)	47±5	67	Normal, 10	Glucose, 2h	81	120	22	10
967 Breadfruit, peeled, boiled 26 min (Jamaica)	60±9	83	Normal, 8	Bread, 2h	81	120	28	17
968 Breadfruit, raw (Australia) <sup>8</sup>	68	97	Normal, 7	Potato <sup>26</sup> , 3h	82	120	27	18
969 Breadfruit, roasted on preheated charcoal (Jamaica)	72±8	103	Normal, 10	Glucose, 2h	81	120	27	20
<i>mean of four studies</i>	62±6	88±8				120	26	16
970 Cherries, dark, raw, pitted (Australia) <sup>25</sup>	63±6	90	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	14	9
971 Cherries, sour, pitted, canned (Always Fresh brand, Australia) <sup>8</sup>	41±5	59	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	21	9
972 Custard apple, raw, flesh only (Australia)	54±2	77±3	Normal, 12	Glucose, 2h	77	120	19	10
<b>Dates</b>								
973 Dates, Barhi variety, dried and vacuum packed (United Arab Emirates)	50±6	71	Normal, 8	Glucose, 2h	83	60	44	22
974 Dates, Bo ma'an variety, dried and vacuum packed (United Arab Emirates)	31±5	44	Normal, 8	Glucose, 2h	83	60	46	14
975 Dates, Khalas (Rutab, soft early ripened) variety (United Arab Emirates)	47±5	67	Normal, 11	Glucose, 2h	84	60	30	14
976 Dates, Khalas (Tamer, sun dried stored in traditional Bedu manner) variety (United Arab Emirates)	45±8	65	Normal, 11	Glucose, 2h	84	60	45	20
977 Dates, Khalas variety, dried and vacuum packed (United Arab Emirates)	36±3	51	Normal, 11	Glucose, 2h	83	60	45	16
<i>mean of five studies</i>	42±4	60±5				60	42	18
978 Divine Date spread (Buderim Ginger, Buderim, QLD, Australia)	29±4	41	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	16	5
979 Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, Australia)	61±6	87	Normal, 10	Glucose, 2h	UO <sup>4</sup>	60	26	16
980 Fruit Salad canned in fruit juice, containing peach, pear, apricot, pineapple and cherries (Langeberg and Ashton Foods Pty Ltd, South Africa)	54±3	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	11	6
<b>Ginger</b>								
981 Ginger, candied, sucrose-free (Buderim Ginger, Australia)	10±4	14	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	19	2
982 Ginger Spread, sucrose-free (Buderim Ginger, Australia)	10±2	14	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	15	2
983 Original Ginger marmalade (Buderim Ginger, Australia)	50±7	72	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	19	9

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						<i>g</i>	<i>g/serve</i>	
984 Grapes, black, Waltham Cross (Australia)	59	84	Normal, 11	Bread, 2h	UO <sup>4</sup>	120	18	11
985 Grape Nectar (Chateau Barrosa, Lyndoch, SA, Australia)	52±5	74	Normal, 9	Glucose, 2h	UO <sup>4</sup>	20	16	8
986 Grapefruit, ruby red segments, canned in juice (Woolworths Limited, Australia)	47±5	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	21	10
987 Kiwi fruit (Australia) <sup>8</sup>	58±7	83	Normal, 7	Bread, 2h	1	120	12	7
988 Lychee, canned in syrup and drained, Narcissus brand (China)	79±8	113±11	Normal, 12	Glucose, 2h	77	120	20	16
989 Mandarin segments, canned in juice (Woolworths Limited, Australia)	47±2	67	Normal, 9	Glucose, 2h	UO <sup>4</sup>	120	12	6
990 Mango ( <i>Mangifera indica</i> ) (Australia) <sup>8</sup>	51±3	73	Normal, 7	Bread, 2h	1	120	15	8
991 Mango, low-fat frozen fruit dessert, Frutia™ (Weis Frozen Foods, Toowong, Australia)	42±3	60	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	23	10
992 Mixed fruit, dried (Value, UK)	60±7	86	Normal, 10	Glucose, 2h	23	60	41	24
993 Nectarines, raw (Australia) <sup>8</sup>	43±6	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	9	4
<b>Oranges, raw</b>								
994 Oranges, type NS (South Africa)	33±6	47	Normal, 6	Glucose, 2h	36	120	10	3
995 Oranges, type NS (Canada)	40±3	57	Normal, 6	Glucose, 2h	33	120	11	4
995 Orange & Grapefruit segments, canned in juice (Woolworths Limited, Australia)	53±4	76	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	19	10
<b>Orange Marmalade</b>								
996 Marmalade, orange 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)	27±3	39	Normal, 9	Glucose, 2h	UO <sup>6</sup>	30	16	4
997 Marmalade, orange (Australia)	48±9	69±12	Normal, 9	Bread, 2h	UO <sup>4</sup>	30	20	9
998 Breakfast Marmalade 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	55±4	79	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	18	10
	43	62				30	18	8
<b>Paw paw/papaya, raw</b>								
999 Paw paw ( <i>Carica papaya</i> ) (Australia) <sup>8</sup>	56±6	80	Normal, 7	Bread, 2h	1	120	8	5
<b>Peaches</b>								
1000 Peach, canned in natural juice (Goulburn Valley brand, Ardmona Foods, Mooroopna, Australia)	30±4	43	Normal, 8	Bread, 2h	1	120	11	3
1001 Peach, canned in natural juice (SPC Ltd, Shepparton, Australia)	45±6	64	Normal, 7-10	Bread, 2h	8	120	11	5
1002 Peach, canned in natural juice (SPC Ardmona Ltd, Shepparton, VIC, Australia)	46±4	66	Normal, 9	Glucose, 2h	UO <sup>4</sup>	120	14	6
	40	58				120	12	5
1003 Peach, canned in heavy syrup (Letona Foods, Hawthorn East, VIC, Australia)	58±11	83	Normal, 8	Bread, 2h	1	120	15	9
1004 Peach, canned in heavy syrup (Homebrand, Yennora, NSW, Australia)	64±3	92	Normal, 9	Glucose, 2h	UO <sup>4</sup>	120	19	12
1005 Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd, Australia)	62±9	89	Normal, 7-10	Bread, 2h	8	120	17	11
1006 Peach & Grapes, canned in natural fruit juice (Woolworths Limited, Australia)	46±5	66	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	12	6
1007 Peach & Pineapple, canned in natural fruit juice (Woolworths Limited, Australia)	45±4	66	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	13	6
1008 Peach, dried (UK)	35±5	50	Normal, 8	Glucose, 2h	23	60	22	8
1009 Peach & pear fruit strips, gluten-free (Freedom Foods, Australia)	29±6	41	Normal, 10	Glucose, 2h	UO <sup>6</sup>	20	11	3
<b>Pears</b>								
1010 Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd, Australia)	25±6	36	Normal, 7-10	Bread, 2h	8	120	14	4
1011 Pear halves, canned in natural juice (SPC Ltd, Australia)	43±15	61	Normal, 7-10	Bread, 2h	8	120	13	5
1012 Pear, dried (UK)	43±15	61	Normal, 8	Glucose, 2h	23	60	27	12
<b>Pineapple</b>								
1013 Pineapple, raw (Australia) <sup>8</sup>	66±7	94	Normal, 8	Bread, 2h	1	120	10	6
1014 Pineapple pieces, canned in fruit juice (Woolworths Limited, Australia)	43±4	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	19	8

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						<i>g</i>	<i>g/serve</i>	
1015 Pineapple pieces, canned in natural fruit juice (Woolworths Limited, Australia)	55±5	79	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	17	10
1016 Pineapple & Papaya pieces, canned in natural juice (Woolworths Limited, Australia)	53±7	76	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	17	9
1017 Prunes, pitted (Sunsweet Growers Inc., Yuba City, USA)	29±4	41	Normal, 10	Glucose, 2h	UO <sup>4</sup>	60	33	10
<b>Raisins</b>								
1018 Raisins (Canada)	64±11	91	Normal, 6	Glucose, 2h	33	60	44	28
1019 Raspberry 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)	26±4	37	Normal, 10	Glucose, 2h	UO <sup>6</sup>	25	13	3
1020 Raspberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	46±5	66	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	18	8
<b>Rockmelon/Cantaloupe</b>								
1021 Rockmelon/Cantaloupe, raw (Australia) <sup>8</sup>	65±9	93	Normal, 8	Bread, 2h	1	120	6	4
1022 Rockmelon/Cantaloupe, raw (Australia) <sup>7</sup>	70	100	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	6	4
1023 Strawberries, fresh, raw (Australia) <sup>8</sup>	40±7	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	3	1
1024 Strawberry jam (Australia)	51±10	73±14	Normal, 9	Bread, 2h	UO <sup>4</sup>	30	20	10
1025 Strawberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	46±5	66	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	18	8
1025 President's Choice® Blue Menu™ Twice the Fruit Spread - Strawberry & Rhubarb (Loblaw Brands Limited, Canada)	69±12	99	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	8	6
1026 Strawberry fruit leather (Stretch Island Fruit Company™, Washington, USA)	29±4	42	Normal, 12	Glucose, 2h	UO <sup>4</sup>	30	24	7
1027 Strawberry & wildberry dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia)	40	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	8
1028 Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12	129	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	26	23
<b>Sultanas</b>								
1029 Sultanas (Australia)	56±11	80	Normal, 8	Bread, 2h	1	60	46	26
1030 Sultanas (Value, UK)	56±6	80	Normal, 10	Glucose, 2h	23	60	42	23
1031 Sultanas (UK)	58±11	83	Normal, 8	Glucose, 2h	23	60	42	24
<i>mean of three studies</i>	57	81				60	43	25
1032 Tropical dried fruit snack (Australia)	41±3	58	Normal, 10	Glucose, 2h	UO <sup>4</sup>	15	11	5
1033 Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Australia)	59±8	85±11	Normal, 10	Bread, 2h	UO <sup>4</sup>	100	21	12
<b>Watermelon</b>								
1034 Watermelon, raw (Australia) <sup>8</sup>	72±13	103	Normal, 8	Bread, 2h	1	120	6	4
1035 Watermelon, raw (Australia) <sup>7</sup>	80±3	114	Normal, 8	Glucose, 2h	UO <sup>4</sup>	120	6	5
1036 Wild berry dried fruit snack (Australia)	35±4	50	Normal, 10	Glucose, 2h	UO <sup>4</sup>	15	12	4
<b>FRUIT JUICES</b>								
<b>Apple juice</b>								
1037 Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, Australia)	39±5	55±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	250 mL	25	10
1038 Apple juice, Granny Smith, unsweetened (Australia)	44±3	63	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	30	13
1039 Apple juice, pure, clear, unsweetened (The Wild About Fruit Company, Wandin, VIC, Australia)	44±2	63	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	30	13
1040 Apple juice, pure, cloudy, unsweetened (The Wild About Fruit Company, Australia)	37±3	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	28	10
1041 Apple and blackcurrant juice, no added sugar (Berri Ltd, Australia)	45±4	64	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	25	11
1042 Apple and cherry juice, pure, unsweetened (The Wild About Fruit Company, Australia)	43±3	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	33	14
1043 Apple and mango juice, pure, unsweetened (The Wild About Fruit Company, Australia)	47±5	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	34	16
1044 Apple, pineapple and passionfruit juice, unsweetened (The Wild About Fruit Company, Australia)	48±5	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	33	16
1045 Carrot juice, freshly made (Sydney, Australia) <sup>8</sup>	43±3	61	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	23	10

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>Cranberry juice</b>								
1046 Cranberry juice cocktail (Ocean Spray, Melbourne, Australia)	52±3	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	31	16
1047 Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)	68±3	97	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	35	24
1048 Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	80	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	29	16
<i>mean of three studies</i>	59	84				250 mL	32	19
<b>Orange juice</b>								
1049 Orange juice (Canada)	46±6	66	Normal, 6	Glucose, 2h	33	250 mL	26	12
1050 President's Choice® Blue Menu™ Oh-Mega j Orange juice beverage (Loblaw Brands Limited, Canada)	48±4	68	Normal, 10	Bread, 2h	UO <sup>5</sup>	250 mL	30	14
1051 Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd, Australia)	53±6	76	Normal, 8	Bread, 2h	1	250 mL	18	9
1052 Orange juice, unsweetened, reconstituted concentrate, Mr Juicy brand (Berri Ltd, Australia)	54±5	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	21	11
<i>mean of four studies</i>	50±2	72±3				250 mL	24	12
1053 Prune juice (Golden Circle, Australia)	43±3	61	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	36	15
<b>SuperJuice (Berri Ltd, Australia)</b>								
1054 SuperJuice Greenzone, containing apple, orange and pineapple juice	47±3	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	27	12
1055 SuperJuice Immune, containing apple juice, pineapple juice and guava puree	47±3	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	26	12
1056 SuperJuice Kickstart, containing apple juice, blueberry puree and banana puree	39±3	56	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	28	11
<b>Tomato juice</b>								
1057 Tomato juice, low sodium, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	23±6	32	Normal, 10	Bread, 2h	UO <sup>5</sup>	250 mL	7	2
1058 Tomato juice, no added sugar (Campbell's Soup Company, Camden, USA)	33±3	47	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	8	3
1059 Tomato juice, canned, no added sugar (Berri Ltd, Australia) <sup>§</sup>	38±4	54	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	9	4
<i>mean of three studies</i>	31	44				250 mL	8	2
<b>INFANT FORMULA AND WEANING FOODS</b>								
<b>Formula</b>								
1060 Infasoy™, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia) <sup>§</sup>	55±6	78	Normal, 11 (adults)	Glucose, 2h	UO <sup>4</sup>	100 mL	7	4
1061 Karicare™ gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand) <sup>§</sup>	35±5	50	Normal, 10 (adults)	Glucose, 2h	UO <sup>4</sup>	100 mL	7	2
1062 Nan-1™ infant formula with iron (Nestlé, Australia) <sup>§</sup>	30±6	43	Normal, 9 (adults)	Glucose, 2h	UO <sup>4</sup>	100 mL	8	2
1063 S-26™ infant formula (Wyeth Nutritionals, Australia) <sup>§</sup>	36±6	52	Normal, 10 (adults)	Glucose, 2h	UO <sup>4</sup>	100 mL	7	3
<b>Weaning Foods</b>								
1064 Apple baby food (Czech Republic)	46±5	66	Normal, 20 (adults)	Glucose, 2h	39	120	22	10
1065 Farex™ baby rice, 7 g cereal with 80 g water (Heinz Wattie's Ltd., Malvern, Australia) <sup>§</sup>	95±13	136	Normal, 11 (adults)	Glucose, 2h	UO <sup>4</sup>	87	6	6
<b>Robinsons First Tastes from 4 months (Nutricia, Wells, UK)</b>								
1066 Apple, apricot and banana cereal <sup>§</sup>	56±8	80	Normal, 11 (adults)	Glucose, 2h	UO <sup>4</sup>	75	13	7
1067 Creamed rice porridge <sup>§</sup>	59±8	84	Normal, 11 (adults)	Glucose, 2h	UO <sup>4</sup>	75	9	5
1068 Rice pudding <sup>§</sup>	59±6	84	Normal, 11 (adults)	Glucose, 2h	UO <sup>4</sup>	75	11	6
<b>Heinz for Baby from 4 months (Heinz Wattie's Ltd, Australia)</b>								
1069 Chicken and noodles with vegetables, strained <sup>§</sup>	67±11	96	Normal, 10 (adults)	Glucose, 2h	UO <sup>4</sup>	120	7	5
1070 Sweetcorn and rice <sup>§</sup>	65±13	93	Normal, 11 (adults)	Glucose, 2h	UO <sup>4</sup>	120	15	10
<b>Porridge/Gruel (Semper Foods AB, Sweden)</b>								
1071 Gruel (wholemeal wheat, rye, rice, wheat and oat flour), made with whole milk and water <sup>24</sup>	47	67±7	Normal, 10 (adults)	Bread, 2h	85	250	25	12



Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1072 Porridge (rice & wheat flour), apple-pear flavored, made with whole milk and water <sup>24</sup>	46	66±9	Normal, 10 (adults)	Bread, 2h	85	250	30	14
1073 Porridge (wholemeal wheat, oat, rice & wheat flour), fruit flavored, made with whole milk and water <sup>24</sup>	51	73±11	Normal, 10 (adults)	Bread, 2h	85	250	30	15
1074 Porridge (rice and wheat flour), made with whole milk and water <sup>24</sup>	54	77±6	Normal, 10 (adults)	Bread, 2h	85	250	30	16
1075 Rice porridge, made with whole milk and water <sup>24</sup>	51	73±9	Normal, 10 (adults)	Bread, 2h	85	250	30	15
<b>LEGUMES AND NUTS</b>								
<b>Baked Beans</b>								
1076 Baked Beans, canned (Canada)	40±3	57	Normal, 7	Glucose, 2h	33	150	15	6
1077 Baked Beans, Heinz Vegetarian baked haricot beans (HJ Heinz Company, Dandenong, VIC, Australia) <sup>11</sup>	40	57	Normal, 6	Glucose, 3h	86	150	15	6
1078 Baked Beans in Cheesy Tomato sauce (HJ Heinz, Australia)	44±4	63	Normal, 9	Glucose, 2h	UO <sup>6</sup>	150	24	10
1079 Baked Beans in Barbecue sauce (HJ Heinz, Australia)	47±4	67	Normal, 9	Glucose, 2h	UO <sup>6</sup>	150	27	13
1080 Baked Beans in Ham sauce (HJ Heinz, Australia)	53±4	76	Normal, 10	Glucose, 2h	UO <sup>6</sup>	150	25	13
1081 Baked Beans in Mild Curry sauce (HJ Heinz, Australia)	49±5	70	Normal, 8	Glucose, 2h	UO <sup>6</sup>	150	23	11
1082 Baked Beans in Sweet Chilli sauce (HJ Heinz, Australia)	46±3	66	Normal, 10	Glucose, 2h	UO <sup>6</sup>	150	26	12
1083 Baked Beans in Tomato sauce (HJ Heinz, Australia)	40±5	57	Normal, 10	Glucose, 2h	UO <sup>6</sup>	150	20	8
1084 Baked Beans in Tomato sauce, canned, reheated in microwave for 1.5 min (HJ Heinz, Australia)	57±7	82	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	23	13
<b>Beans, dried, boiled</b>								
1085 Beans, dried, type NS (Italy) <sup>24</sup>	37	52±25	Normal, 7	Bread, 2h	76	150	30	11
<b>Blackeyed beans/peas (Cowpeas), boiled</b>								
1086 Blackeyed beans (Canada)	33±4	47	Normal, 6	Glucose, 2h	33	150	30	10
1087 Blackeyed peas ( <i>Vigna unguiculata</i> ), boiled (Nigeria) <sup>11, 14</sup>	52	74	Normal, 10	Glucose, 3h	87	150	30	16
1088 Blackeyed peas ( <i>Vigna unguiculata</i> ), boiled, consumed with 4.24 g salt (Nigeria) <sup>11, 14</sup>	38	54	Normal, 10	Glucose, 3h	87	150	30	11
<b>Butter Beans</b>								
1089 Butter beans, canned, drained, Edgell's <sup>TM</sup> brand (Simplot Australia, Cheltenham, Australia) <sup>8</sup>	36±3	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	23	8
1090 Butter beans, dried, soaked overnight, boiled 50 min (UK)	26±7	37	Normal, 8	Glucose, 2h	23	150	20	5
1091 Butter beans, dried, soaked overnight, cooked in salted water (South Africa)	28±7	40	Normal, 8	Glucose, 2h	36	150	20	6
1092 Butter beans (Canada) <i>mean of four studies</i>	36±4 32±3	51 45±4	Normal, 6	Glucose, 2h	33 150	150	20 21	7 7
1093 Cannellini beans, canned, drained, Edgell's <sup>TM</sup> brand (Simplot Australia, Cheltenham, Australia) <sup>8</sup>	31±5	44	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	21	6
<b>Chickpeas (Garbanzo beans, Bengal gram), boiled</b>								
1094 Chickpeas ( <i>Cicer arietinum</i> Linn), dried, soaked, boiled 35 min (Philippines)	10	14±3	Normal, 11	Bread, 1h	88	150	30	3
1095 Chickpeas (Canada)	36±5	51	Normal, 6	Glucose, 2h	33	150	30	11
1096 Chickpeas, canned, drained, Edgell's <sup>TM</sup> brand (Simplot Australia, Australia) <sup>8</sup>	38±3	54	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	23	9
1097 Chickpea Hommus dip, Chris' Traditional brand (Capitol Chilled Foods Pty Ltd, ACT, Australia) <sup>8</sup>	22±5	31	Normal, 11	Glucose, 2h	UO <sup>4</sup>	30	5	1
1098 Four bean mix, canned, drained, Edgell's <sup>TM</sup> brand (Simplot Australia, Australia) <sup>8</sup>	37±5	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	24	9
<b>Haricot/Navy beans</b>								
1099 Haricot/Navy beans, boiled (Canada)	31±6	44	Normal, 6	Glucose, 2h	33	150	30	9
1100 Haricot/Navy beans (King Grains, Canada)	39	56±16	Normal, 6	Bread, 1h	89	150	30	12
1101 Haricot beans, home-cooked, soaked overnight, boiled 1h in water, baked in tomato sauce 2 h <sup>11</sup> (HJ Heinz, Australia)	23	33	Normal, 6	Glucose, 3h	86	150	30	7
<b>Kidney Beans</b>								
1102 Kidney/white bean ( <i>Phaseolus vulgaris</i> Linn), soaked, boiled 17 min (Philippines)	14	19±5	Normal, 11	Bread, 1h	88	150	25	3

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve	Avail.	GL <sup>3</sup>
						Size	carbo- hydrate	per serve
						g	g/serve	
1103 Kidney beans ( <i>Phaseolus vulgaris</i> ) (India)	19	27	Normal, 6	Glucose, 2h	66	150	25	5
1104 Kidney beans ( <i>Phaseolus vulgaris</i> L.), red, soaked 20 min, boiled 70 min (Sweden)	25	36±6	Normal, 10	Bread, 1.5h	24	150	25	6
1105 Kidney beans (Canada)	29±8	41	Normal, 6	Glucose, 2h	33	150	25	7
<i>mean of four studies</i>	22±3	31±5				150	25	6
1106 Kidney beans ( <i>Phaseolus vulgaris</i> L.), autoclaved	34	49±5	Normal, 10	Bread, 1.5h	24	150	25	8
1107 Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India) <sup>14</sup>	70±11	100	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	150	25	17
1108 Black bean ( <i>Phaseolus vulgaris</i> Linn), soaked overnight, cooked 45 min (Philippines)	20	28±4	Normal, 11	Bread, 1h	88	150	25	5
1109 Dark Red Kidney beans, canned in brine, drained, Edgell's™ brand (Simplot Australia, Australia) <sup>8</sup>	43±5	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	23	10
1110 Red Kidney beans, canned, drained, Edgell's™ brand (Simplot Australia, Australia) <sup>8</sup>	36±4	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	25	9
1111 Red Kidney beans, dried, soaked overnight, boiled 60 min (UK)	51±5	73	Normal, 8	Glucose, 2h	23	150	24	12
<b>Lentils</b>								
1112 Lentils, type NS (Canada)	29±3	41	Normal, 7	Glucose, 2h	33	150	18	5
1113 Lentils, brown, canned, drained, Edgell's™ brand (Simplot Australia, Australia) <sup>8</sup>	42±5	60	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	21	9
1114 Lentils, green, dried, boiled (Australia)	37±3	53	Normal, 7	Glucose, 2h	51	150	14	5
1115 Lentils, red, split, dried, boiled 25 min (UK)	21±7	30	Normal, 8	Glucose, 2h	23	150	18	4
1116 Marrowfat peas, dried, boiled (Canada)	47±3	68	Normal, 6	Glucose, 2h	33	150	19	9
<b>Mung beans</b>								
1117 Mung bean ( <i>Phaseolus aureus</i> Roxb), soaked, boiled 20 min (Philippines)	31	44±6	Normal, 11	Bread, 1h	88	150	17	5
1118 Mung bean, fried (Australia)	53±8	76±11	Normal, 10	Bread, 2h	UO <sup>4</sup>	150	17	9
1119 Mung bean, germinated (Australia)	25±4	36±5	Normal, 10	Bread, 2h	UO <sup>4</sup>	150	17	4
1120 Mung bean, pressure cooked (Australia)	42±5	60±7	Normal, 10	Bread, 2h	UO <sup>4</sup>	150	17	7
1121 Pigeon Pea ( <i>Cajanus cajan</i> Linn. Huth.), soaked, boiled 45 min (Philippines)	22	31±4	Normal, 11	Bread, 1h	88	150	20	4
<b>Pinto beans</b>								
1122 Pinto beans, steamed (USA) <sup>11, 14</sup>	33	47	Normal, 8	Glucose, 3h	55	150	23	8
1123 Refried Pinto beans, Casa Fiesta™ brand (Capital Foods Pty Ltd, Australia)	38±3	54	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	26	10
<b>Soya beans</b>								
1124 Soya beans, dried, boiled (Canada)	15±5	21	Normal, 7	Glucose, 2h	33	150	6	1
1125 Soya beans, dried, boiled (Australia)	20±3	29	Normal, 7	Glucose, 2h	51	150	6	1
1126 Soya beans, canned (Canada)	14±2	20	Normal, 7	Glucose, 2h	33	150	6	1
1127 Soya beans, canned in brine, drained, Edgell's™ brand (Simplot Australia, Australia) <sup>7</sup>	14±3	20	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	5	1
1128 Split peas, yellow, dried, soaked overnight, boiled 55 min (UK)	25±6	36	Normal, 8	Glucose, 2h	23	150	13	3
<b>MEAL REPLACEMENT &amp; WEIGHT MANAGEMENT PRODUCTS</b>								
1129 Chocolate, lactose-free, weight management drink (UK) <sup>24</sup>	29±10	41	Normal, 10	Glucose, 2h	32	250 mL	19	6
1130 Chocolate weight management bar (Shaklee Corporation, Pleasanton, CA, USA)	29±4	41	Normal, 9	Glucose, 2h	UO <sup>4</sup>	31	12	4
1131 Chocolate weight management drink (UK) <sup>24</sup>	23±5	33	Normal, 10	Glucose, 2h	32	250 mL	18	4
1132 Chocolate weight management drink (UK) <sup>24</sup>	39±8	56	Normal, 10	Glucose, 2h	32	250 mL	18	7
1133 Hazelnut & Apricot bar (Dietworks, South Yarra, Australia)	42±7	60±10	Normal, 10	Bread, 2h	UO <sup>4</sup>	50	22	9
1134 InZone™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)	28±5	40	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	6	2
1135 Juice Plus+® Complete meal replacement powder, Dutch chocolate flavor (Australia)	35±5	50	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	19	7
1136 Juice Plus+® Complete meal replacement powder, French vanilla flavor (Australia)	32±4	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	19	6

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>Lean Cuisine™ frozen convenience meals (Nestlé, Australia)</b>								
1137 French style chicken with rice, reheated <sup>8</sup>	36±6	51	Normal, 8	Glucose, 2h	UO <sup>4</sup>	280	48	17
1138 Honey Soy Beef with Wholemeal Noodles, reheated	53±4	76	Normal, 10	Glucose, 2h	UO <sup>4</sup>	280	36	19
1139 Burmese Vegetable Curry & rice, reheated	49±6	72	Normal, 9	Glucose, 2h	UO <sup>4</sup>	280	40	20
1140 Chicken Pomodoro, reheated	46±8	67	Normal, 10	Glucose, 2h	UO <sup>4</sup>	280	36	17
<b>L.E.A.N™ products (Usana Inc., Salt Lake City, UT, USA)</b>								
1141 L.E.A.N Fibergy™ bar, Harvest Oat	45±4	64	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	29	13
1142 Nutrimeal™, drink powder, Dutch Chocolate	26±3	37	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	13	3
1143 L.E.A.N (Life long) NutriBar™, Peanut Crunch	30±4	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	40	19	6
1144 L.E.A.N (Life long) NutriBar™, Chocolate Crunch	32±4	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	40	19	6
1145 Lemon weight management bar (Shaklee Corporation, USA)	23±4	33	Normal, 10	Glucose, 2h	UO <sup>4</sup>	31	12	3
1146 Lemon weight management bar (UK) <sup>24</sup>	32±8	46	Normal, 10	Glucose, 2h	32	50	21	7
1147 Malt toffee weight management bar (UK) <sup>24</sup>	43±7	61	Normal, 10	Glucose, 2h	32	50	24	10
1148 Peanut Butter weight management bar (Shaklee Corporation, USA)	22±4	31	Normal, 10	Glucose, 2h	UO <sup>4</sup>	31	12	3
1149 Provide™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)	28±5	40	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	6	2
1150 ReduceXS™ Chocolate Deluxe formulated meal replacement powder, prepared with water (Australia) <sup>8</sup>	10±6	14	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	8	1
1151 SICCON D2™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)	28±5	40	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	6	2
<b>SlimFast® weight management products</b>								
<b>SlimFast® bars</b>								
1152 SlimFast® chocolate caramel meal replacement bar (SlimFast Foods Ltd, Slough, Berks, UK)	54±3	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	33	18
1153 SlimFast® chocolate meal replacement bar (SlimFast Foods Ltd, UK)	27±3	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	23	6
1154 SlimFast® Chocolate Muesli snack bar (SlimFast Foods Ltd, UK)	49±6	70	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	32	16
<b>SlimFast® beverages</b>								
1155 SlimFast® Double Chocolate meal replacement powder, prepared with skim milk (SlimFast Foods Ltd, UK)	36±4	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	46	17
1156 SlimFast® French Vanilla ready-to-drink shake (Slim Fast Foods Company, Englewood, NJ, USA)	37±5	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	27	10
1157 SlimFast® meal replacement powder, prepared with skim milk (Unilever Australasia, Australia)	35±6	50	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	34	12
1158 SlimFast® Strawberry Supreme ready-to-drink shake (SlimFast Foods Ltd, UK)	33±3	47	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	30	10
<b>SlimFast® meals</b>								
1159 SlimFast® Garden vegetable soup with peppers and croutons (SlimFast Foods Ltd, UK)	20±2	29	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	27	5
1160 SlimFast® Pasta Florentina meal (SlimFast Foods, UK)	53±5	76	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	34	12
1161 Tony Ferguson's Meal Replacement Shake, all flavors, prepared with water (Australia)	22±2	31	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	28	6
<b>Worldwide Sport Nutrition reduced-carbohydrate products (2000 formulations) (Worldwide Sport Nutritional Supplements Inc., Largo, FL, US)</b>								
1162 Designer chocolate, sugar-free <sup>8</sup>	14±3	20	Normal, 10	Glucose, 2h	UO <sup>4</sup>	35	22	3
<b>Burn-it™ bars</b>								
1163 Chocolate deluxe <sup>8</sup>	29±3	41	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	8	2
1164 Peanut butter <sup>8</sup>	23±3	33	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	6	1
<b>Pure-protein™ bars</b>								
1165 Chewy choc-chip <sup>8</sup>	30±4	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	14	4
1166 Chocolate deluxe <sup>8</sup>	38±4	54	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	13	5
1167 Peanut butter <sup>8</sup>	22±4	31	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	9	2
1168 Strawberry shortcake <sup>8</sup>	43±4	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	13	6

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1169 White chocolate mousse <sup>8</sup> <b>Pure-protein™ cookies</b>	40±4	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	15	6
1170 Choc-chip cookie dough <sup>8</sup>	25±3	36	Normal, 10	Glucose, 2h	UO <sup>4</sup>	55	11	3
1171 Coconut <sup>8</sup>	42±5	60	Normal, 10	Glucose, 2h	UO <sup>4</sup>	55	9	4
1172 Peanut butter <sup>8</sup>	37±7	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	55	9	3
<b>MIXED MEALS AND CONVENIENCE FOODS</b>								
1173 Beef and ale casserole, convenience meal (Finest, UK) <sup>8</sup>	53±12	76	Normal, 8	Glucose, 2h	23	300	15	8
1174 Berrynice Yoghurt Crunch (low fat yoghurt, honey toasted oats, strawberries and blueberries) (McDonald's Australia Ltd, Australia)	43±5	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	216	36	15
<b>Burgers</b>								
1175 Fillet-O-Fish™ burger (fish patty, cheese and tartare sauce on a burger bun) (McDonald's Australia Ltd, Australia)	66±10	94	Normal, 10	Glucose, 2h	UO <sup>4</sup>	128	30	20
1176 Hamburger (beef patty, ketchup, pickle, onion and mustard on a burger bun) (McDonald's Australia Ltd, Australia)	66±8	94	Normal, 10	Glucose, 2h	UO <sup>4</sup>	95	25	17
1177 Lean beef burger (lean beef patty, tomato, mixed lettuce, cheese, onion and sauce on a burger bun) (McDonald's Australia Ltd, Australia)	66±4	94	Normal, 10	Glucose, 2h	UO <sup>4</sup>	164	26	17
1178 McChicken™ burger (chicken patty, lettuce, mayonnaise on a burger bun) (McDonald's Australia Ltd, Australia)	66±3	94	Normal, 10	Glucose, 2h	UO <sup>4</sup>	186	40	26
1179 Vege Burger (vegetable patty, lettuce, tomato and sweet chilli sauce on a burger bun) (Australia)	59±8	84	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	24	14
1180 Cannelloni, spinach and ricotta (UK)	15±4	21	Normal, 8	Glucose, 2h	23	300	54	8
1181 Chicken korma and peshwari rice, prepared meal (Finest, UK)	44±6	63	Normal, 8	Glucose, 2h	23	300	48	21
1182 Chicken korma and rice, convenience meal (Healthy Living, UK)	45±9	64	Normal, 8	Glucose, 2h	23	300	48	21
1183 Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Tooronga, Australia)	46±4	66	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	16	7
1184 Chicken McNuggets™ consumed with sweet Thai chilli sauce (McDonald's, Australia)	55±6	79	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	21	12
1185 Chicken tikka masala and rice, convenience meal (Healthy Living, UK)	34±7	49	Normal, 8	Glucose, 2h	23	300	60	21
1186 Chilli beef noodles, prepared convenience meal (Finest, UK)	42±4	60	Normal, 8	Glucose, 2h	23	300	46	19
1187 Chilli con carne, made from haricot beans (Australia)	34±9	49	Normal, 8	Glucose, 2h	28	300	36	12
1188 Chow mein, chicken, convenience meal <sup>8</sup> (Healthy Living, UK)	55±7	79	Normal, 8	Glucose, 2h	23	300	23	13
1189 Chow mein, chicken, convenience meal (Serves One, UK)	47±7	67	Normal, 8	Glucose, 2h	23	300	38	18
<b>Continental™ Wholegrain Pasta &amp; Sauce (Unilever Australiasia, Epping, NSW, Australia)</b>								
1190 Wholegrain Pasta & Sauce, Cheesy, prepared with water, reduced-fat milk & margarine	37±5	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	22	8
1191 Wholegrain Pasta & Sauce, Creamy Carbonara, prepared with water, reduced-fat milk & margarine	39±4	56	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	23	9
1192 Wholegrain Pasta & Sauce, Creamy Sun-dried Tomato, prepared with water, reduced-fat milk & margarine	43±6	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	23	10
1193 Wholegrain Pasta & Sauce, Parmesan and Cracked Pepper, prepared with water, reduced-fat milk and margarine	33±5	47	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	20	7
1194 Cottage pie (UK)	65±8	93	Normal, 10	Glucose, 2h	23	300	34	22
1195 Cumberland fish pie (UK)	40±5	57	Normal, 8	Glucose, 2h	23	300	31	12
1196 Cumberland pie (UK)	29±6	41	Normal, 8	Glucose, 2h	23	300	37	11

