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

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	BAKERY PRODUCTS								
	Cakes								
1	Banana cake, made with sugar	47±8	67	Normal, 8	Bread, 2h	1	60	29	14
2	Banana cake, made without sugar	55±10	79	Normal, 7	Bread, 2h	1	60	22	12
3	Carrot cake, prepared with coconut flour (Philippines)	36	52±3	Normal, 10	Bread, 2h	2	60	23	8
4	Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, USA)	38±3	54	Normal, 10	Glucose, 2h	UO[4]	111	52	20
5	Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Australia)	73±12	104	Normal, 10	Glucose, 2h	UO[4]	38	26	19
6	Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)	87±17	124	Normal, 10	Glucose, 2h	UO[4]	50	29	25
7	Pound cake 0% (Bimbo S.A de C.V, Mexico)	38±5	54	Normal, 12	Glucose, 2h	UO[4]	60	25	9
8	Raspberry Coffee cake, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	50±4	71	Normal, 10	Bread, 2h	UO[5]	60	26	13
9	Vanilla cake, made from packet mix with vanilla frosting (Betty Crocker, USA)	42±4	60	Normal, 10	Glucose, 2h	UO[4]	111	58	24
	Desserts								
10	Apple Berry crumble, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	41±3	59	Normal, 10	Bread, 2h	UO[5]	165	34	14
11	Bavarian (mousse filling on biscuit base), Chocolate honeycomb, light (Sara Lee Bakery, Australia)	31±5	44	Normal, 9	Glucose, 2h	UO[6]	75	20	6
12	Danish, Apple & Peach, light (Sara Lee Bakery, Australia)	50±4	72	Normal, 10	Glucose, 2h	UO[6]	50	22	11
13	Doughnut, wheat dough, deep-fried (China)	75±7	107	Normal, 8	Glucose, 2h	3	50	20	15
	Muffins								
14	Apple muffin, made with rolled oats and sugar	44±6	63	Normal, 8	Bread, 2h	1	60	29	13
15	Apple muffin, made rolled oats and without sugar	48±10	69	Normal, 8	Bread, 2h	1	60	19	9
16	Apple Blueberry muffin (Sara Lee Bakery, Australia)	49±4	70	Normal, 9	Glucose, 2h	UO[6]	60	25	12
17	Apple, oat, sultana muffin (Australia)	54±4	78±6	Normal, 9	Bread, 2h	UO[4]	50	26	14
18	Apricot, coconut and honey muffin (Australia)	60±4	86±6	Normal, 9	Bread, 2h	UO[4]	50	26	16
19	Banana, oat and honey muffin (Australia)	65±11	93±16	Normal, 10	Bread, 2h	UO[4]	50	26	17
20	Blueberry muffin (Sara Lee Bakery, Australia)	50±3	72	Normal, 10	Glucose, 2h	UO[6]	60	31	15
21	Blueberry (Wild) 10-Grain muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	57±7	81	Normal, 10	Bread, 2h	UO[5]	70	39	22
22	Chocolate butterscotch muffin (Australia)	53±5	75±7	Normal, 10	Bread, 2h	UO[4]	50	28	15
23	Chocolate chip muffin (Sara Lee Bakery, Australia)	52±6	74	Normal, 11	Glucose, 2h	UO[6]	60	32	17
24	Cranberry & Orange Soy muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	48±6	69	Normal, 10	Bread, 2h	UO[5]	70	29	14
25	Double chocolate muffin (Sara Lee Bakery, Australia)	46±4	66	Normal, 10	Glucose, 2h	UO[6]	60	34	16
26	Muffin, plain, made from wheat flour (Spain)	46±8	66±11	Normal, 14	Bread, 2h	4	50	23	11
27	Muffin, reduced-fat, low-calorie, made from high-amylose corn starch and maltitol (Spain)	37±3	53±5	Normal, 14	Bread, 2h	4	50	25	9
28	Raisin Bran Flax muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	52±3	74	Normal, 10	Bread, 2h	UO[5]	70	33	17
29	Raspberry Pomegranate muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	58±7	82	Normal, 10	Bread, 2h	UO[5]	70	33	19
	Pancakes								
30	Pancakes, homemade (Fiji)	66±9	95	Normal, 8	Glucose, 2h	5	80	26	17
31	Pancakes, prepared from shake mix (Green's General Foods, Glendenning, Australia)	67±5	96	Normal, 10	Glucose, 2h	UO[4]	80	57	38
32	Pancakes, prepared from wheat flour (China)	80±4	114	Normal, 10	Glucose, 2h	3	80	20	16
33	Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Australia)	102±11	146	Normal, 10	Glucose, 2h	UO[4]	80	23	23
34	Pancakes, gluten-free, made from packet mix (Freedom Foods, Cheltenham, Australia)	61±6	87	Normal, 10	Glucose, 2h	UO[6]	80	53	32
35	Pancakes, prepared with coconut flour (Philippines)	46	65±3	Normal, 10	Bread, 2h	2	80	22	10
36	Pan de sal (sweet bread roll), containing coconut flour (Philippines)	61	87±6	Normal, 10	Bread, 2h	2	80	36	22

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