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1197 Dates, Khalas (Rutab, soft early ripened) (90 g), eaten with full-fat plain yoghurt (125 g) (United Arab Emirates)	37±5	53	Normal, 9	Glucose, 2h	84	215	50	19
1198 Dates, Khalas (Tamer, dark brown commercial) (60 g), eaten with full-fat plain yoghurt (125 g) (United Arab Emirates)	29±4	41	Normal, 8	Glucose, 2h	84	185	50	15
1199 Dumpling, containing meat and shallots (China)	28±3	40	Normal, 10	Glucose, 2h	3	100	21	6
1200 Fajitas, chicken (UK)	42±14	60	Normal, 8	Glucose, 2h	23	300	42	18
1201 Greek lentil stew with a bread roll, home made (Australia)	40±5	57	Normal, 8	Glucose, 2h	90	360	37	15
1202 Instant mashed potato (McCain, McCain Foods, USA), eaten with 62 g cheese and 16 g butter (Canada)	66	94±11	Normal, 15	Bread, 4h	91	100	34	22
1203 Kidney beans, (canned) with bacon and tomatoes (Australia)	36±8	51	Normal, 8	Glucose, 2h	28	250	33	12
1204 Kidney beans, (cooked from dried beans) with bacon and tomatoes (Australia)	21±9	30	Normal, 8	Glucose, 2h	28	250	35	7
1205 Lamb moussaka, prepared convenience meal <sup>8</sup> (Finest, UK)	35±8	50	Normal, 10	Glucose, 2h	23	300	27	10
<b>Lasagne</b>								
1206 Lasagne, beef (frozen) (UK)	47±7	67	Normal, 10	Glucose, 2h	23	300	35	17
1207 Lasagne, meat (Healthy Living, chilled, UK)	28±4	40	Normal, 8	Glucose, 2h	23	300	38	11
1208 Lasagne, type NS (Finest, UK)	34±8	49	Normal, 10	Glucose, 2h	23	300	31	10
1209 Lasagne, type NS (UK)	25±5	36	Normal, 8	Glucose, 2h	23	300	30	8
1210 Lasagne, vegetarian (UK)	20±6	29	Normal, 8	Glucose, 2h	23	300	48	10
1211 Lentil and cauliflower cury with rice (Australia)	60±10	86	Normal, 8	Glucose, 2h	90	300	42	25
1212 Lentil and cheese pie (Australia)	25±8	36	Normal, 8	Glucose, 2h	28	300	42	11
1213 Lentils and vegetables, steamed for 10 min then boiled for 10 min consumed with an orange (Chile)	35	49±9	Normal, 10	Glucose, 2h	92	200	21	7
1214 Mushroom stroganoff with rice (UK)	26±6	37	Normal, 8	Glucose, 2h	23	300	43	11
1215 Parboiled rice (Uncle Bens Converted, Mars, USA) consumed with 68 g cheese and 14 g butter (Canada)	27	38±6	Normal, 15	Bread, 4h	91	100	36	10
1216 Pasta bake, tomato and mozzarella (UK)	23±4	33	Normal, 8	Glucose, 2h	23	300	43	10
<b>Pasta eaten with other foods</b>								
1217 Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water, served with canned tuna (UK)	28±3	40	Normal, 10	Glucose, 2h	41	-	-	-
1218 Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water, served with cheddar cheese (UK)	27±4	39	Normal, 10	Glucose, 2h	41	-	-	-
1219 Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water, served with chilli con carne (UK)	40±5	57	Normal, 10	Glucose, 2h	41	-	-	-
1220 Spaghetti, beans & vegetables steamed for 25 min, consumed with an orange (Chile)	54	77±14	Normal, 10	Bread, 2h	92	200	22	12
1221 Pies, beef, party size (Farmland, Grocery Holdings, Australia)	45±6	64	Normal, 9	Glucose, 2h	UO <sup>4</sup>	100	27	12
<b>Pizza</b>								
1222 Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	24	9
1223 Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	22	7
1224 Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia) <sup>8</sup>	49±6	70	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	25	12
1225 Stone Baked Whole Wheat Pizza - Vegetable, Pesto and Feta Cheese, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	54±4	78	Normal, 10	Bread, 2h	UO <sup>5</sup>	100	21	11
<b>Potato with added ingredients</b>								
1226 Potato, Estima (50 g), microwaved 6 min then baked 10 min, served with baked beans (89 g) (UK)	62±6	89	Normal, 10	Glucose, 2h	41	139	37	23
1227 Potato, Estima (50 g), microwaved 6 min then baked 10 min, served with canned tuna (62 g) (UK)	76±7	109	Normal, 10	Glucose, 2h	41	112	26	20
1228 Potato, Estima (50 g), microwaved 6 min then baked 10 min, served with cheddar cheese (62 g) (UK)	39±5	56	Normal, 10	Glucose, 2h	41	112	26	10

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1229 Potato, Estima (50 g), microwaved 6 min then baked 10 min, served with chilli con carne (63 g) (UK)	75±7	107	Normal, 10	Glucose, 2h	41	113	31	23
1230 Potato noodles with meat (China) <b>President's Choice® Blue Menu™ convenience meals (Loblaw Brands Limited, Canada)</b>	17±3	24	Normal, 9	Glucose, 2h	3	300	49	8
1231 Barley Risotto with Herbed Chicken (entrée)	38±4	54	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	38	15
1232 4-Bean Salad, low-fat	13±3	19	Normal, 10	Bread, 2h	UO <sup>5</sup>	100	11	1
1233 Cauliflower-Topped Shepherd's Pie (entrée)	21±4	30	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	17	4
1234 Chicken Curry with Vegetables (entrée)	26±8	37	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	12	3
1235 Deluxe Cheddar Macaroni & Cheese Dinner	34±6	48	Normal, 10	Bread, 2h	UO <sup>5</sup>	60	39	13
1236 Ginger-Glazed Salmon (entrée)	41±3	58	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	45	18
1237 Lentil and Bean Vegetable Patties	54±5	78	Normal, 10	Bread, 2h	UO <sup>5</sup>	113	27	15
1238 Linguine with Shrimp Marinara (entrée)	40±6	57	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	28	11
1239 Penne with Roasted Vegetables (entrée)	39±5	56	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	43	17
1240 Rotini with Chicken Pesto (entrée)	57±4	81	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	47	25
1241 3-Rice Bayou Blend Rice & Beans Sidedish	44±4	63	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	34	15
1242 4-Rice Pilaf Rice & Beans Sidedish	46±5	65	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	36	16
1243 Rice & Lentils Espana Sidedish	49±5	69	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	36	17
1244 Sesame Ginger Chicken with Vegetables (entrée)	44±8	63	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	17	8
1245 Tomato and Herb Chicken (entrée)	29±5	42	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	30	9
1246 Vegetable Ancient Grain Vegetable Patties	54±3	77	Normal, 10	Bread, 2h	UO <sup>5</sup>	113	25	14
1247 Vegetarian Chili	39±6	56	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	27	11
1248 Yellow Curry Chicken (entrée)	25±5	36	Normal, 10	Bread, 2h	UO <sup>5</sup>	300	15	4
1249 Sausages and mash potato, prepared convenience meal (UK)	61±7	87	Normal, 10	Glucose, 2h	23	300	40	25
1250 Sirloin chop with mixed vegetables and mashed potato, homemade (Australia)	66±12	94	Normal, 8	Glucose, 2h	90	360	53	35
1251 Shepherds pie, prepared convenience meal (UK)	66±9	94	Normal, 10	Glucose, 2h	23	300	44	29
1252 Spaghetti bolognese, home made (Australia)	52±9	74	Normal, 8	Glucose, 2h	90	360	48	25
1253 Steak and ale with cheddar mash potato <sup>8</sup> convenience meal (Finest, UK)	48±12	69	Normal, 8	Glucose, 2h	23	300	26	12
1254 Stuffed bun, with shallots and meat, steamed (China) <b>Sushi</b>	39±4	56	Normal, 10	Glucose, 2h	3	100	30	12
1255 Sushi, salmon ('I Love Sushi', Sydney, Australia) <sup>8</sup>	48±8	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	36	17
1256 Sushi, roasted sea algae, vinegar and rice (Japan)	55	79	Normal, 9	Rice <sup>13</sup> , 2h	38	100	37	20
1257 Sweet and sour chicken with noodles, prepared convenience meal (Serves One, UK)	41±7	59	Normal, 8	Glucose, 2h	23	300	52	21
1258 Tandoori chicken masala & rice convenience meal (Finest, UK) <b>White bread with accompaniments</b>	45±5	64	Normal, 10	Glucose, 2h	23	300	61	27
1259 Chicken Tandoori Deli Choice white French roll (tandoori chicken, tomato, lettuce, cucumber, mint & yoghurt sauce on a roll) (McDonald's Australia)	78±7	112	Normal, 10	Glucose, 2h	UO <sup>4</sup>	270	56	44
1260 Chicken Tandoori Deli Choice Multigrain roll (tandoori chicken, tomato, lettuce, cucumber, mint & yoghurt sauce on a roll) (McDonald's Australia)	67±6	96	Normal, 10	Glucose, 2h	UO <sup>4</sup>	270	48	32
1261 Turkey & Cranberry Deli Choice Multigrain roll (turkey, lettuce, cranberry sauce, cheese and mayonnaise on a roll) (McDonald's Australia)	63±5	90	Normal, 10	Glucose, 2h	UO <sup>4</sup>	200	54	34
1262 White wheat flour bread, butter, cheese, regular milk and fresh cucumber (Sweden) <sup>8</sup>	55	79±10	Normal, 10	Bread, 2h	78	200	68	37
1263 White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden) <sup>8</sup>	39	55±7	Normal, 10	Bread, 2h	78	200	28	11
1264 White bread roll with cheese (UK)	50±5	72	Normal, 10	Glucose, 2h	32	100	40	20
1265 White bread (Rustico Panem, Panem, Verona, Italy), consumed with 35 g butter <sup>11,14</sup> (Burro Galbani, Cademartori, Lodi, Italy)	78	112	Normal, 10	Bread, 3h	93	36	14	11
1266 White bread (Rustico Panem, Panem, Verona, Italy), eaten with 35 g Mazola corn oil (CDC, Milan, Italy) <sup>11,14</sup>	20	28	Normal, 10	Bread, 3h	93	36	14	3

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						g	g/serve	
1267 White bread (Rustico Panem, Panem, Verona, Italy), eaten with 35 g olive oil (Olio Sagra, Lucca, Italy) <sup>11,14</sup>	20	28	Normal, 10	Bread, 3h	93	36	14	3
1268 White bread consumed with margarine, eggs and orange juice	58±13	83	Normal, 12	Glucose, 5h	94	-	-	-
1269 White bread (30 g), toasted, served with baked beans (51 g) (Hovis, UK)	50±6	72	Normal, 10	Glucose, 2h	41	81	21	11
1270 White bread (30 g), toasted, served with cheddar cheese (36 g) (Hovis, UK)	35±2	50	Normal, 10	Glucose, 2h	41	66	15	5
1271 White Bread (Wonder Bread, Interstate Bakeries) (140 g), consumed with 30 g raw almonds (Canada)	74	106±23	Normal, 9	Bread, 2h	95	170	50	37
1272 White Bread (Wonder Bread, Interstate Bakeries) (140 g), consumed with 60 g raw almonds (Canada)	44	63±9	Normal, 9	Bread, 2h	95	200	52	23
1273 White bread (Wonder Bread, Interstate Bakeries), (100 g), consumed with 60 g raw, unblanched almonds (California Almonds, USA)	39	55±7	Normal, 15	Bread, 4h	95	160	52	20
1274 White Bread (Wonder Bread, Interstate Bakeries) (140 g), consumed with 90 g raw almonds (Canada)	31	45±6	Normal, 9	Bread, 2h	95	230	53	16
<b>NUTRITIONAL SUPPORT PRODUCTS</b>								
1275 Choice <sup>am</sup> ™, vanilla (Mead Johnson Nutritionals, Evansville, USA)	23±4	33	Normal, 7-10	Bread, 2h	8	237 mL	24	6
1276 Diasip®, diabetes-specific enteral formula <sup>8</sup> (Nutricia N.V., Netherlands)	12±3	17	Normal, 7	Glucose, 3h	96	250 mL	22	3
1277 Diasion®/Nutrison Diabetes, diabetes-specific enteral <sup>8</sup> formula (Nutricia N.V., Netherlands)	17±4	24	Normal, 9	Glucose, 3h	96	250 mL	28	5
1278 Diben®, diabetes-specific enteral formula <sup>8</sup> (Fresenius Kabi AG, Germany)	22±7	31	Normal, 7	Glucose, 3h	96	250 mL	21	5
1279 Enercal Plus™, made from powder (Wyeth-Ayerst International Inc, Madison, USA)	61±13	87	Normal, 12	Glucose, 5h	94	237 mL	40	24
1280 Ensure™, vanilla (Abbott Australasia, Kurnell, NSW, Australia)	50±8	71	Normal, 7-10	Bread, 2h	8	237 mL	40	19
1281 Ensure™, vanilla (Abbott Australasia)	48±3	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	237 mL	32	16
1282 Ensure™ bar, chocolate fudge brownie (Abbott Australasia)	43±3	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	38	20	8
1283 Ensure™ Hospital, nutritional supplement powder, prepared with water (Abbott Nutrition International)	51±5	73	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	6	3
1284 Ensure Plus™, vanilla (Abbott Australasia)	40±4	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	237 mL	47	19
1285 Ensure Pudding™, old fashioned vanilla (Abbott Laboratories Inc, Ashland, USA)	36±4	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	113	26	9
1286 Fortimel® enteral formula (Nutricia N.V., Netherlands) <sup>8</sup>	25±8	36	Normal, 8	Glucose, 3h	96	250 mL	26	6
1287 Glucerna Chocolate Graham nutritional supplement bar (Ross Nutrition, Canada)	20±2	29	Normal, 9	Glucose, 2h	UO <sup>4</sup>	50	25	5
1288 Glucerna, diabetes-specific enteral formula (Abbott Laboratories Inc, USA)	15±3	21	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	24	4
<b>Glucerna enteral nutritional supplement, vanilla</b>								
1289 Glucerna™, vanilla flavor <sup>8</sup> (Abbott Nutrition International)	19±4	27	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	20	4
1290 Glucerna™, vanilla flavor <sup>8</sup> (Abbott Nutrition International)	20±4	29	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL	19	4
1291 Glucerna™, vanilla flavor (Ross Nutrition, Canada)	26±2	37	Normal, 8	Glucose, 2h	UO <sup>4</sup>	250 mL	30	8
1292 Glucerna™, vanilla (Abbott Laboratories Inc., USA) <sup>8</sup> <i>mean of four studies</i>	31±2 24±3	44 34±4	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250 mL 250 mL	24 23	8 6
1293 Glucerna Select, enteral nutritional supplement <sup>8</sup> (Abbott Nutrition International)	16±3	23	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	15	2
1294 Glucerna SR, diabetes-specific enteral formula (Abbott Laboratories Inc., USA)	23±5	33	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	28	6
1295 Inslow™ (Abbott Nutrition International -Japan) <sup>8</sup>	25±3	36	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	26	6
1296 Jevity™ (Abbott Australasia)	48±3	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	237 mL	36	17

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						<i>g</i>	<i>g/serve</i>	
1297 Jevity™ HiCal, enteral nutritional supplement (Abbott Nutrition International)	59±6	84	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	47	27
1298 Novasource Diabet®, diabetes-specific enteral formula <sup>8</sup> (Novartis Consumer Health SA, Switzerland)	26±5	37	Normal, 10	Glucose, 3h	96	250 mL	31	8
1299 Nutridrink (Nutricia N.V., Netherlands) <sup>9</sup>	25	36	Normal, 10	Glucose, 2h	97	250 mL	46	12
1300 Nutridrink Multifiber, containing 2.3 g fiber/100 mL (Nutricia N.V., Netherlands) <sup>9</sup>	22	31	Normal, 10	Glucose, 2h	97	250 mL	46	10
1301 Nutrison Mutli fiber® enteral formula <sup>8</sup> (Nutricia N.V., Netherlands)	28±10	40	Normal, 10	Glucose, 3h	96	250 mL	31	9
1302 Nutrison Standard® enteral formula <sup>8</sup> (Nutricia N.V., Netherlands)	34±8	49	Normal, 10	Glucose, 3h	96	250 mL	31	10
1303 Promote with fiber™ nutritional supplement (Ross Nutrition, USA)	49±8	70	Normal, 10	Glucose, 2h	UO <sup>4</sup>	237 mL	32	16
1304 Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International)	54±5	78	Normal, 10	Glucose, 2h	UO <sup>4</sup>	237 mL	37	20
1305 Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International)	55±5	79	Normal, 9	Glucose, 2h	UO <sup>4</sup>	237 mL	42	23
1306 Resource Diabetic™, French vanilla (Novartis Nutrition Corp., Young America, USA) <sup>8</sup>	34±3	49	Normal, 10	Glucose, 2h	UO <sup>4</sup>	237 mL	23	8
1307 Resource Diabetic™, Swiss chocolate (Novartis, Auckland, New Zealand)	16±4	23	Normal, 11	Glucose, 2h	29	237mL	41	7
1308 Resource™ fruit beverage, peach flavor (Novartis, New Zealand)	40±8	57	Normal, 11	Glucose, 2h	29	237 mL	41	16
1309 Resource™ thickened orange juice, honey consistency (Novartis, New Zealand)	47±9	67	Normal, 11	Glucose, 2h	29	237 mL	39	18
1310 Resource™ thickened orange juice, nectar consistency (Novartis, New Zealand)	54±7	77	Normal, 11	Glucose, 2h	29	237 mL	36	19
1311 Sustagen™, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, Australia)	31±4	44±6	Normal, 10	Bread, 2h	UO <sup>4</sup>	250 mL	41	13
1312 Sustagen™ Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia)	33±4	47±6	Normal, 10	Bread, 2h	UO <sup>4</sup>	250 mL	44	15
1313 Sustagen™ Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia)	27±3	38±4	Normal, 10	Bread, 2h	UO <sup>4</sup>	250	47	13
1314 Tapion™ nutritional supplement <sup>8</sup> (Abbott Nutrition International - Japan)	27±5	39	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250 mL	26	7
1315 TwoCal HN™, high nitrogen nutritional supplement, vanilla flavor (Abbott Nutrition International)	55±5	78	Normal, 10	Glucose, 2h	UO <sup>4</sup>	237 mL	49	27
1316 Ultracal™ with fiber (Mead Johnson, Evansville, IN, USA)	40	55±16	Normal, 8	Bread, 2h	UO <sup>4</sup>	237 mL	29	12
<b>NUTS</b>								
<b>Cashew nuts</b>								
1317 Cashew nuts, salted (Coles Supermarkets, Australia) <sup>8</sup>	22±5	31	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	13	3
1318 Cashew nuts (UK) <sup>8</sup>	25±6	36	Normal, 8	Glucose, 2h	23	50	12	3
1319 Cashew nuts, organic, roasted and salted (UK) <sup>8</sup>	25±12	36	Normal, 8	Glucose, 2h	23	50	12	3
1320 Cashew nut halves (UK) <sup>8</sup>	27±6	39	Normal, 8	Glucose, 2h	23	50	10	3
1321 Cashew nuts, roasted and salted (UK) <sup>8</sup> <i>mean of five foods</i>	27±9	39	Normal, 8	Glucose, 2h	23	50	10	3
	25±1	36±1				50	11	3
1322 Mixed nuts and raisins (UK)	21±5	30	Normal, 9	Glucose, 2h	23	50	16	3
1323 Mixed nuts, roasted and salted (UK)	24±10	34	Normal, 9	Glucose, 2h	23	50	17	4
<b>Peanuts</b>								
1324 Peanuts, crushed (South Africa) <sup>8</sup>	7±4	10	Normal, 6	Glucose, 2h	36	50	4	0
<b>PASTA and NOODLES</b>								
1325 Buckwheat noodles (China)	59±1	85	Normal, 9	Glucose, 2h	3	180	42	25
1326 Buckwheat noodles, instant (China)	53±2	76	Normal, 8	Glucose, 2h	3	180	42	22
1327 Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, VIC, Australia) (2007)	68±7	97	Normal, 9	Glucose, 2h	UO <sup>4</sup>	180	46	31



Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						g	g/serve	
1328 Corn pasta, gluten-free (Orgran Natural Foods, Australia)	78±10	111	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	42	32
<b>Fettucine, egg</b>								
1329 Fettucine, egg (Australia)	32±4	46	Normal, 7	Glucose, 2h	98	180	46	15
1330 Fettucine, egg (Mother Earth Fine Foods, Rowville, Australia)	47±6	67	Normal, 14	Glucose, 2h	29	180	46	22
<b>Fusilli pasta twists</b>								
1331 Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water (UK)	61±9	87	Normal, 10	Glucose, 2h	41	180	48	29
1332 Fusilli pasta twists, dry pasta, boiled in 10 min in unsalted water (UK)	54±11	77	Normal, 10	Glucose, 2h	41	180	48	26
1333 Fusilli pasta twists, tricolour, dry pasta, boiled 10 min in unsalted water (UK)	51±11	73	Normal, 8	Glucose, 2h	41	180	45	23
1334 Fusilli pasta twists, wholewheat, dry pasta, boiled 10 min in unsalted water (UK)	55±8	79	Normal, 10	Glucose, 2h	41	180	41	23
<i>mean of four studies</i>	55±2	79±3				180	46	25
1335 Gluten-free pasta, maize starch, boiled 8 min (UK)	54	77±18	Normal, 11	Bread, 3h	99	180	42	23
1336 Gnocchi, type NS (Latina, Pillsbury Australia Ltd, Mt. Waverley, Australia)	68±9	97	Normal, 8	Bread, 2h	13	180	48	33
<b>Instant noodles</b>								
1337 Instant 'two-minute' noodles, Maggi® (Nestlé, Australia) (1995)	46±5	66	Normal, 8	Bread, 2h	13	180	23	11
1338 Instant 'two-minute' noodles, Maggi® (Nestlé, Auckland, New Zealand)	48±8	69	Normal, 15	Glucose, 2h	29	180	26	12
1339 Instant 'two-minute' noodles, Maggi®, all flavors (Nestlé Australia) (2005)	52±7	74	Normal, 9	Glucose, 2h	UO <sup>4</sup>	180	25	13
1340 Instant noodles, all flavors (Woolworths Limited, Australia)	52±5	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	22	11
<i>mean of four studies</i>	50±2	71				180	24	12
<b>Lasagne pasta sheets, boiled for 10 min</b>								
1341 Lasagne sheets, dry pasta, boiled in unsalted water (Value, UK)	55±8	79	Normal, 8	Glucose, 2h	23	180	47	26
1342 Lasagne, egg, dry pasta, boiled in unsalted water (UK)	53±9	76	Normal, 10	Glucose, 2h	23	180	43	23
1343 Lasagne, egg, verdi, dry pasta, boiled in unsalted water (UK)	52±6	74	Normal, 8	Glucose, 2h	23	180	45	23
<i>mean of three studies</i>	53	76				180	45	24
<b>Linguine</b>								
1344 Thick, durum wheat, white, fresh (Sweden)	43	62±11	Normal, 10	Bread, 1.5h	24	180	48	21
1345 Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48	68±13	Normal, 9	Bread, 2h	100	180	48	23
1346 Thin, durum wheat (Sweden)	49	70±9	Normal, 10	Bread, 1.5h	24	180	48	23
1347 Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61	87±13	Normal, 9	Bread, 2h	100	180	48	29
1348 Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45	64±11	Normal, 10	Bread, 1.5h	24	180	41	18
1349 Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden)	53	76±13	Normal, 9	Bread, 2h	100	180	41	22
<i>mean of four studies</i>	52±3	74±5				180	45	23
1350 Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)	39±9	56±13	Normal, 11	Glucose, 2h	77	180	45	18
1351 Proti pasta, protein-enriched, boiled in water (Vital Nature Inc, San Antonio, TX, USA)	28±1	40	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	49	14
1352 Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	56	Normal, 6	Glucose, 2h	98	180	38	15
<b>Rice noodles/pasta</b>								
1353 Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	87±9	Normal, 12	Glucose, 2h	77	180	39	23
1354 Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4	57±6	Normal, 12	Glucose, 2h	77	180	39	15
1355 Rice noodles made from IR42 (high amylose) rice flour, boiled for 22 min (Philippines)	41	58±12	Normal, 7	Bread, 1h	73	180	43	18
1356 Rice pasta, gluten-free (Freedom Foods, Australia)	51	73	Normal, 10	Glucose, 2h	UO <sup>6</sup>	180	47	24

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size <i>g</i>	Avail. carbo- hydrate <i>g/serve</i>	GL <sup>3</sup> per serve
1357 Rice pasta, brown, boiled 16 min (Rice Grower's Co-op, Australia)	92±8	131	Normal, 6	Bread, 2h	62	180	38	35
1358 Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Australia)	76±6	109	Normal, 9	Glucose, 2h	UO <sup>4</sup>	180	49	37
<b>Spaghetti</b>								
1359 Spaghetti, gluten-free, rice and Hi-Maize (high-amlyose) flour (Freedom Foods, Australia)	51±5	73	Normal, 10	Glucose, 2h	UO <sup>6</sup>	180	49	25
1360 Spaghetti, gluten-free, rice and split pea, canned in tomato sauce	68±9	97	Normal, 10	Glucose, 2h	UO <sup>4</sup>	220	27	19
1361 Spaghetti, 75% durum wheat flour and 25% chickpea flour boiled 10 min (Rio Dulce SA, Guadalajara, Spain)	41	59±6	Normal, 12	Bread, 2h	101	180	47	19
1362 Spaghetti, soy (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) <sup>8</sup>	47±7	67	Normal, 10	Glucose, 2h	6	180	37	17
<b>Spaghetti, white or type NS, boiled 10-15 min</b>								
1363 White, boiled for 10 min (Rio Dulce SA, Guadalajara, Spain)	51	73±5	Normal, 12	Bread, 2h	101	180	48	24
1364 White, durum wheat, boiled 10 min in salt water (Barilla, Parma, Italy) <sup>15</sup>	58	83±16	Normal, 8	Bread, 2.8h	46	180	48	28
1365 White, durum wheat flour, boiled 12 min (Starhushålls, Kungsörnen AB, Järna, Sweden)	47	67±10	Normal, 10	Bread, 2h	24	180	48	23
1366 White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53	76±12	Normal, 9	Bread, 2h	100	180	48	25
1367 White, boiled 15 min in salted water (Unico, Concord, ON, Canada)	44±3	63	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	48	21
1368 100% durum semolina spaghetti, boiled 15 min (Unico, Canada)	41	58±7	Normal, 10	Bread, 2h	63	180	48	19
<i>mean of six studies</i>	49±3	70±4				180	48	24
<b>Spaghetti, white or type NS, boiled 20 min</b>								
1369 White, durum wheat, boiled 20 min (Australia)	58±7	83	Normal, 6	Bread, 2h	62	180	44	26
<b>Spaghetti, white, boiled</b>								
1370 White (France)	39	55±6	Normal, 12	Bread, 3h	102	180	46	18
1371 White (Nishin Shokuhin, Japan)	46	66	Normal, 10	Rice <sup>13</sup> , 2h	38	180	48	22
1372 White (Unico, Canada)	48±3	68	Normal, 47	Glucose, 2h	34	180	48	23
1373 White (Vetta, Greens Foods, Glendenning, Australia)	49±7	70±10	Normal, 12	Bread, 2h	UO <sup>4</sup>	180	44	22
1374 White (Canada)	50±8	71	Normal, 6	Glucose, 2h	33	180	48	24
<i>mean of five studies</i>	46±2	66±3				180	47	22
<b>Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)</b>								
1375 Boiled in 0.7% salted water for 11 min	59±15	84	Normal, 12	Glucose, 3h	103	180	48	28
1376 Boiled in 0.7% salted water for 16.5 min	65±15	93	Normal, 12	Glucose, 3h	103	180	48	31
1377 Boiled in 0.7% salted water for 22 min	46±10	66	Normal, 12	Glucose, 3h	103	180	48	22
<i>mean of three cooking times</i>	57	81				180	48	27
<b>Spaghetti, wholemeal, boiled</b>								
1378 Wholemeal (Canada)	42±4	60	Normal, 6	Glucose, 2h	33	180	40	17
1379 President's Choice® Blue Menu™ Whole Wheat spaghetti (Loblaws Brands Limited, Canada)	45±5	65	Normal, 10	Bread, 2h	UO <sup>5</sup>	180	40	18
1380 Wholemeal pasta, dark durum wheat, boiled 10 min in salted water (Melia Ltd, Raisio, Finland)	58	83	Normal, 20	Bread, 3h	26	180	50	29
1381 Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia)	43±10	61	Normal, 8	Glucose, 2h	98	180	44	19
1382 Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6	41	Normal, 9	Glucose, 2h	UO <sup>4</sup>	180	31	9
1383 Tagliatelle, egg pasta, boiled in water for 7 min (UK)	46±6	66	Normal, 8	Glucose, 2h	23	180	44	20
1384 Tagliatelle, egg, boiled (Sainsbury's, UK)	54±5	77	Normal, 10	Glucose, 2h	14	180	44	24
1385 Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia) <sup>8</sup>	62±8	89	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	48	30
1386 Vermicelli, white, boiled, Vetta™ (Australia)	35±7	50	Normal, 7	Glucose, 2h	98	180	44	16
1387 Wheat noodle, dried (China)	46±2	66	Normal, 10	Glucose, 2h	3	180	42	19
1388 Wheat noodle, fresh (China)	82±7	117	Normal, 8	Glucose, 2h	3	180	42	34

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>SNACK FOODS AND CONFECTIONERY</b>								
1389 Brownies, containing coconut flour (Philippines)	42	60±5	Normal, 10	Bread, 2h	2	50	27	11
1390 Chick Pea chips (Freedom Foods, Australia)	44±7	63	Normal, 9	Glucose, 2h	UO <sup>6</sup>	50	18	8
1391 Chocolate crinkles, containing coconut flour (Philippines)	43	61±5	Normal, 10	Bread, 2h	2	50	23	10
<b>Chocolate, dark</b>								
1392 Chocolate, dark, Dove® (M&M/Mars, USA)	23±3	33	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	26	6
1393 Chocolate, dark with raisins, peanuts and jam (Czech Republic)	44±5	63	Normal, 20	Glucose, 2h	39	50	27	12
<b>Chocolate, milk, plain</b>								
1394 Chocolate, milk, plain with sucrose (Belgium) <sup>8</sup>	34±5	49	Normal, 8	Glucose, 3h	104	50	22	7
1395 Chocolate, milk (Cadbury's Confectionery, Ringwood, Australia)	49±6	70	Normal, 8	Bread, 2h	1	50	30	14
1396 Chocolate, milk, Dove® (Mars Confectionery, Ballarat, Australia)	45±8	64	Normal, 10-12	Bread, 2h	22	50	30	13
1397 Chocolate, milk (Nestlé, Sydney, NSW, Australia) <i>mean of four studies</i>	42±8 43±3	60 61±4	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50 50	31 28	13 12
<b>Chocolate, milk, artificially sweetened</b>								
1398 Chocolate candy, sugar free, Dove® (M&M/Mars, USA) <sup>8</sup>	23±3	33	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	15	3
1399 Chocolate, white, Milky Bar® (Nestlé, Australia)	44±6	63	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	29	13
1400 Cocoavia™ Chocolate Covered Almonds (M&M/Mars, USA) <sup>8</sup>	21±3	30	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	10	2
1401 Combos Snacks Cheddar Cheese Crackers (M&M/Mars, USA)	54±6	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	32	17
1402 Combos Snacks Cheddar Cheese Pretzels (M&M/Mars, USA)	52±6	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	35	18
<b>Corn chips</b>								
1403 Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia) (1998)	42±4	60±5	Normal, 10	Bread, 2h	UO <sup>4</sup>	50	25	11
1404 Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia) (1985)	72	103	Normal, 6	Glucose, 2h	60	50	25	18
<b>Chips or Crisps, made from flaxseed, corn or rice</b>								
<b>President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)</b>								
1405 Flaxseed Tortilla chips, Sea Salt	45±6	65	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	20	9
1406 Flaxseed Tortilla chips, Spicy	34±5	49	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	20	7
1407 Japanese Tamari Rice & Corn Crisps	91±6	131	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	38	35
1408 Japanese Wasabi & Honey Rice & Corn Crisps	82±7	117	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	39	32
1409 Thai Curry Rice & Corn Crisps	84±6	120	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	39	33
1410 Fruit and nut mix (Finest, UK)	15±3	21	Normal, 10	Glucose, 2h	23	50	24	4
<b>Fruit Bars</b>								
1411 Apple Fruit Bar, fat-free, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	90±13	129	Normal, 10	Bread, 2h	UO <sup>6</sup>	40	30	27
1412 Apricot and Almond bar (UK)	34±6	49	Normal, 10	Glucose, 2h	32	30	15	5
1413 Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry) (Mother Earth, New Zealand)	50±8	71	Normal, 10	Glucose, 2h	29	50	34	17
1414 Apricot & Yoghurt Healtheries Simple Bar, wheat and gluten-free (Aussie Bodies Pty. Ltd., Australia)	40±5	57	Normal, 16	Glucose, 2h	UO <sup>6</sup>	50	25	10
1415 Berry & Yoghurt Healtheries Simple Bar, wheat and gluten free (Aussie Bodies Pty. Ltd., Australia)	51±4	73	Normal, 15	Glucose, 2h	UO <sup>6</sup>	50	26	13
1416 Berrylicious Trim Bar (Aussie Bodies Pty. Ltd., Australia)	46±4	66	Normal, 10	Glucose, 2h	UO <sup>6</sup>	50	17	8
1417 Blackberry Sour Buzz dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia)	35±5	50	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	7
1418 Fig Fruit bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	70±8	101	Normal, 10	Bread, 2h	UO <sup>5</sup>	40	30	21
1419 Fruit & Yogurt Apple Cinnamon Chewy Bars (Soy), President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	34±3	49	Normal, 10	Bread, 2h	UO <sup>5</sup>	40	21	7

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate <i>g/serve</i>	GL <sup>3</sup> per serve
1420 Fruit & Yogurt Cranberry Blueberry Bars (Soy), President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	33±2	47	Normal, 10	Bread, 2h	UO <sup>5</sup>	40	21	7
1421 Heinz Kidz™ Fruit Fingers, banana (HJ Heinz, Australia)	61±11	87	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	12
1422 Raspberry Fruit bar, fat-free, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	74±11	106	Normal, 10	Bread, 2h	UO <sup>5</sup>	40	31	23
1423 Real Fruit Bars, strawberry (Uncle Toby's, Australia)	90±12	129	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	26	23
1424 Roll-Ups®, processed fruit snack (Uncle Toby's, Australia)	99±12	142±18	Normal, 10	Bread, 2h	UO <sup>4</sup>	30	25	24
1425 Strawberry fruit leather (Stretch Island Fruit Company™, Washington, USA)	29±4	42	Normal, 12	Glucose, 2h	UO <sup>4</sup>	30	24	7
1426 Strawberry & Wildberry dried fruit leather, Sunripe school straps (Windsor Farm Foods, Australia)	40	57	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	20	8
<b>Gelato</b>								
1427 Gelati, sucrose-free frozen dessert, chocolate flavor (Alba Foods, Newtown, Australia)	37±5	53	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	27	10
1428 Gelati, sucrose-free frozen dessert, vanilla flavor (Alba Foods, Newtown, Australia)	39±4	56	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	27	11
<b>Ice cream and cone</b>								
1429 Chocollo™, low-fat chocolate flavored ice cream eaten with a plain cone (Wendy's Supa Sundaes Pty Ltd, Australia)	44±7	63	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	18	8
1430 Chocollo™, low-fat chocolate flavored ice cream eaten with a waffle cone (Wendy's Supa Sundaes Pty Ltd, Australia)	55±6	79	Normal, 10	Glucose, 2h	UO <sup>4</sup>	110	28	15
1431 Jelly, made from commercial jelly crystals, Raspberry Razzle flavor (Aeroplane Jelly Company, West Ryde, Australia)	53±6	76	Normal, 10	Glucose, 2h	UO <sup>4</sup>	120	19	10
<b>Jelly beans</b>								
1432 Jelly beans, assorted colors (Allen's, Nestlé, Australia)	80±8	114	Normal, 8	Bread, 2h	1	30	28	22
1433 Jelly beans, assorted colors (Savings, Grocery Holdings, Tooronga, Australia)	76±6	109	Normal, 12	Bread, 2h	UO <sup>4</sup>	30	28	21
1434 Kudos Milk Chocolate Granola bar with M&M's Milk Chocolate Mini Baking Bits (M&M/Mars, USA)	52±4	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	35	18
1435 Kudos Whole-Grain bars, chocolate chip (M&M/Mars, Hackettstown, USA)	62±8	89	Normal, 10-12	Bread, 2h	22	50	32	20
1436 Kudos Milk Chocolate Granola bars, Peanut Butter flavor (M&M/Mars, USA)	45±6	64	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	30	14
1437 Licorice, soft (Coles Supermarkets, Australia)	78±11	111	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	21	16
1438 Life Savers®, peppermint candy (Nestlé, Australia)	70±6	100	Normal, 8	Bread, 2h	1	30	30	21
1439 M & M's®, peanut (Mars Confectionery, Australia)	33±3	47	Normal, 10-12	Bread, 2h	22	30	17	6
<b>Mars Bar®</b>								
1440 Mars Bar® (Mars Confectionery, Australia)	62±8	89	Normal, 10-12	Bread, 2h	22	60	40	25
1441 Mars Bar® (M&M/Mars, USA)	68±12	97	Normal, 6	Glucose, 2h	33	60	40	27
1442 Marshmallows (Candy Lane, Australia)	62±6	89	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	24	15
1443 Milky Way® bar (M&M/Mars, USA)	62±8	89	Normal, 10-12	Bread, 2h	UO <sup>4</sup>	60	42	26
1444 Milky Way® Lite bar (M&M/Mars, USA)	45±5	64	Normal, 10-12	Bread, 2h	UO <sup>4</sup>	45	34	15
1445 Muesli bar, crunchy, containing dried apricot (Uncle Toby's, Australia)	61±7	87	Normal, 7	Bread, 2h	1	30	21	13
1446 Nougat, Jijona (La Fama, Spain) <sup>9</sup>	32	46	Normal, 7	Bread, 2h	105	30	12	4
1447 Nutella®, chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia) (1997)	33±4	47	Normal, 10-12	Bread, 2h	22	20	12	4
1448 Nutella®, chocolate hazelnut spread (Ferrero Australia, Australia) (2003)	30±4	43	Normal, 10	Glucose, 2h	UO <sup>4</sup>	20	12	4
1449 Nutella®, chocolate hazelnut spread (Ferrero Australia, Australia) (2007)	25±4	36	Normal, 10	Glucose, 2h	UO <sup>4</sup>	20	11	3
<i>mean of three studies</i>	29	42				20	12	3
1450 Pirate's Booty, aged white cheddar extruded snack, made from corn and rice (Robert's American Gourmet, Sea Cliff, NY, USA)	70±5	100	Normal, 12	Glucose, 2h	UO <sup>4</sup>	20	12	8