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
65 Soy Beverage, Original flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	15±4	22	Normal, 10	Bread, 2h	UO[5]	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[5]	250 mL	16	4
67 Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium Health Foods, Australia)[8]	43±5	61	Normal, 10	Glucose, 2h	UO[4]	250 mL	26	11
68 Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium Health Foods, Australia)[8]	46±5	66	Normal, 10	Glucose, 2h	UO[4]	250 mL	24	11
69 V8 Splash®, tropical blend fruit drink (Campbell's Soup Company, USA)	47±4	67	Normal, 10	Glucose, 2h	UO[4]	250 mL	28	13
70 Xpress, chocolate (soy bean, cereal and legume extract drink with fructose)[8] (So Natural Foods, Australia)	39±2	56	Normal, 10	Glucose, 2h	UO[4]	250 mL	34	13
71 V8® 100% vegetable juice (Campbell's Soup Company, USA)	43±4	61	Normal, 9	Glucose, 2h	UO[4]	250 mL	9	4
72 Yakult®, fermented milk drink with *Lactobacilus casei* (Yakult, Dandenong, Australia)	46±6	66	Normal, 7-10	Bread, 2h	8	65 mL	12	6
73 Yakult® Light, fermented milk drink with *Lactobacilus casei* (Yakult, Dandenong, Australia)	36±6	51	Normal, 10	Glucose, 2h	UO[4]	65 mL	9	3
Sports drinks								
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[6]	250 mL	35	4
78 Thorpedo® Ultra Low GI Energy Water, all flavors (Thorpedo Foods, Australia)	16±4	23	Normal, 10	Glucose, 2h	UO[4]	250 mL	11	2
Drinks made from drinking mix powders								
79 Aussie Bodies Trim Protein Shake, Chocolate flavored (Aussie Bodies Pty Ltd, Australia)	39±4	56	Normal, 10	Glucose, 2h	UO[6]	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[6]	250 mL	12	5
81 Build-Up™ nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, Australia)	41±4	59	Normal, 10	Glucose, 2h	UO[4]	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[4]	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[4]	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[4]	250 mL	29	6
85 Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3	73	Normal, 10	Glucose, 2h	UO[4]	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[4]	250 mL	19	7
87 Malted milk powder in full-fat milk (Nestlé, Australia)	45±3	64	Normal, 10	Glucose, 2h	UO[4]	250 mL	26	12
Milo™ (chocolate nutrient-fortified drink powder)								
88 Milo™ (Nestlé, Australia) dissolved in water	55±3	79±4	Normal, 10	Glucose, 2h	UO[4]	250 mL	16	9
89 Milo™ (Nestlé, Auckland, New Zealand) dissolved in water	52±5	74±7	Normal, 10	Glucose, 2h	UO[4]	250 mL	16	8
90 Milo™ (Nestlé, Australia) dissolved in full-fat milk	35±2	50	Normal, 10	Glucose, 2h	UO[4]	250 mL	25	9
91 Milo™ (Nestlé, New Zealand) dissolved in full-fat milk	36±3	51	Normal, 10	Glucose, 2h	UO[4]	250 mL	26	9
92 Milo™ Breakfast Smoothie powder prepared with skim milk (Nestlé, Australia)	39±5	56	Normal, 10	Glucose, 2h	UO[4]	250 mL	34	13

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
93	Nutrimeal™, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, USA) (2000)	26±3	37	Normal, 10	Glucose, 2h	UO[4]	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[4]	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[4]	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[4]	250 mL	50	21
	Quik™ (sweet drink powder)								
97	Quik™, chocolate (Nestlé, Australia), made with water	53±5	76±8	Normal, 9	Bread, 2h	UO[4]	250	7	4
98	Quik™, chocolate (Nestlé, Australia), prepared with 1.5% fat milk	41±4	59	Normal, 10	Glucose, 2h	UO[4]	250	11	5
99	Quik™, strawberry (Nestlé, Australia), prepared with in water	64±8	92±12	Normal, 9	Bread, 2h	UO[4]	250	8	5
100	Quik™, strawberry (Nestlé, Australia), prepared with 1.5% fat milk	35±3	50	Normal, 10	Glucose, 2h	UO[4]	250	12	4
	BREADS								
101	Bagel, white (USA)[9]	69	99	Normal, 12	Glucose, 2h	9	70	35	24
	Baguette								
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[5]	30	13	9
104	French baguette with chocolate spread (France)	72±8	101	Normal, 14	Glucose, 2h	UO[10]	70	37	27
105	French baguette with butter and strawberry jam (France)	62±7	89	Normal, 14	Glucose, 2h	UO[10]	70	41	26