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>Popcorn</b>								
1451 Microwave Popping Corn, butter flavor, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	72±8	103	Normal, 10	Bread, 2h	UO <sup>5</sup>	20	12	9
1452 Microwave Popping Corn, natural flavor, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	58±8	83	Normal, 10	Bread, 2h	UO <sup>5</sup>	20	12	7
1453 Popcorn (China)	55±1	78	Normal, 6	Glucose, 2h	3	20	10	6
1454 Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)	55±7	79	Normal, 8	Bread, 2h	13	20	11	6
1455 Poppin Microwave Popcorn, butter flavor (Green's Foods, Australia) <sup>8</sup>	62±8	89	Normal, 9	Glucose, 2h	UO <sup>4</sup>	20	10	6
1456 Poppin Lite Microwave Popcorn, butter flavor, 50% reduced fat (Green's Foods, Australia) <sup>8</sup>	67±8	96	Normal, 9	Glucose, 2h	UO <sup>4</sup>	20	11	7
1457 Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia) <i>mean of seven studies</i>	89	127	Normal, 12	Bread, 2h	UO <sup>4</sup>	20	11	10
1458 Pop Tarts™, double choc (Kellogg's, Australia)	65±5	94±7	Normal, 10	Glucose, 2h	UO <sup>4</sup>	20	11	7
1458 Pop Tarts™, double choc (Kellogg's, Australia)	70±2	100	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	35	24
<b>Potato crisps</b>								
1459 Potato crisps, plain, salted (Canada)	51±7	73	Normal, 7	Glucose, 2h	33	50	24	12
1460 Potato crisps, plain, salted (Arnott's, Australia)	57	81	Normal, 6	Glucose, 2h	60	50	18	10
1461 Potato crisps (China) <i>mean of three studies</i>	60±2	86	Normal, 10	Glucose, 2h	3	50	20	12
1462 President's Choice® Blue Menu™ Original and Tomato Basil Vegetable Sticks (Loblaw Brands Limited, Canada)	56	80	Normal, 10	Glucose, 2h	3	50	21	12
1462 President's Choice® Blue Menu™ Original and Tomato Basil Vegetable Sticks (Loblaw Brands Limited, Canada)	66±8	94	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	38	25
<b>Pretzels</b>								
1463 Pretzels, oven-baked, traditional wheat flavor (Parker's, Smith's Snack Food Co., Australia)	83±9	119	Normal, 8	Bread, 2h	13	30	20	16
1464 Pretzels, oven-baked, traditional wheat flavor, 97% fat free (Parker's, Smith's Snack Food Co., Australia)	84±6	120	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	24	20
1465 Puffed rice squares (Czech Republic)	77±5	110	Normal, 20	Glucose, 2h	39	30	25	19
1466 Skittles® (Mars Confectionery, Australia)	70±5	100	Normal, 10-12	Bread, 2h	22	50	45	32
<b>Snack bars</b>								
1467 Chewy Chocolate Chip & Marshmallow Granola Bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	78±6	112	Normal, 10	Bread, 2h	UO <sup>5</sup>	26	20	16
1468 Chewy Cranberry Apple Granola Bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	58±5	82	Normal, 10	Bread, 2h	UO <sup>5</sup>	26	20	12
1469 Chocolate Healthies Simple bar, wheat and gluten free (Aussie Bodies Pty. Ltd., Australia)	35±3	50	Normal, 15	Glucose, 2h	UO <sup>6</sup>	50	27	10
1470 Chocolate Raspberry Zing™ bar (Revival Soy®, Physicians Pharmaceuticals, Inc., USA) <sup>7</sup>	47±5	68	Normal, 10	Glucose, 2h	6	50	3	2
1471 CocoaVia™ Chocolate Almond Snack bar (M&M/Mars, USA)	63±7	90	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	27	17
1472 CocoaVia™ Crispy Chocolate Bar (M&M/Mars, USA)	33±5	47	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	25	8
1473 ExtendBar™ Apple Cinnamon Delight Bar (ExtendBar, USA)	33±7	47	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	14	5
1474 ExtendBar™ Chocolate Delight Bar (ExtendBar, USA)	41±6	59	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	17	7
1475 ExtendBar™ Peanut Delight Bar (ExtendBar, USA)	32±5	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	17	5
1476 Granola bar, containing coconut flour (Philippines)	46	65±5	Normal, 10	Bread, 2h	2	50	20	9
1477 Munch Peanut Butter bar (M&M/Mars, USA)	27±5	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	19	5
1478 Oat bar, made from oat flour and bran starch (Canada) <sup>9</sup>	59	85	Normal, 10	Bread, 2h	106	50	24	14
1479 Peanut Butter Chocolate Pal™ bar (Revival Soy®, Physicians Pharmaceuticals, Inc., USA) <sup>8</sup>	52±4	74	Normal, 10	Glucose, 2h	6	50	26	13
1480 60% Whole Wheat Fig Fruit bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	72±6	103	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	36	26
1481 Slimfast® Meal Options bar, rich chocolate brownie (SlimFast Foods Co, West Palm Beach, USA)	64±13	91	Normal, 10	Glucose, 2h	107	50	33	21

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1482 Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)	40±8	57±11	Normal, 10	Bread, 2h	UO <sup>4</sup>	50	29	12
1483 Snack bar, Peanut Butter and Choc-Chip (Con Agra Inc., USA)	37±6	53±9	Normal, 10	Bread, 2h	UO <sup>4</sup>	50	27	10
1484 Trim bar, Chocorama (Aussie Bodies Pty. Ltd., Australia)	31±3	44	Normal, 10	Glucose, 2h	UO <sup>6</sup>	50	14	4
1485 Trim Bar, Mocha flavor (Aussie Bodies Pty. Ltd., Australia)	25±3	36	Normal, 10	Glucose, 2h	UO <sup>6</sup>	50	12	3
<b>Snickers Bar®</b>								
1486 Snickers Bar® (Mars Confectionery, Australia)	41±5	59	Normal, 10-12	Bread, 2h	22	60	36	15
1487 Snickers Bar® (M&M/Mars, USA)	43±4	61	Normal, 10	Glucose, 2h	UO <sup>4</sup>	60	35	15
1488 Snickers Bar® (M&M/Mars, USA) <sup>9</sup> <i>mean of three studies</i>	68 51	97 72	Normal, 12	Bread, 2h	108	60 60	34 35	23 18
<b>Soy Joy Fruit &amp; Soy Bar® (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)</b>								
1489 Apple Soy Joy Bar	19±2	27	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	12	2
1490 Apricot Soy Joy Bar	27±4	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	12	3
1491 Chocolate Orange Soy Joy Bar	41±7	59	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	12	5
1492 Mango Coconut Soy Joy Bar	28±2	40	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	11	3
1493 Plum + Fe Soy Joy Bar	25±3	36	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	12	3
1494 Plum + Folic acid Soy Joy Bar	27±2	39	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	12	3
1495 Raisin Almond Soy Joy Bar	28±4	40	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	12	3
1496 Sanzashi Soy Joy Bar	29±5	41	Normal, 10	Glucose, 2h	UO <sup>4</sup>	30	14	4
1497 Strawberry Soy Joy Bar	33±2	40	Normal, 9	Glucose, 2h	UO <sup>4</sup>	30	13	4
1498 Sunshine™ soy protein chips, lightly salted <sup>8</sup> (Revival Soy®, Physicians Pharmaceuticals, Inc., USA)	87±8	124	Normal, 10	Glucose, 2h	6	50	26	23
1499 Tropical fruit and nut mix (Finest, UK)	49±7	70	Normal, 9	Glucose, 2h	23	50	28	14
1500 Twisties™, cheese-flavored, extruded snack, rice and corn (Smith's Snackfood Co., Australia)	74±5	106	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	29	22
1501 Twix® Cookie Bar, caramel (M&M/Mars, USA)	44±6	63	Normal, 10-12	Bread, 2h	22	60	39	17
1502 Yummies lollies (Allseps Pty. Ltd., Australia)	43±3	61	Normal, 14	Glucose, 2h	UO <sup>6</sup>	15	5	2
<b>SPORTS (ENERGY) BARS</b>								
1503 Clif bar, Chocolate Brownie Energy bar (Clif Bar Inc., Berkeley, USA)	57±6	82	Normal, 10	Glucose, 2h	UO <sup>4</sup>	65	38	22
1504 Performance Chocolate Energy bar (Power Bar, USA)	53±6	76	Normal, 9	Glucose, 2h	UO <sup>4</sup>	65	42	22
<b>Power Bar® (Powerfood Inc., Berkeley, USA)</b>								
1505 Power Bar®, chocolate	58±5	83±7	Normal, 10	Bread, 2h	22	65	42	24
1506 Power Bar®, chocolate <sup>9</sup>	53	75	Normal, 12	Bread, 2h	108	65	42	22
1507 Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA) <sup>9</sup>	39	55	Normal, 12	Bread, 2h	108	65	26	10
<b>SmartZone Nutrition Bar (Hershey's Food Corporation, Hershey, PA, USA)</b>								
1508 SmartZone Chocolate flavor	11±4	16	Normal, 10	Glucose, 2h	107	50	18	2
1509 SmartZone Chocolate flavor	16±3	23	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	21	3
1510 SmartZone Crunchy Blueberry flavor	15±3	21	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	20	3
1511 SmartZone Crunchy Chocolate Brownie flavor	23±5	33	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	18	4
1512 SmartZone Crunchy Chocolate Caramel flavor	16±4	23	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	21	3
1513 SmartZone Crunchy Chocolate Peanut Butter flavor	14±3	20	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	18	3
1514 SmartZone Crunchy Key Lime flavor	14±3	20	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	20	3
1515 SmartZone Peanut Butter flavor	18±2	26	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	18	3
<b>Snickers® Marathon Energy Bar (M&amp;M/Mars, USA)</b>								
1516 Chewy Chocolate Peanut flavor	36±5	51	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	24	9
1517 Cookies & Crème flavor	50±4	72	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	27	14
1518 Multi Grain Crunch flavor	50±4	72	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	28	14
1519 Peanut Butter flavor	34±5	49	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	24	8
<b>Snickers® Marathon Low Carb Lifestyle Energy Bar (M&amp;M/Mars, USA)</b>								
1520 Chocolate Fudge Brownie flavor	20±4	29	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	10	2

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						<i>g</i>	<i>g/serve</i>	
1521 Peanut Butter flavor <b>Snickers® Marathon Nutrition Bar</b> (M&M/Mars, USA)	21±4	30	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	10	2
1522 Dark Chocolate Crunch flavor	49±6	70	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	10	5
1523 Honey & Roasted Almond flavor <b>Snickers® Marathon Protein Performance Bar</b> (M&M/Mars, USA)	41±3	59	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	11	4
1524 Caramel Nut Rush flavor	26±3	37	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	21	6
1525 Chocolate Nut Burst flavor <b>SoLo GI Nutrition Bar (New Era Nutrition Inc,</b> <b>Alberta, Canada)</b>	32±4	46	Normal, 10	Glucose, 2h	UO <sup>4</sup>	50	18	6
1526 SoLo GI Berry Bliss Nutrition bar	29±5	41	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	22	6
1527 SoLo GI Chocolate Charger Nutrition bar	28±2	40	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	22	6
1528 SoLo GI Lemon Lift Nutrition bar	29±5	41	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	22	6
1529 SoLo GI Mint Mania Nutrition bar	23±3	33	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	22	5
1530 SoLo GI Peanut Power Nutrition bar <b>SoLo GI Snack Bar (New Era Nutrition Inc,</b> <b>Alberta, Canada)</b>	27±4	39	Normal, 10	Bread, 2h	UO <sup>5</sup>	50	20	5
1531 SoLo GI Berry Bliss Snack bar	29±5	41	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	11	3
1532 SoLo GI Chocolate Charger Snack bar	28±2	40	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	10	3
1533 SoLo GI Lemon Lift Snack bar	29±5	41	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	11	3
1534 SoLo GI Mint Mania Snack bar	23±3	33	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	10	2
1535 SoLo GI Peanut Power Snack bar	27±4	39	Normal, 10	Bread, 2h	UO <sup>5</sup>	25	10	3
1536 VO2 Max Chocolate Energy bar (M&M/Mars, USA)	49±8	70	Normal, 10-12	Bread, 2h	UO <sup>4</sup>	65	45	22
1537 ZonePerfect Nutrition bar, Double Chocolate flavor (Abbott Laboratories, Abbott Park, USA)	44±7	62	Normal, 10	Glucose, 2h	107	50	19	8
<b>SOUPS</b>								
1538 Barley Vegetable Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	41±3	59	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	28	11
1539 Carrot soup, President's Choice® Blue Menu™ Soupreme (Loblaws Brands Limited, Canada)	35±4	50	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	13	5
1540 Chicken and mushroom soup (UK) <sup>24</sup>	46±6	66	Normal, 10	Glucose, 2h	32	250	18	8
1541 Chicken and mushroom soup (UK) <sup>24</sup>	69±14	99	Normal, 10	Glucose, 2h	32	250	19	13
1542 Chicken & Vegetable with wholegrain pasta, Country Ladle® (Campbell's Soups, Homebush, NSW, Australia) <sup>8</sup>	43±3	61	Normal, 9	Glucose, 2h	UO <sup>4</sup>	250	11	5
1543 Garden vegetable soup with peppers and croutons, SlimFast® (SlimFast Foods Ltd, Slough, Berks, UK)	20±2	29	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	27	5
1544 Indian Lentil Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	62±7	88	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	20	12
1545 Lentil, ready-to-serve, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	57±9	82	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	19	11
<b>Minestrone</b>								
1546 Minestrone, condensed, prepared with water (Campbell's Soup Company, Camden, NJ, USA)	48±6	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	38	18
1547 Minestrone, Traditional, Country Ladle® (Campbell's Soups, Australia) <sup>8</sup>	39±3	56	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	18	7
1548 Minestrone & Pasta Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	54±3	77	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	41	22
<i>mean of three studies</i>	47	67				250	32	15
1549 Mushroom Barley, ready-to-serve, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	45±10	65	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	8	3
1550 Pasta & Fagioli soup, ready-to-serve, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	52±8	75	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	19	10
1551 Pumpkin Soup, creamy, Heinz® Very Special™, with pumpkin, cream, potatoes (Heinz Wattie's Ltd, Australia)	76±7	108	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	18	14

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1552 Spicy Black Bean Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	57±5	81	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	31	18
1553 Spicy Black Bean with Vegetables soup, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	46±5	65	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	27	12
1554 Spicy Thai Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	56±4	81	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	31	17
1555 Tomato soup, condensed, prepared with water (Campbell's Soup Company, Camden, NJ, USA)	52±4	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	250	28	15
1556 Tomato & Herb, President's Choice® Blue Menu™ Supreme (Loblaws Brands Limited, Canada)	47±5	67	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	14	7
1557 Vegetable soup (UK) <sup>24</sup>	60±12	86	Normal, 10	Glucose, 2h	32	250	18	11
1558 Vegetable Couscous Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	57±4	82	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	33	19
1559 Vegetarian Chili Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	36±4	51	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	29	10
1560 Winter Squash, President's Choice® Blue Menu™ Supreme (Loblaws Brands Limited, Canada)	41±4	59	Normal, 10	Bread, 2h	UO <sup>5</sup>	250	13	5
<b>SUGARS AND SYRUPS</b>								
<b>Blue Agave cactus nectar, high-fructose</b>								
1561 Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA) <sup>§</sup>	11±1	16±1	Normal, 9	Bread, 2h	UO <sup>4</sup>	10	8	1
1562 Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA) <sup>§</sup>	10±1	14±1	Normal, 9	Bread, 2h	UO <sup>4</sup>	10	8	1
1563 Premium Agave nectar (Sweet Cactus Farms, USA)	19±4	27	Normal, 9	Glucose, 2h	UO <sup>4</sup>	10	8	2
<i>mean of three studies</i>	13	19				10	8	1
<b>Fructose</b>								
1564 25 g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada) <sup>§</sup>	11	16±5	Normal, 8	Bread, 2h	109	10	10	1
1565 50 g portion (Sweeten Less, Canada)	12	16±6	Normal, 8	Bread, 2h	109	10	10	1
1566 50 g portion (China)	23±1	33	Normal, 10	Glucose, 2h	3	10	10	2
<i>mean of three studies</i>	15	22				10	10	2
<b>Glucose</b>								
1567 50 g portion (dextrose)	96	137	Normal, 16	Bread, 3h	65	10	10	10
1568 50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	96	137±22	Normal, 8	Bread, 2h	109	10	10	10
1569 50 g portion (Canada)	100	143	Normal, 35	Glucose, 2h	33	10	10	10
1570 50 g portion (Glucodin™ glucose tablets, Boots, North Ryde, NSW, Australia)	102±9	146	Normal, 7	Bread, 2h	1	10	10	10
1571 25 g portion (Bio-Health, Canada) <sup>§</sup>	103	147±18	Normal, 8	Bread, 2h	109	10	10	10
1572 50 g portion (dextrose)	111	158	Normal, 6	Wheat, 2h	66	10	10	11
1573 100 g portion (Bio-Health, Canada) <sup>15</sup>	114	163±28	Normal, 8	Bread, 2h	109	10	10	11
<i>mean of seven studies</i>	103±3	147±4				10	10	10
<b>Glucose consumed with American ginseng (Panax quinquefolius L.)</b>								
1574 25 g glucose (Glucodex) 40 min before 3 g dried ginseng <sup>8,27</sup>	76	109	Normal, 10	Glucose, 1.5h	110	10	10	8
<b>Glucose consumed with gum/fiber</b>								
1575 46 g Glucose + 15 g apple and orange fiber extract (FITA, Chatswood, NSW, Australia) (total carbohydrate content of drink = 50 g)	79±3	113	Normal, 10	Glucose, 2h	UO <sup>4</sup>	10	8	6
1576 50 g Glucose + 14.5 g guar gum	62	88	Normal, 10	Glucose, 2h	111	10	10	6
1577 50 g Glucose + 14.5 g oat gum (78% oat β-glucan)	57	82	Normal, 9	Glucose, 2h	111	10	10	6
1578 100 g Glucose + 20 g acacia gum <sup>15,28</sup>	85	121	Normal, 12	Glucose, 2.5h	112	10	10	9
1579 75 g Glucose + 4.24 g salt (Nigeria) <sup>11,14</sup>	86	123	Normal, 10	Glucose, 3h	87	10	10	9
1580 Golden Syrup (Australia)	63±6	90	Normal, 9	Glucose, 2h	UO <sup>4</sup>	25	21	13
<b>Honey</b>								
1581 Yellow box (46% fructose) (Australia) <sup>§</sup>	35±4	50	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	18	6
1582 Stringy Bark (52% fructose) (Australia) <sup>§</sup>	44±4	63	Normal, 9	Glucose, 2h	UO <sup>4</sup>	25	21	9



Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						g	g/serve	
1583 Red Gum (35% fructose) (Australia) <sup>8</sup>	46±3	66	Normal, 9	Glucose, 2h	UO <sup>4</sup>	25	18	8
1584 Iron Bark (34% fructose) (Australia) <sup>8</sup>	48±3	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	15	7
1585 Capilano Premium Honey, blend of eucalypt & floral honeys (Capilano Honey Limited, QLD, Australia)	51±3	74	Normal, 11	Glucose, 2h	UO <sup>4</sup>	25	21	11
1586 Yapunya (42 % fructose) (Australia) <sup>8</sup>	52±5	74	Normal, 9	Glucose, 2h	UO <sup>4</sup>	25	17	9
1587 Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6	83	Normal, 8	Bread, 2h	UO <sup>4</sup>	25	21	12
1588 Leabrook Farms Yellow box honey (Spring Gully Foods Pty Ltd, SA, Australia)	60±4	86	Normal, 11	Glucose, 2h	UO <sup>4</sup>	25	21	13
1589 Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia) <sup>8</sup>	62±3	89	Normal, 9	Glucose, 2h	UO <sup>4</sup>	25	18	11
1590 Salvation Jane (32% fructose) (Australia) <sup>8</sup>	64±5	91	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	15	10
1591 Clover honey, ratio of fructose: glucose, 1.09 (Vazza Farms, Hermiston, OR, USA)	69±8	99	Normal, 12	Glucose, 2h	113	25	21	15
1592 Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia) <sup>8</sup>	72±6	103	Normal, 9	Glucose, 2h	UO <sup>4</sup>	25	13	9
1593 Buckwheat honey, ratio of fructose:glucose, 1.12 (Vazza Farms, USA)	73±6	105	Normal, 11	Glucose, 2h	113	25	21	16
1594 Cotton honey, ratio of fructose:glucose, 1.03 (Gene Brandi Apiaries, Los Banos, CA, USA)	74±7	105	Normal, 11	Glucose, 2h	113	25	22	16
1595 Honey, NS type (China)	74±4	105	Normal, 10	Glucose, 2h	3	25	21	16
1596 Tupelo honey, ratio of fructose:glucose, 1.54 (Tropical Blossom Honey Co, Edgewater, FL, USA)	74±8	106	Normal, 12	Glucose, 2h	113	25	21	16
1597 Honey, NS (Canada) <sup>8</sup>	87±8	124	Normal, 6	Glucose, 2h	33	25	21	18
<i>mean of seventeen types of honey</i>	61±3	88±5				25	19	12
<b>Lactose</b>								
1598 50 g portion (China)	46±1	66	Normal, 10	Glucose, 2h	3	10	10	5
1599 25 g portion (BDH, Poole, UK) <sup>8</sup>	48	68±8	Normal, 10	Bread, 2h	78	10	10	5
<b>Maltose</b>								
1600 50 g portion (Canada)	105±12	150	Normal, 6	Glucose, 2h	33	10	10	11
1601 50 g portion (China)	105±2	150	Normal, 10	Glucose, 2h	3	10	10	11
1602 Maple flavored syrup (Cottee's Foods, Australia)	68±5	97	Normal, 9	Glucose, 2h	UO <sup>4</sup>	25	22	15
1603 Maple syrup, pure Canadian (Queen Foods, Australia)	54±6	77	Normal, 10	Glucose, 2h	UO <sup>4</sup>	25	18	10
<b>Sucrose</b>								
1604 50 g portion (Redpath Sugars, Toronto, Canada)	58	83±15	Normal, 8	Bread, 2h	109	10	10	6
1605 50 g portion (Japan)	60	86	Normal, 16	Glucose, 2h	114	10	10	6
1606 25 g portion (Redpath Sugars, Canada) <sup>8</sup>	60	86±9	Normal, 8	Bread, 2h	109	10	10	6
1607 50 g portion (South Africa)	65±9	93	Normal, 7	Glucose, 2h	36	10	10	7
1608 100 g portion (Redpath Sugars, Canada) <sup>15</sup>	65	94±14	Normal, 8	Bread, 2h	109	10	10	7
1609 50 g portion (China)	84±4	120	Normal, 10	Glucose, 2h	3	10	10	8
<i>mean of six studies</i>	65±4	94±6				10	10	7
<b>VEGETABLES</b>								
1610 Broad beans, frozen, reheated in microwave (Logan Farm Pty Ltd, Australia) <sup>8</sup>	63±9	90	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	5	3
<b>Green peas</b>								
1611 Pea, frozen, boiled (Canada) <sup>8</sup>	51±6	73	Normal, 6	Glucose, 2h	33	80	7	4
1612 Pea, green ( <i>Pisum Sativum</i> ) (India) <sup>14</sup>	54±14	77	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	80	7	4
<b>Pumpkin</b>								
1613 Butternut pumpkin, boiled (Australia) <sup>8</sup>	51±6	73	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	6	3
1614 Pumpkin ( <i>Cucurbita moschata</i> ), peeled, cubed, boiled 30 min (Jamaica)	66±4	94	Normal, 10	Glucose, 2h	81	80	18	12
1615 Pumpkin, boiled in salted water (South Africa)	75±9	107	Normal, 6	Glucose, 2h	36	80	4	3
<i>mean of three studies</i>	64	91				80	9	6
<b>Sweet corn</b>								
1616 Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	53	Normal, 9	Glucose, 2h	29	80	16	6
1617 Sweet corn on the cob, boiled 20 min (Sydney, Australia)	48	69	Normal, 6	Glucose, 2h	60	80	16	8
1618 Sweet corn (China)	55±2	79	Normal, 10	Glucose, 2h	3	80	16	9
1619 Sweet corn, boiled (USA)	60	86	Normal, 16	Bread, 3h	65	80	18	11
1620 Sweet corn (South Africa)	62±5	89	Normal, 7	Glucose, 2h	36	80	18	11
<i>mean of five studies</i>	52±5	75±7				80	17	9

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>Root vegetables</b>								
<b>Carrots</b>								
1621 Carrots, raw, diced (Australia)	35±5	50	Normal, 7	Glucose, 2h	51	80	6	2
1622 Carrots, raw, ground (Australia)	39±1	56	Normal, 7	Glucose, 2h	51	80	6	2
1623 Carrots, peeled, boiled (Sydney, NSW, Australia) <sup>§</sup>	33±5	47	Normal, 8	Glucose, 2h	UO <sup>4</sup>	80	5	2
1624 Carrots, peeled, diced boiled (Sydney, NSW, Australia) <sup>§</sup> <i>mean of four studies</i>	49±2 39±4	70 56±5	Normal, 7	Glucose, 2h	51	80 80	5 6	2 2
1625 Cassava ( <i>Manihot esculenta</i> ), peeled, boiled 30 min, frozen, thawed and reheated for 1 min	94±11	133±16	Normal, 8	Bread, 2h	115	120	38	36
1626 Parsnips, peeled, boiled (Australia) <sup>§</sup>	52±5	74	Normal, 10	Glucose, 2h	UO <sup>4</sup>	80	8	4
<b>Potato</b>								
<b>Baked potato</b>								
1627 Potato, white with skin, baked (UK)	69±5	99	Normal, 10	Glucose, 2h	14	150	27	19
1628 Irish potato ( <i>Solanum tuberosum</i> ), peeled, baked 45 min (Jamaica)	83±6	119	Normal, 10	Glucose, 2h	81	150	30	25
1629 Pontiac, peeled and baked (Australia)	93±11	133±15	Normal, 10	Bread, 2h	116	150	18	17
1630 Potato, white without skin, baked (UK) <i>mean of four foods</i>	98±8 86±6	140 123±9	Normal, 10	Glucose, 2h	14	150 150	27 26	26 22
<b>Baked, Russet Burbank potatoes</b>								
1631 Russet, baked without fat (USA)	111	158	Normal, 16	Bread, 3h	65	150	30	33
<b>Boiled potato</b>								
1632 Asterix, peeled, boiled 30 min (Sweden)	78	111±14	Normal, 14	Bread, 2h	117	150	26	20
1633 Asterix, peeled, boiled 30 min, served with 15.4 g sunflower oil (Ica Handlarna, Solna, Sweden)	92	131±15	Normal, 14	Bread, 2h	117	150	26	24
1634 Charlotte, peeled, quartered, boiled 15 min (UK)	66±5	94	Normal, 10	Glucose, 2h	118	150	23	15
1635 Charlotte, boiled (UK)	81±11	116	Normal, 10	Glucose, 2h	14	150	23	19
1636 Desiree, peeled, boiled 35 min (Australia)	101±15	144±22	Normal, 10	Bread, 2h	116	150	17	17
1637 Estima, peeled, quartered, boiled 15 min (UK)	66±5	94	Normal, 10	Glucose, 2h	118	150	26	17
1638 Irish potato ( <i>Solanum tuberosum</i> ), peeled, cubed, boiled 30 min (Jamaica)	59±4	84	Normal, 10	Glucose, 2h	81	150	32	19
1639 King Edward potato, peeled, quartered, boiled 15 min in unsalted water (UK)	75±10	107	Normal, 10	Glucose, 2h	118	150	28	21
1640 Marfona potato, peeled, quartered, boiled 15 min in unsalted water (UK)	56±3	80	Normal, 10	Glucose, 2h	118	150	32	18
1641 Maris Piper potato, peeled, quartered, boiled 15 min in unsalted water (UK)	85±4	122	Normal, 10	Glucose, 2h	118	150	29	25
1642 Nicola potato, peeled, quartered, boiled 15 min (UK)	59±7	84	Normal, 10	Glucose, 2h	118	150	16	9
1643 Nicola potato, unpeeled, boiled whole for 15 min (Australia)	58±3	83	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	16	9
1644 Pontiac, peeled, boiled whole for 30 min (Australia)	56	80	Normal, 6	Glucose, 2h	60	150	26	14
1645 Pontiac, peeled, boiled 35 min (Australia)	88±9	125±13	Normal, 10	Bread, 2h	116	150	18	16
1646 Sava, peeled, boiled 21-30 min (Sweden)	118	168±31	Normal, 13	Bread, 2h	119	150	20	24
1647 Sebago, peeled, boiled 35 min (Australia)	87±7	124±10	Normal, 10	Bread, 2h	116	150	17	14
<b>Boiled/cooked, white/Type NS</b>								
1648 Type NS, boiled (China)	66±1	95	Normal, 10	Glucose, 2h	3	150	19	13
1649 Type NS, boiled in salted water (India)	76	108	Normal, 9	Bread, 3h	67	150	34	26
1650 Red potatoes, boiled with skin on in salted water for 12 min (Canada)	89±7	126±10	Normal, 12	Bread, 2h	120	150	21	19
1651 Potato, white, boiled (UK) <i>mean of four studies</i>	96±10 82±7	137 117±9	Normal, 10	Glucose, 2h	14	150 150	26 25	24 21
<b>Boiled potato cooked then cooled</b>								
1652 Sava, peeled, boiled 21-30 min, refrigerated 24 h, consumed cold (Sweden)	88	125±17	Normal, 13	Bread, 2h	120	150	20	18
1653 Sava, peeled, boiled 21-30 min, refrigerated 24 h, consumed cold with white vinegar (28 g) and olive oil (8 g) (Sweden)	67	96±15	Normal, 13	Bread, 2h	119	150	20	13
1654 Type NS, boiled in salted water, refrigerated, reheated (India)	23	33	Normal, 9	Bread, 3h	67	150	34	8
1655 Potato, red, cubed, boiled in salted water 12 min, stored overnight in refrigerator, consumed cold (Canada)	56±5	79±7	Normal, 12	Bread, 2h	120	150	21	12

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
<b>Canned potatoes</b>								
1656 New, canned, heated in microwave 3 min (Mint Tiny Taters™, Edgell's™ brand, Cheltenham, Australia)	65±9	93±13	Normal, 10	Bread, 2h	116	150	18	12
<b>French Fries</b>								
1657 French fries (Ica Handlama, Solna, Sweden), baked at 250°C for 9 min	54	77±10	Normal, 14	Bread, 2h	117	150	29	16
1658 French Fries, baked 15 min (OreIda Golden Fries, H.J. Heinz Co, Pittsburgh, PA, USA)	64±6	90±7	Normal, 12	Bread, 2h	120	150	32	21
1659 Irish potato ( <i>Solanum tuberosum</i> ), peeled, fried in vegetable oil (Jamaica)	70±6	100	Normal, 10	Glucose, 2h	81	150	30	21
<b>Instant Mashed potato</b>								
1660 Instant (Idahoan Foods, Lewisville, ID, USA)	79±7	113	Normal, 12	Glucose, 2h	27	150	20	16
1661 Instant (Canada)	80±13	114	Normal, 8	Glucose, 2h	33	150	20	16
1662 Instant (Edgell's Potato Whip, Edgell's, Australia)	86	123	Normal, 6	Glucose, 2h	60	150	20	17
1663 Instant (Idahoan Foods, Lewisville, ID, USA)	88±8	124±11	Normal, 12	Bread, 2h	120	150	20	18
1664 Instant (Idahoan Foods, Lewisville, ID, USA), prepared with water	92±4	131	Normal, 47	Glucose, 2h	34	150	20	18
1665 Instant (Idahoan Foods, Lewisville, ID, USA) <i>mean of six studies</i>	97±6 87±3	139 124±4	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150 150	20 20	19 17
<b>Instant mashed potato consumed with added fat</b>								
1666 Mashed potato, instant (Farmland, Australia) consumed with 30 g Sunola oil (80% MUFA oil)	71±10	102	Normal, 10	Glucose, 2h	121	150	24	17
1667 Mashed potato, instant (Farmland, Australia) consumed with 36.5 g butter (69% saturated fat)	74±10	106	Normal, 10	Glucose, 2h	121	150	24	18
1668 Mashed potato, instant (Farmland, Australia) consumed with 30 g sunflower oil (64% PUFA oil)	68±8	97	Normal, 10	Glucose, 2h	121	150	24	17
<b>Mashed potato</b>								
1669 Type NS (South Africa)	71±10	101	Normal, 7	Glucose, 2h	36	150	20	14
1670 Type NS (China)	73±3	104	Normal, 10	Glucose, 2h	3	150	20	15
1671 Type NS (France) <i>mean of three studies</i>	83 76	118±12 108	Normal, 12	Bread, 3h	102	150 150	20 20	17 15
1672 Desiree potato, mashed (UK)	102±13	146	Normal, 10	Glucose, 2h	14	150	26	26
1673 Pontiac, peeled, cubed, boiled 15 min, mashed (Australia)	91±9	130±13	Normal, 10	Bread, 2h	116	150	20	18
<b>Microwaved potato</b>								
1674 Estima, microwaved 6 min then baked 10 min (UK)	93±8	133	Normal, 10	Glucose, 2h	41	150	26	24
1675 Pontiac, peeled and microwave on high for 6-7.5 min (Australia)	79±9	112±13	Normal, 10	Bread, 2h	116	150	18	14
1676 Prince Edward Island white potato, cooked in microwave for 18 min (Canada)	73±5	103±6	Normal, 12	Bread, 2h	120	150	20	15
1677 Russet Burbank potato, unpeeled, cooked in microwave for 18 min (Canada)	77±9	108±12	Normal, 12	Bread, 2h	120	150	25	19
<b>New Potato</b>								
1678 New (Canada)	70±8	100	Normal, 8	Glucose, 2h	33	150	21	12
1679 New, unpeeled and boiled 20 min (Australia)	78±12	112±17	Normal, 10	Bread, 2h	116	150	21	16
1680 New potato, boiled (UK) <i>mean of three studies</i>	80±15 76	114 109	Normal, 10	Glucose, 2h	14	150 150	23 22	18 16
<b>Steamed potato</b>								
1681 Potato, NS type, steamed (China)	62±2	89	Normal, 10	Glucose, 2h	3	150	19	12
1682 Potato ( <i>Solanum Tuberosum</i> ), peeled, steamed 1 h (India) <sup>14</sup>	65±11	93	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	150	27	18
1683 California white potatoes, cubed, roasted in soybean oil (Canada)	72±8	102±12	Normal, 12	Bread, 2h	120	150	20	14
<b>Sweet potato, cooked</b>								
1684 Sweet potato ( <i>Ipomoea batatas</i> ), boiled (Australia)	44	63	Normal, 7	Potato <sup>26</sup> , 3h	82	150	25	11
1685 Sweet potato ( <i>Ipomoea batatas</i> ), peeled, cubed, boiled 30 min (Jamaica)	46±5	66	Normal, 10	Glucose, 2h	81	150	32	15
1686 Sweet potato, orange flesh, peeled, cut into pieces, boiled for 8 min (Australia) (2006)	61±6	87	Normal, 10	Glucose, 2h	UO <sup>4</sup>	150	18	11
1687 Sweet potato, kumara (New Zealand)	77±12	110	Normal, 9	Glucose, 2h	29	150	25	19