106	Pain au lait (Pasquier, France)	63±10	90	Normal, 12	Glucose, 2h	UO[10]	60	32	20
	Barley breads								
	Coarse barley kernel bread, 80% kernels								
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
	Barley flour breads								
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 ß-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 ß-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 ß-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

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

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	Oat bread								
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
	Oat bran bread								
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
	Rice bread								
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
	Rye bread								
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
	Rye kernel bread								
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)[11]	57	82	Normal, 20	Bread, 3h	26	30	11	6
156	Rye bread (80% rye flour + 20% oat ß-glucan concentrate) (Finland)[11]	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
	Specialty rye breads								
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[4]	30	10	5
161	Country Grain Organic Rye (Country Life Bakery, Australia)	53±4	76	Normal, 12	Glucose, 2h	UO[6]	30	10	5
162	Roggenbrot, Vogel's (Stevns & 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[6]	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[4]	30	12	6
	Wheat Breads								
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
	Spelt wheat breads								
167	White spelt wheat bread (Belgium)	65	93±9	Normal, 10	Bread, 2h	30	30	16	10
168	White spelt wheat bread (Slovenia)[12]	74	105	Normal, 6	Bread, 3h	31	30	23	17
169	Wholemeal spelt wheat bread (Slovenia)[12]	63	91	Normal, 6	Bread, 3h	31	30	19	12
170	Scalded spelt wheat kernel bread (Slovenia)[12]	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[4]	30	12	7
	White wheat flour bread								
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[4]	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[13], 2h	38	30	13	10

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/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)[9]	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)[9]	89	127	Normal, 10	Glucose, 2h	40	30	13	12
	mean of sixteen studies	75±2	108±3				30	15	11
	White wheat flour bread, toasted								
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)[9]	63	90	Normal, 10	Glucose, 2h	40	30	12	8
190	White bread, homemade, fresh, toasted (UK)[9]	66	95	Normal, 10	Glucose, 2h	40	30	13	9
	mean of three studies	60	86				30	13	8
	White wheat flour bread, frozen and defrosted								
191	White bread, frozen and defrosted[9] (British Bakeries Ltd, UK)	75	107	Normal, 10	Glucose, 2h	40	30	12	9
192	White bread, homemade, frozen and defrosted (UK)[9]	62	88	Normal, 10	Glucose, 2h	40	30	13	8
	White wheat flour bread, frozen and defrosted, toasted								
193	White wheat bread, frozen, defrosted and toasted[9] (British Bakeries Ltd, UK)	64	92	Normal, 10	Glucose, 2h	40	30	12	8
194	White bread, homemade, frozen, defrosted[9] and toasted (UK)	54	77	Normal, 10	Glucose, 2h	40	30	13	7
	Wonder™, enriched white bread (Interstate Brands Companies, Kansas City, USA)								
195	Wonder™, enriched white bread	71±9	101±13	Normal, 10	Bread, 2h	UO[4]	30	14	10
196	Wonder™, enriched white bread	72±4	103	Normal, 10	Glucose, 2h	UO[4]	30	14	10
197	Wonder™, enriched white bread	77±3	110	Normal, 10	Glucose, 2h	UO[4]	30	14	11
	mean of three studies	73	105				30	14	10
	White bread with enzyme inhibitors								
198	White bread + acarbose (200 mg) (Mexico)	50	70±5	Normal, 10	Bread, 3h	42	30	17	8
	White bread with insoluble fiber								
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)	59±11	84	Normal, 10	Glucose, 2h	32	30	12	6
	White bread with soluble fiber								
201	White bread + 15 g psyllium fiber (*Plantago psyllium*) (Mexico)	65	93±24	Normal, 10	Bread, 3h	42	30	17	11
202	White bread, enriched with 12 g Arabinoxylan fiber[14] (soluble fiber) (Australia)	41	59±7	Normal, 14	Bread, 2h	44	30	10	4
203	White bread, enriched with 6 g Arabinoxylan fiber[14] (soluble fiber) (Australia)	56	80±7	Normal, 14	Bread, 2h	44	30	12	7
	White bread enriched with Sunfibre (Cyamoposis *tetragonolobus*) (Indian cluster guar beans)								
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)	55±2	78	Normal, 11	Glucose, 2h	45	30	16	9
	White bread consumed with fiber drink								
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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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	-	-	-
White bread with added ingredients								
213 White bread (100% wheat flour) + 2% pectin (George Weston Foods Ltd, Australia)	85	121±11	Normal, 10	Bread, 2h	UO[4]	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[4]	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[4]	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[4]	30	13	10
217 White bread (90% wheat flour + 10% tapicoa starch) (George Weston Foods Ltd, Australia)	77	110±15	Normal, 10	Bread, 2h	UO[4]	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[4]	30	13	10
219 White bread, containing 2% guar gum (George Weston Foods Ltd, Australia)	66	94±9	Normal, 10	Bread, 2h	UO[4]	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[4]	30	12	9
221 White bread containing Eurylon® high-amylose maize starch (France)[15]	42	60±6	Normal, 8	Bread, 2.8h	46	30	19	8
222 White bread eaten with powdered dried seaweed (*Nori alga*) (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 (Δ pH 1.5) and fiber-enriched with oat fiber (Italy)	54	77	Normal, 15	Glucose, 2h	37	30	11	6
White bread, with different proving times and bread volumes								
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
White resistant starch-enriched bread								
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
Wholemeal (whole wheat) wheat flour bread								
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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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
mean of ten studies	74± 2	106±2				30	12	9
Wholemeal stoneground (whole wheat) wheat flour bread								
244 Wholemeal bread, stoneground flour (Bill's Organic Bread, Cardiff, Australia)	59±8	85	Normal, 10	Glucose, 2h	UO[4]	30	11	7
245 Wholemeal flour, stoneground (Waitrose, UK)	66±13	94	Normal, 10	Glucose, 2h	14	30	12	8
Specialty wheat breads								
246 Bakers Delight™ Hi Fibre Lo GI white bread (Bakers Delight Holdings, Australia)	52±7	74	Normal, 10	Glucose, 2h	UO[4]	30	15	8
247 Bakers Delight™ Wholemeal Country Grain bread (Bakers Delight Holdings, Australia)	53±9	76	Normal, 10	Glucose, 2h	UO[4]	30	12	6
Bürgen™ Mixed Grain bread (Tip Top Bakeries, Chatswood, Australia)								
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[16]	30	10	5
mean of three studies	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[4]	30	10	5
253 Bürgen® Pumpkin Seed bread, containing 6% pumpkin seeds (Tip Top Bakeries, Australia)	49±4	70	Normal, 10	Glucose, 2h	UO[16]	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® Wholmeal & Seeds (Tip Top Bakeries, Australia)	39±8	56	Normal, 10	Glucose, 2h	UO[16]	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[4]	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[5]	30	11	5
259 Golden Hearth™ Organic Heavy Wholegrain bread (Gold Coast Bakeries, QLD, Australia)	53±7	76	Normal, 10	Glucose, 2h	UO[4]	30	12	7
260 Healthy Choice™ Hearty 7 Grain (Con Agra Inc., USA)	55±6	79	Normal, 10	Glucose, 2h	UO[4]	30	14	8
261 Healthy Choice™ Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	89	Normal, 10	Glucose, 2h	UO[4]	30	14	9
262 Helga's™ Classic Seed Loaf (Quality Bakers, Sydney, Australia)	68±9	97	Normal, 10	Glucose, 2h	UO[4]	30	14	9
263 Helga's™ Traditional Wholemeal bread (Quality Bakers, Australia)	70±14	100	Normal, 8	Glucose, 2h	UO[4]	30	13	9
264 Hunger Filler™, whole grain bread (Natural Ovens, USA)	59±8	84±12	Normal, 10	Bread, 2h	UO[4]	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[4]	30	12	7