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1688 Sweet potato ( <i>Ipomoea batatas</i> ), peeled, baked 45 min (Jamaica)	94±8	134	Normal, 10	Glucose, 2h	81	150	45	42
1689 Sweet potato ( <i>Ipomoea batatas</i> ), peeled, fried in vegetable oil (Jamaica)	76±7	109	Normal, 10	Glucose, 2h	81	150	45	34
1690 Sweet potato ( <i>Ipomoea batatas</i> ), peeled, roasted on preheated charcoal (Jamaica)	82±5	117	Normal, 10	Glucose, 2h	81	150	45	37
1691 Sweet potato, orange (China)	77±4	110	Normal, 8	Glucose, 2h	3	150	21	16
1692 Sweet potato, purple skin white flesh, peeled, cut into pieces, boiled for 8 min (Australia) (2006) mean of nine studies	75±5	107	Normal, 9	Glucose, 2h	UO <sup>4</sup>	150	29	22
<b>Tapioca</b>	70±6	100±8				150	32	22
1693 Tapioca ( <i>Manihot Utilissima</i> ), steamed 1 h (India) <sup>14</sup>	70±10	100	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	250	18	12
<b>Taro</b>								
1694 Taro (China)	48±5	68	Normal, 7	Glucose, 2h	3	150	8	4
1695 Taro ( <i>Colocasia esculenta</i> ) peeled, boiled (Australia)	54	77	Normal, 7	Potato <sup>26</sup> , 3h	82	150	8	4
1696 Taro, peeled, boiled (New Zealand) mean of three studies	56±12	80	Normal, 9	Glucose, 2h	29	150	8	4
<b>Yam</b>	53	75				150	8	4
1697 Yam, peeled, boiled (New Zealand)	35±5	50	Normal, 14	Glucose, 2h	29	150	36	13
1698 Yam (China)	54±2	77	Normal, 10	Glucose, 2h	3	150	36	19
1699 Yam, steamed (China)	51±4	73	Normal, 10	Glucose, 2h	3	150	36	18
1700 Yam ( <i>Dioscorea spp.</i> ), boiled (Nigeria) <sup>11, 14</sup> mean of four studies	74	106	Normal, 10	Glucose, 3h	87	150	38	28
	54±8	77±11				150	37	20
1701 Yam ( <i>Dioscorea spp.</i> ), boiled, consumed with 4.24 g salt (Nigeria) <sup>11, 14</sup>	74	106	Normal, 10	Glucose, 3h	87	150	38	28
1702 Coco yam ( <i>Xanthosoma spp.</i> ), peeled, cubed, boiled 30 min (Jamaica)	61±5	87	Normal, 10	Glucose, 2h	81	150	46	28
<b>Yam, Lucea (<i>Dioscorea rotundata</i>)</b>								
1703 Lucea Yam, peeled, cubed, boiled 30 (Jamaica)	74±7	106	Normal, 10	Glucose, 2h	81	150	27	20
1704 Lucea Yam, peeled, roasted on preheated charcoal (Jamaica)	77±5	110	Normal, 10	Glucose, 2h	81	150	38	29
<b>Yam, Negro (<i>Dioscorea rotundata</i>)</b>								
1705 Negro yam, peeled, cubed, boiled 30 min (Jamaica)	73±4	105	Normal, 10	Glucose, 2h	81	150	32	23
1706 Negro yam, peeled, roasted on preheated charcoal (Jamaica)	73±6	104	Normal, 10	Glucose, 2h	81	150	39	28
<b>Yam, Round leaf yellow (<i>Dioscorea cayenensis</i>)</b>								
1707 Round leaf yellow yam, peeled, cubed, boiled 30 min (Jamaica)	68±3	97	Normal, 10	Glucose, 2h	81	150	34	23
1708 Round leaf yellow yam, peeled, roasted on preheated charcoal (Jamaica)	80±7	114	Normal, 10	Glucose, 2h	81	150	40	32
<b>Yam, Sweet (<i>Dioscorea alata</i>)</b>								
1709 Sweet yam, peeled, cubed, boiled 30 min (Jamaica)	79±4	113	Normal, 10	Glucose, 2h	81	150	25	20
1710 Sweet yam, peeled, roasted on preheated charcoal (Jamaica)	82±7	117	Normal, 10	Glucose, 2h	81	150	39	32
<b>Yam, White (<i>Dioscorea alata</i>)</b>								
1711 White yam, peeled, cubed, boiled 30 min (Jamaica)	75±6	107	Normal, 10	Glucose, 2h	81	150	31	24
1712 White yam, peeled, roasted on preheated charcoal (Jamaica)	80±6	114	Normal, 10	Glucose, 2h	81	150	35	28
<b>INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS</b>								
<b>AFRICAN</b>								
1713 Brown beans (South Africa)	24±8	34	Normal, 7	Glucose, 2h	36	50 (dry)	25	6
1714 FooFoo corn ( <i>Zea mays</i> ) and ndole (vegetable soup) <sup>14</sup> (Cameroon)	34	49	Normal, 10	Glucose, 3h	122	-	-	-
1715 Ga kenkey, prepared from fermented cornmeal ( <i>Zea mays</i> ) eaten with fish, tomato and onion sauce (Ghana)	12±1	17	Normal, 10	Glucose, 2h <sup>29</sup>	123	150	13	7
1716 Gari, roasted cassava dough ( <i>Manihot utilissima</i> ) eaten with fish, tomato and onion sauce (Ghana)	56±3	80	Normal, 10	Glucose, 2h <sup>29</sup>	123	100	27	15

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1717 Gram dhal soaked overnight, cooked in salted water (South Africa)	5±3	7	Normal, 7	Glucose, 2h	36	50 (dry)	29	1
1718 Kidney bean ( <i>Phaseolus vulgaris</i> ) stew and plantain <sup>14</sup> ( <i>Musa paradisiaca</i> ) (Cameroon)	48	69	Normal, 10	Glucose, 3h	122	-	-	-
1719 Koki beans ( <i>Phaseolus vulgaris</i> ) and cassava <sup>14</sup> ( <i>Manihot esculenta</i> ) (Cameroon)	52	74	Normal, 10	Glucose, 3h	122	-	-	-
1720 Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa)	71±6	101	Normal, 8	Glucose, 2h	36	50 (dry)	36	25
1721 Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa)	74±7	106	Normal, 8	Glucose, 2h	36	50 (dry)	40	30
1722 M'fino/Morogo, wild greens (South Africa)	68±8	97	Normal, 6	Glucose, 2h	36	120	50	34
1723 Rice ( <i>Oryza sativa</i> ) and tomato soup (Cameroon) <sup>14</sup>	46	66	Normal, 10	Glucose, 3h	122	-	-	-
1724 Unripe plantain ( <i>Musa paradisiaca</i> ) eaten with fish, tomato and onion sauce (Ghana)	40±4	57	Normal, 10	Glucose, 2h <sup>29</sup>	123	120 (raw)	34	13
1725 White rice ( <i>Oryza sativa</i> ), boiled, eaten with fish, tomato and onion sauce (Ghana)	34±3	49	Normal, 10	Glucose, 2h <sup>29</sup>	123	150	42	14
1726 Yam ( <i>Dioscorea</i> species) eaten with fish, tomato and onion sauce (Ghana)	66	94	Normal, 10	Glucose, 2h <sup>29</sup>	123	150	36	24
1727 Yam ( <i>Dioscorea</i> species) and groundnut <sup>14</sup> ( <i>Arachis hypogaea</i> ) soup (Cameroon)	50	71	Normal, 10	Glucose, 3h	122	-	-	-
<b>ARABIC AND TURKISH</b>								
1728 Dates, Khalas (Rutab, soft early ripened) (90 g), eaten with full-fat plain yoghurt (125 g) (United Arab Emirates)	37±5	53	Normal, 9	Glucose, 2h	84	215	50	19
1729 Dates, Khalas (Tamer, dark brown commercial) (60 g), eaten with full-fat plain yoghurt (125 g) (United Arab Emirates)	29±4	41	Normal, 8	Glucose, 2h	84	185	50	15
1730 Hummus (chickpea salad dip)	6±4	9	Normal, 12	Glucose, 2h	124	30	5	0
1731 Lebanese bread (white, unleaved), hummus, falafel and tabbouleh	86±12	123	Normal, 8	Glucose, 2h	90	120	45	39
1732 Stuffed grapevine leaves (rice and lamb stuffing with tomato sauce)	30±11	43	Normal, 12	Glucose, 2h	124	100	15	5
<b>ASIAN</b>								
1733 Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)	86±8	123	Normal, 11	Glucose, 2h	77	150	43	37
1734 Butter rice, warm white rice and butter (Japan)	79	113	Normal, 10	Rice <sup>13</sup> , 2h	38	150	51	40
1735 Curry rice (Japan)	67	96	Normal, 10	Rice <sup>13</sup> , 2h	38	150	61	41
1736 Curry rice with cheese (Japan)	55	79	Normal, 10	Rice <sup>13</sup> , 2h	38	150	49	27
1737 Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan)	65	93	Normal, 9	Rice <sup>13</sup> , 2h	38	100	41	27
1738 Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)	94±6	140	Normal, 11	Glucose, 2h	77	150	32	31
1739 Glutinous rice, type NS (Esubi Shokuhin, Japan)	86	123	Normal, 6	Rice <sup>13</sup> , 2h	38	150	65	56
1740 Glutinous rice ball with cut glutinous cake (mochi) (Japan)	48	69	Normal, 9	Rice <sup>13</sup> , 2h	38	75	28	13
1741 Glutinous rice cake with dried sea algae (Japan)	83	119	Normal, 8	Rice <sup>13</sup> , 2h	38	75	39	32
1742 Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	156	Normal, 12	Glucose, 2h	77	150	42	46
1743 Lotus root powder (China)	33±6	47	Normal, 8	Glucose, 2h	3	15	9	3
1744 Low-protein white rice with dried sea algae (Japan)	70	100	Normal, 10	Rice <sup>13</sup> , 2h	38	150	60	42
1745 Lychee, canned in syrup, drained (Narcissus brand, China)	79±8	113	Normal, 12	Glucose, 2h	77	120	20	16
1746 Mung bean noodles, dried, boiled (China)	39±9	56	Normal, 12	Glucose, 2h	77	180	45	18
1747 Non-glutaminous rice flour, served warm with drink (Yamato Nousan, Japan)	68	97	Normal, 8	Rice <sup>13</sup> , 2h	38	100	50	34
1748 Rice cracker, plain (Sakada, Japan)	91	130	Normal, 10	Rice <sup>13</sup> , 2h	38	30	25	23
1749 Rice gruel with dried algae (Satou Co Ltd., Japan)	81	116	Normal, 10	Rice <sup>13</sup> , 2h	38	250	19	15
1750 Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	87	Normal, 12	Glucose, 2h	77	180	39	23
1751 Rice noodles, fresh, boiled (Sydney, NSW, Australia)	40±4	57	Normal, 12	Glucose, 2h	77	180	39	15

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate	GL <sup>3</sup> per serve
						g	g/serve	
1752 Roasted rice ball (Satou Co Ltd., Japan)	77	110	Normal, 9	Rice <sup>13</sup> , 2h	38	75	27	21
1753 Salted rice ball (Satou Co Ltd., Japan)	80	114	Normal, 7	Rice <sup>13</sup> , 2h	38	75	26	21
1754 Soba noodles, instant, reheated in hot water, served with soup (Japan)	46	66	Normal, 9	Rice <sup>13</sup> , 2h	38	180	49	22
1755 Sushi, salmon ('I Love Sushi', Sydney, Australia) <sup>8</sup>	48±8	69	Normal, 10	Glucose, 2h	UO <sup>4</sup>	100	36	17
1756 Sushi, roasted sea algae, vinegar and rice (Japan)	55	79	Normal, 9	Rice <sup>13</sup> , 2h	38	100	37	20
1757 Udon noodles, fresh, reheated (Fantastic brand, Windsor Gardens, SA, Australia) <sup>8</sup>	62±8	89	Normal, 10	Glucose, 2h	UO <sup>4</sup>	180	48	30
1758 Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48	69	Normal, 9	Rice <sup>13</sup> , 2h	38	180	47	23
1759 White rice, dried sea algae and milk, eaten together (Japan)	57	81	Normal, 7	Rice <sup>13</sup> , 2h	38	300	47	27
1760 White rice, dried sea algae and milk (milk eaten before rice) (Japan)	56	80	Normal, 9	Rice <sup>13</sup> , 2h	38	300	47	26
1761 White rice, dried sea algae and milk (milk eaten after rice) (Japan)	55	79	Normal, 9	Rice <sup>13</sup> , 2h	38	300	47	26
<i>mean of three types</i>	56	80				300	47	26
1762 White rice with dried fish strip (okaka) (Japan)	79	113	Normal, 6	Rice <sup>13</sup> , 2h	38	150	50	40
1763 White rice with fermented soybean (natto) (Japan)	56	80	Normal, 10	Rice <sup>13</sup> , 2h	38	150	43	24
1764 White rice with instant miso soup (soybean paste soup) (Japan)	61	87	Normal, 10	Rice <sup>13</sup> , 2h	38	150	47	29
1765 White rice with low-fat milk (Japan)	69	99	Normal, 9	Rice <sup>13</sup> , 2h	38	300	47	32
1766 White rice and non-sugar yoghurt (yoghurt eaten before rice) (Japan)	59	84	Normal, 10	Rice <sup>13</sup> , 2h	38	150	32	19
1767 White rice and non-sugar yoghurt eaten together (Japan)	58	83	Normal, 10	Rice <sup>13</sup> , 2h	38	150	32	19
1768 White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan)	63	90	Normal, 9	Rice <sup>13</sup> , 2h	38	150	43	27
1769 White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan)	61	87	Normal, 11	Rice <sup>13</sup> , 2h	38	150	43	26
1770 White rice topped with raw egg and soy sauce (Japan)	72	103	Normal, 6	Rice <sup>13</sup> , 2h	38	150	36	26
1771 White rice with roasted ground soybean (Japan)	56	80	Normal, 9	Rice <sup>13</sup> , 2h	38	150	51	29
1772 White rice with salted dried plum (umeboshi) (Japan)	80	114	Normal, 10	Rice <sup>13</sup> , 2h	38	150	49	39
1773 White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77	110	Normal, 7	Rice <sup>13</sup> , 2h	38	150	51	39
<b>ASIAN INDIAN</b>								
1774 Bajra ( <i>Pennisetum typhoides</i> ), eaten as roasted bread made from bajra flour	49	70	Normal, 18	Bread, 3h	64	75 (dry)	50	25
1775 Banana, ( <i>Musa sapientum</i> ), Nendra variety, unripe, steamed 1 h <sup>14</sup>	70±11	100	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	120	45	31
1776 Barley ( <i>Hordeum vulgare</i> )	48	69	Normal, 8	Bread, 3h	64	150	37	16
1777 Bengal gram dhal, chickpea	11	16	Normal, 6	Glucose, 2h	66	150	36	4
1778 Black gram, ( <i>Phaseolus mungo</i> ) soaked 12 h, stored moist 24 h, steamed 1 h <sup>14</sup>	43±10	61	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	150	18	8
<b>Chapatti</b>								
1779 Chapatti, bajra	49	70	Normal, 18	Bread, 3h	64	-	-	-
1780 Chapatti, barley	48	69	Normal, 18	Bread, 3h	64	-	-	-
1781 Chapatti, maize ( <i>Zea mays</i> )	59	85	Normal, 18	Bread, 3h	64	-	-	-
1782 Chapatti, flour from malted wheat, moth bean ( <i>Phaseolus aconitifolius</i> ) and bengal gram ( <i>Cicer arietinum</i> )	66±9	94	Normal, 7	Glucose, 2h	125	60	38	25
1783 Chapatti, flour made from popped wheat, moth bean and bengal gram	40±8	58	Normal, 7	Glucose, 2h	125	60	36	14
1784 Chapatti, flour from roller dried wheat, moth bean and bengal gram	60±9	85	Normal, 7	Glucose, 2h	125	60	38	23
1785 Chapatti, wheat flour, thin, with green gram ( <i>Phaseolus aureus</i> ) dhal	44±3	63	Normal, 11	Glucose, 2h	126	200	50	22
<b>Cheela (thin savoury pancake made from legume flour batter)</b>								
1786 Cheela, bengal gram ( <i>Cicer arietinum</i> )	42±1	60	Normal, 15	Glucose, 2h <sup>29</sup>	127	150	28	12

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1787 Cheela, bengal gram ( <i>Cicer arietinum</i> ), fermented batter	36±1	51	Normal, 15	Glucose, 2h <sup>29</sup>	127	150	28	10
1788 Cheela, green gram ( <i>Phaseolus aureus</i> )	45±1	64	Normal, 15	Glucose, 2h <sup>29</sup>	127	150	26	12
1789 Cheela, green gram ( <i>Phaseolus aureus</i> ), fermented batter	38±1	54	Normal, 15	Glucose, 2h <sup>29</sup>	127	150	26	10
1790 Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	55±2	79	Normal, 6	Glucose, 2h	126	150	39	22
1791 Green gram, ( <i>Phaseolus aureus</i> ), soaked 12 h, stored moist 24 h, steamed 1 h <sup>14</sup>	38±14	54	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	150	17	6
1792 Horse gram, ( <i>Dolichos biflorus</i> ) soaked 12 h, stored moist 24 h, steamed 1 h <sup>14</sup>	51±11	73	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	150	29	15
1793 Idli (parboiled and raw rice with black dhal, soaked, ground, fermented, steamed) with chutney	60±2	86	Normal, 11	Glucose, 2h	126	250	52	31
1794 Lentil and cauliflower curry with rice (Australia)	60±10	86	Normal, 8	Glucose, 2h	90	360	51	31
1795 Millet/Ragi, ( <i>Eleusine coracana</i> ), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h <sup>14</sup>	68±10	97	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	150	34	23
1796 Pongal (rice and roasted green gram dhal, pressure cooked)	45±2	64	Normal, 8	Glucose, 2h	126	250	52	35
1797 Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	57±1	81	Normal, 8	Glucose, 2h	126	150	41	28
1798 Porridge, made from scoured wheat, consumed with Bengal gram, green gram and black gram	39	55±9	Normal, 8	Bread, 2.5h	128	100	60	23
1799 Porridge, made from decorticated finger millet, eaten with Bengal gram, green gram and black gram	65	93±7	Normal, 8	Bread, 2.5h	128	100	67	44
1800 Porridge, made from popped rice (aralu), consumed with Bengal gram, green gram and black gram	76	109±8	Normal, 8	Bread, 2.5h	128	100	68	52
1801 Porridge, made from expanded rice (puri), consumed with Bengal gram, green gram and black gram	74	105±6	Normal, 8	Bread, 2.5h	128	100	63	47
1802 Rajmah, <i>Phaseolus vulgaris</i> (India)	19	27	Normal, 6	Glucose, 2h	66	150	30	6
1803 Tapioca ( <i>Manihot utilissima</i> ), steamed 1h <sup>14</sup>	70±10	100	Normal, 12-15	Glucose, 3h <sup>20</sup>	75	250	18	12
1804 Upittu (roasted semolina and onions, cooked in water)	69±4	99	Normal, 11	Glucose, 2h	126	150	42	28
<b>AUSTRALIAN ABORIGINAL</b>								
1805 <i>Acacia aneura</i> (mulga seed) roasted, wet ground to paste <sup>8</sup>	8	11	Normal, 7	Potato <sup>26</sup> , 3h	82	50	17	1
1806 <i>Acacia coriacea</i> , desert oat seed bread <sup>8</sup>	46	66	Normal, 6	Bread, 3h	82	75	24	11
1807 <i>Araucaria bidwillii</i> (bunya tree nut), baked 10 min <sup>8</sup>	47	67	Normal, 7	Potato <sup>26</sup> , 3h	82	50	16	7
1808 Bush honey, sugar bag <sup>8</sup>	43	61	Normal, 7	Potato <sup>26</sup> , 3h	82	30	25	11
1809 <i>Castanospermum austral</i> (blackbean seed), sliced, soaked 1 wk, pounded and baked <sup>8</sup>	8	11	Normal, 7	Potato <sup>26</sup> , 3h	82	50	9	1
1810 <i>Dioscorea bulbifera</i> (cheeky yam), peeled, sliced, soaked 2 d, baked 15 min <sup>8</sup>	34	49	Normal, 7	Potato <sup>26</sup> , 3h	82	150	36	12
1811 <i>Macrozamia communis</i> (cycad palm seed), sliced, soaked 1 wk, pounded, baked <sup>8</sup>	40±2	57	Normal, 7	Glucose, 2h	51	50	25	10
<b>PACIFIC ISLANDERS</b>								
1812 Breadfruit ( <i>Artocarpus altilis</i> ) (Australia) <sup>8</sup> <b>Banana/plantain, green</b>	68	97	Normal, 7	Potato <sup>26</sup> , 3h	82	120	27	18
1813 Green banana, boiled (New Zealand)	38±10	54	Normal, 8	Glucose, 2h	29	120	21	8
1814 Plantain ( <i>Musa AAB</i> ) (Fiji)	68±6	97	Normal, 8	Glucose, 2h	5	120	31	21
1815 Roti/chappati (Fiji)	59±5	85	Normal, 8	Glucose, 2h	5	60	27	16
<b>Sweet Potato</b>								
1816 Sweet potato ( <i>Ipomoea batatas</i> ) (Australia)	44	63	Normal, 7	Potato <sup>26</sup> , 3h	82	150	25	11
1817 Sweet potato, kumara (New Zealand)	77±12	110	Normal, 9	Glucose, 2h	29	150	25	19
1818 Tannia ( <i>Xanthosoma sagittifolium</i> ) (Fiji)	63±5	90	Normal, 8	Glucose, 2h	5	150	36	23
<b>Taro</b>								
1819 Taro ( <i>Colocasia esculenta</i> ) peeled, boiled (Australia)	54	77	Normal, 7	Potato <sup>26</sup> , 3h	82	150	8	4
1820 Taro, peeled, boiled (New Zealand)	56±12	80	Normal, 9	Glucose, 2h	29	150	8	4
1821 Yam, peeled, boiled (New Zealand)	35±5	50	Normal, 14	Glucose, 2h	29	150	36	13
<b>PIMA INDIAN</b>								
1822 Acorns ( <i>Quercus emoryi</i> ), stewed with venison <sup>8</sup>	16±1	23	Normal, 8	Glucose, 2h	129	100	6	1
1823 Cactus jam ( <i>Stenocereus thurberi</i> )	91	130±19	Normal, 8	Bread, 2h	130	30	20	18

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1824 Corn hominy ( <i>Zea mays</i> ) <sup>8</sup>	40±5	57	Normal, 8	Glucose, 2h	129	150	30	12
1825 Fruit Leather ( <i>Stenocereus thurberi</i> )	70	100±19	Normal, 8	Bread, 2h	130	30	24	17
1826 Lima beans broth ( <i>Phaseolus lunatus</i> ) <sup>8</sup>	36±3	51	Normal, 8	Glucose, 2h	129	250	32	12
1827 Tortilla ( <i>Zea mays</i> and <i>Oleña tesota</i> )	38	54±9	Normal, 8	Bread, 2h	130	60	25	9
1828 White teparies broth ( <i>Phaseolus acutifolius</i> ) <sup>8</sup>	31±3	44	Normal, 8	Glucose, 2h	129	250	32	10
1829 Yellow teparies broth ( <i>Phaseolus acutifolius</i> ) <sup>8</sup>	29±3	41	Normal, 8	Glucose, 2h	129	250	26	8
<b>SOUTH AMERICAN</b>								
1830 Arepa, corn bread cake, made with corn flour (Mexico) <sup>14</sup>	72	102	Normal, 6	Glucose, 4h <sup>30</sup>	131	100	43	31
1831 Arepa, made from ordinary dehulled dent corn flour <sup>12,31</sup> (25% amylose)	81	116	Normal, 9	Arepa <sup>32</sup> , 2h	132	100	43	35
1832 Arepa, made from dehulled high-amylose (70%) corn flour <sup>12,31</sup>	44	63	Normal, 9	Arepa <sup>32</sup> , 2h	132	100	25	11
1833 Arepa, made from white corn meal flour (Venezuela)	54	77±3	Normal, 10	Bread, 2h	133	100	35	19
1834 Arepa, made from white corn meal flour, supplemented with 20% stabilised rice bran (Venezuela)	60	86±4	Normal, 10	Bread, 2h	133	100	32	19
1835 Corn tortilla (Mexico)	52	74±7	Normal, 8	Bread, 3.5h	134	50	24	12
1836 Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexico)	39	56±8	Normal, 8	Bread, 3.5h	134	100	23	9
1837 Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexico)	78	111±12	Normal, 8	Bread, 3.5h	134	100	15	11
1838 Ground beef served with rice and an orange (Chile)	31±9	45	Normal, 10	Bread, 2h	135	300	76	24
1839 Lentil soup, pureed consumed with an orange (Chile)	49±9	70	Normal, 10	Bread, 2h	135	300	32	16
1840 Pinhao, Brazilian Parana Pine seeds ( <i>Araucaria angustifolia</i> ) with coat, cooked for 1.5 h in 1 L of water (Brazil)	47	67±2	Normal, 6	Bread, 2h	136	50	18	8
1841 Pinhao, without coat, cooked for 1h in 1L of water (Brazil)	43	62±1	Normal, 6	Bread, 2h	136	50	18	8
1842 Pinto beans, boiled in salted water (Mexico)	14	19±3	Normal, 8	Bread, 3.5h	134	150	25	4
1843 Spaghetti served with beef tomato sauce and an orange (Chile)	42±7	60	Normal, 10	Bread, 2h	135	300	51	21
1844 Spaghetti served with pressure-cooked white beans and an orange (Chile)	77±14	110	Normal, 10	Bread, 2h	135	300	33	25
1845 Wheat tortilla (Mexico)	30	43±7	Normal, 8	Bread, 3.5h	134	50	26	8
1846 Wheat tortilla served with refried pinto beans and tomato sauce (Mexico)	28	40±13	Normal, 8	Bread, 3.5h	134	100	18	5
<b>WEST INDIAN/CARIBBEAN</b>								
1847 Breadfruit ( <i>Artocarpus altilis</i> ), peeled, boiled 26 min, frozen, thawed and reheated for 1 min	60±9	83±13	Normal, 8	Bread, 2h	115	120	28	17
1848 Cassava ( <i>Manihot esculenta</i> ), peeled, boiled 30 min, frozen, thawed and reheated for 1 min	94±11	133±16	Normal, 8	Bread, 2h	115	120	38	36
<b>Dasheen (<i>Colocasia esculenta</i>)</b>								
1849 Dasheen, peeled, boiled 30 min, refrigerated, reheated for 1 min	77±10	109±14	Normal, 8	Bread, 2h	115	150	57	44
1850 Dasheen, peeled, boiled 30 min, crushed, refrigerated, reheated for 1 min	66±6	93±8	Normal, 6	Bread, 2h	115	150	57	38
1851 Dasheen, peeled, boiled 30 min, uncrushed (whole), refrigerated, reheated for 1 min	75±12	105±17	Normal, 6	Bread, 2h	115	150	57	43
1852 Dasheen, peeled, cubed, boiled 30 min (Jamaica)	72±5	103	Normal, 10	Glucose, 2h	81	150	27	19
<i>mean of four foods</i>	73±2	103±3				150	49	36
1853 Eddoe ( <i>Colocasia esculenta</i> var. <i>antiquorum</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min	61±10	86±14	Normal, 8	Bread, 2h	115	150	34	21
<b>Green banana/plantain (<i>Musa sapientum</i>)</b>								
1854 Green banana, peeled, boiled 10 min (Jamaica)	37±5	53	Normal, 10	Glucose, 2h	81	120	27	10
1855 Green banana, peeled, fried in vegetable oil (Jamaica)	35±3	50	Normal, 10	Glucose, 2h	81	120	31	11
1856 Green banana/plantain, boiled 23 min, frozen, thawed and reheated for 1 min	65±11	92±16	Normal, 8	Bread, 2h	115	120	27	17
1857 Green plantain ( <i>Musa paradisiaca</i> ), peeled, boiled 10 min (Jamaica)	39±4	56	Normal, 10	Glucose, 2h	81	120	23	9



Food Number and Item	GI <sup>2</sup> (Glucose = 100)	GI <sup>2</sup> (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size g	Avail. carbo- hydrate g/serve	GL <sup>3</sup> per serve
1858 Green plantain ( <i>Musa paradisiaca</i> ), peeled, fried in vegetable oil (Jamaica)	40±3	57	Normal, 10	Glucose, 2h	115	120	34	14
1859 Ripe plantain ( <i>Musa paradisiaca</i> ), peeled, boiled 10 min (Jamaica)	66±2	94	Normal, 10	Glucose, 2h	81	120	19	13
1860 Ripe plantain ( <i>Musa paradisiaca</i> ), peeled, fried in vegetable oil (Jamaica)	90±6	129	Normal, 10	Glucose, 2h	81	120	28	26
1861 Irish potato ( <i>Solanum tuberosum</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min	71±8	101±11	Normal, 8	Bread, 2h	115	150	50	35
1862 Irish potato, peeled, boiled 30 min, crushed	66±7	94±9	Normal, 6	Bread, 2h	115	150	50	33
1863 Irish potato, peeled, boiled 30 min, uncrushed (whole), refrigerated, reheated for 1 min	66±10	93±14	Normal, 6	Bread, 2h	115	150	50	33
mean of three foods	68	96				150	50	34
1864 Sadha roti (leavened wheat-based bread)	65±9	91±13	Normal, 8	Bread, 2h	115	-	-	-
1865 Tannia ( <i>Xanthosoma sagittifolium</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min	60±5	84±7	Normal, 8	Bread, 2h	115	150	56	33
1866 Tannia, peeled, boiled 30 min, crushed, refrigerated, reheated for 1 min	52±5	74±7	Normal, 6	Bread, 2h	115	150	56	29
1867 Tannia, peeled, boiled 30 min, uncrushed (whole), refrigerated, reheated for 1 min	50±8	71±11	Normal, 6	Bread, 2h	115	150	56	28
mean of three foods	54	76				150	56	30
<b>Yam</b>								
1868 Coco yam ( <i>Xanthosoma spp.</i> ), peeled, cubed, boiled 30 min (Jamaica)	61±5	87	Normal, 10	Glucose, 2h	81	150	46	28
1869 Lucea yam ( <i>Dioscorea rotunda</i> ), peeled, cubed, boiled 30 (Jamaica)	74±7	106	Normal, 10	Glucose, 2h	81	150	27	20
1870 Lucea yam, peeled, roasted on preheated charcoal (Jamaica)	77±5	110	Normal, 10	Glucose, 2h	81	150	38	29
1871 Negro yam ( <i>Dioscorea rotundata</i> ), peeled, cubed, boiled 30 (Jamaica)	73±4	105	Normal, 10	Glucose, 2h	81	150	32	23
1872 Negro yam, peeled, roasted on preheated charcoal (Jamaica)	73±6	104	Normal, 10	Glucose, 2h	81	150	39	28
1873 Round leaf yellow yam ( <i>Dioscorea cayenensis</i> ), peeled, cubed, boiled 30 min (Jamaica)	68±3	97	Normal, 10	Glucose, 2h	81	150	34	23
1874 Round leaf yellow yam, peeled, roasted on preheated charcoal (Jamaica)	80±7	114	Normal, 10	Glucose, 2h	81	150	40	32
1875 Sweet yam ( <i>Dioscorea alata</i> ), peeled, cubed, boiled 30 min (Jamaica)	79±4	113	Normal, 10	Glucose, 2h	81	150	25	20
1876 Sweet yam, peeled, roasted on preheated charcoal (Jamaica)	82±7	117	Normal, 10	Glucose, 2h	81	150	39	32
1877 White yam ( <i>Dioscorea alata</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min	62±6	88±9	Normal, 8	Bread, 2h	115	150	25	15
1878 White yam, peeled, cubed, boiled 30 min (Jamaica)	75±6	107	Normal, 10	Glucose, 2h	81	150	31	24
1879 White yam, peeled, roasted on preheated charcoal (Jamaica)	80±6	114	Normal, 10	Glucose, 2h	81	150	35	28

**Footnotes for Table 1.**

1. NS, not specified; AUC, area under the curve. Serving sizes in grams unless otherwise specified.
2. Mean ± SEM. Two GI values are shown for each food – one in which glucose sugar was used as the reference food and one in which white bread was used as the reference food.
3. Estimated by multiplying the food's listed GI value with glucose as the reference food by the listed g carbohydrate per serving and dividing by 100.
4. Sydney University's Glycemic Index Research Service (Human Nutrition Unit, University of Sydney, Australia), unpublished observations, 1995-2007.
5. Glycemic Index Laboratories, Inc. (Toronto, Canada), unpublished observations, 2004-2007.
6. International Diabetes Institute (Melbourne, Australia), unpublished observations, 2006 – 2007.
7. Portions of the test food and the reference food contained 10 g carbohydrate.
8. Portions of the test food and the reference food contained 25 g carbohydrate.
9. GI calculated from the 120 min AUC data included in the original article using the AUC food/AUC reference food formula.
10. V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 1996-2000.
11. GI calculated from the 180 min AUC data included in the original article using the AUC food/AUC reference food formula.
12. GI calculated by using a mathematical formula based on results from an in vitro starch hydrolysis assay.

13. White rice was used as the reference food, but glucose was also tested and had a GI of 122. The observed GI was multiplied by 100 and then divided by 122 to convert it to a GI on the glucose scale (ie, glucose = reference food with a GI of 100).
14. Portions of the test food and the reference food contained 75 g carbohydrate.
15. Portions of the test food and the reference food contained 100 g carbohydrate.
16. B Spratt (George Westons Foods, Australia), unpublished observations, 2007.
17. Values based on 0.5 g carbohydrate/kg body weight.
18. Portions of the test food and the reference food contained 70 g carbohydrate.
19. Glycemic Index Symbol Program: <http://www.gisymbol.com.au>; Accessed 30 August 2007.
20. GI value included in original article determined from AUC measured over 180 min for only 4 time points (0, 60, 120 and 180 min).
21. J Dzieniszewski, J Ciok (National Food and Nutrition Institute, Poland), unpublished observations, 1996-2001.
22. J Brand-Miller, S Holt (University of Sydney, Australia), and V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 2000-2001.
23. C Dalaudier (Nairn's Oatcakes Ltd, Scotland), unpublished observations, 2007.
24. Portions of the test food and the reference food contained 30 g carbohydrate.
25. Portions of the test food and the reference food contained 20 g carbohydrate.
26. Potato used as the reference food with a GI fixed at 80. The GI of the test food was calculated by expressing the test food's glucose AUC value as a percentage of the potato's AUC value.
27. GI calculated from the 90 min AUC data included in the original article using the AUC food/AUC reference food formula.
28. GI calculated from the 150 min AUC data included in the original article using the AUC food/AUC reference food formula.
29. GI included in original article determined from AUC measured 120 min for only 4 time points (0, 30, 60 and 120 min).
30. GI included in original article determined from AUC measured 240 min for only 6 time points (0, 30, 60, 120, 180 and 240 min).
31. Portions of the test food and the reference food contained 45 g carbohydrate.
32. Ordinary corn flour arepa was used as the reference food.