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
275	Performax™ (Country Life Bakery, Australia)	38±3	55±4	Normal, 10	Bread, 2h	UO[4]	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[4]	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[4]	30	14	8
280	Sourdough Vienna bread, Bakers Delight™ (Bakers Delight Holdings, Australia)	66±6	94	Normal, 10	Glucose, 2h	UO[4]	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[4]	30	10	5
282	Stay Trim™, whole grain bread (Natural Ovens, USA)	70±10	101±15	Normal, 10	Bread, 2h	UO[4]	30	15	10
283	Tip Top™ EnerGI white bread (Tip Top Bakeries, George Weston Ltd, Australia)	54	77	Normal, 11	Glucose, 2h	UO[16]	30	13	7
284	Tip Top™ EnerGI white bread (Tip Top Bakeries, George Weston Ltd, Australia)	58	83	Normal, 20	Glucose, 2h	UO[4,6]	30	13	7
285	3 Grain Bread, sprouted grains (Stonemill Bread, Toronto, Canada)	55±6	79	Normal, 10	Bread, 2h	UO[5]	30	10	5
286	Vogel's Honey & Oats (Stevns & 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[6]	30	12	6
288	Vogel's Wonder White 'Low GI' white bread (Quality Bakers, Australia)	59	84	Normal, 20	Glucose, 2h	UO[4,6]	30	12	7
289	100% Whole Grain™ bread (Natural Ovens, USA)	51±11	73±15	Normal, 10	Bread, 2h	UO[4]	30	13	7
290	White wheat flour flatbread (Sweden)	79	113±13	Normal, 8	Bread, 2h	15	30	16	13
291	Wheat bread, Einkorn (*Triticum monococcum*) wheat, leavened with crushed whole grains (Denmark)	71	102±17	Normal, 11	Bread, 2h	53	30	12	8
292	Wheat bread, Einkorn (*Triticum monococcum*) wheat, leavened with honey and salt (Denmark)	65	93±13	Normal, 11	Bread, 2h	53	30	12	8
293	Wheat bread, Einkorn (*Triticum monococcum*) wheat, leavened with yeast (Denmark)	67	95±13	Normal, 11	Bread, 2h	53	30	12	8
	Unleavened Breads								
294	Lebanese bread, white (Seda Bakery, Sydney, Australia)	75±9	107	Normal, 10	Glucose, 2h	UO[4]	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
	BREAKFAST CEREALS								
	All-Bran™ (high-fiber, extruded wheat bran cereal)								
297	All-Bran™ (Kellogg's, Pagewood, NSW, Australia)[17]	30	43±3	Normal, 7	Bread, 3h	54	30	15	4
298	All-Bran™ (Kellogg's, Battle Creek, MI, USA)[11, 14]	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)	55±7	78	Normal, 6	Glucose, 3h	56	30	21	12
	mean of four studies	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[4]	30	14	4
303	All-Bran Wheat Flakes™ (Kellogg's, Australia)	60±8	86	Normal, 9	Glucose, 2h	UO[4]	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
	Barley porridge								
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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/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
	Bran Flakes								
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[5]	30	19	12
315	Bran Flakes™ (Kellogg's, Australia)	74	106	Normal, 12	Bread, 2h	UO[4]	30	18	13
	mean of three studies	63	90				30	19	12
	Chocapic™ (Nestlé, France)								
316	Chocapic™, wheat-based flaked cereal (2003)	70±10	100	Normal, 11	Glucose, 2h	UO[4]	30	25	17
317	Chocapic™, wheat-based flaked cereal (2003)	74±9	106	Normal, 12	Glucose, 2h	UO[4]	30	26	19
318	Chocapic™, wheat-based flaked cereal (2003)	84±9	120	Normal, 11-14	Glucose, 2h	59	30	26	22
	mean of three studies	76	109				30	26	20
	Coco Pops™ (cocoa flavored puffed rice)								
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[4]	30	26	20
	Cornflakes™								
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
	mean of five studies	81±3	115±5				30	25	20
326	Cornflakes, Crunchy Nut™ (Kellogg's, Australia)	72±4	103	Normal, 10	Glucose, 2h	UO[4]	30	24	17
327	Corn Pops™ (Kellogg's, Australia)	80±4	114	Normal, 10	Glucose, 2h	UO[4]	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[5]	30	10	6
330	Froot Loops™ (Kellogg's, Australia)	69±9	98±13	Normal, 10	Bread, 2h	UO[4]	30	26	18
331	Frosties™, sugar-coated cornflakes (Kellogg's, Australia)	55	79	Normal, 12	Bread, 2h	UO[4]	30	26	14
	Fruit and Fibre™								
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
	mean of three studies	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[4]	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[5]	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[5]	30	22	15
339	Grapenuts™ (Kraft Foods Inc, Port Chester, USA)	75±6	107±8	Normal, 10	Bread, 2h	UO[4]	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[4]	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[6]	30	18	10
344	Honey Rice Bubbles™ (Kellogg's, Australia)	77±4	110	Normal, 10	Glucose, 2h	UO[4]	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[4]	30	22	8
347	Hot cereal, unflavored (Con Agra Inc., USA)	25±5	36±7	Normal, 10	Bread, 2h	UO[4]	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[4]	30	23	14

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
350 Kashi Seven Whole Grain Puffs (Kashi Company, USA)	65±10	93	Normal, 8	Glucose, 2h	UO[4]	30	24	16
351 Komplete™ (Kellogg's, Australia)	48±5	68±7	Normal, 10	Bread, 2h	UO[4]	30	21	10
Mini Wheats, whole wheat								
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
Muesli								
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[16]	30	20	10
357 Bürgen® Soy-Lin™ Muesli (George Weston Foods, Australia)	51±3	73	Normal, 10	Glucose, 2h	UO[6]	30	17	9
358 Bürgen® Rye Muesli (George Weston Foods, Australia)	41	59	Normal, 10	Glucose, 2h	UO[16]	30	17	7
359 Muesli (Value, UK)	64±9	92	Normal, 10	Glucose, 2h	23	30	19	12
360 Muesli (Canada)[8]	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[6]	30	10	5
365 Muesli, Light, mixed berry & apple flavor, Special K brand (Kellogg's, Australia)	64±7	91	Normal, 10	Glucose, 2h	UO[4]	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[4]	30	13	6
368 Muesli, Natural (Sanitarium, Australia)	40±6	57	Normal, 10	Glucose, 2h	UO[4]	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[4]	30	18	11
371 Muesli, Naytura Fruit and Nut (Woolworths Limited, Australia)	48±6	69	Normal, 10	Glucose, 2h	UO[4]	30	14	7
372 Muesli, Swiss Bircher (Woolworths Limited, Australia)	52±5	74	Normal, 10	Glucose, 2h	UO[4]	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[4]	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[6]	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[4]	30	19	9
379 Nutrigrain™ (Kellogg's, Australia)	66±12	94	Normal, 8	Bread, 2h	1	30	15	10
Oat bran, consumed as a drink mixed with 41g glucose and water								
380 15 g Oat bran (containing 2 g ß-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 ß-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 ß-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 ß-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[4]	30	17	13
385 Oats, rolled, uncooked (Lowan's Whole Foods, Box Hill, Australia)	59±4	84	Normal, 10	Glucose, 2h	UO[4]	30	19	11
Porridge made from rolled oats								
386 Porridge (Uncle Toby's, Australia)[17]	42	60±5	Normal, 7	Bread, 3h	54	250	21	9

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/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[6]	250	19	10
389	Traditional porridge oats (Lowan Whole Foods, Australia)	51±8	73±12	Normal, 10	Bread, 2h	UO[4]	250	21	11
390	Porridge, made from steel-cut oats, cooked in water (USA)	52±4	74	Normal, 9	Glucose, 2h	UO[4]	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[4]	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[5]	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
	mean of thirteen studies	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[5]	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[5]	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
	Instant Porridge								
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[4]	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
	mean of four studies	79±3	114±5				250	26	21
412	Pop Tarts™, Double Chocolate (Kellogg's, Australia)	70±2	100	Normal, 10	Glucose, 2h	UO[4]	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[4]	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
	Rice Bubbles								
416	Rice Bubbles™ (Kellogg's, Australia)[17]	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[4]	30	26	22
418	Rice Bubbles™ (Kellogg's, Australia)	92±8	132	Normal, 9	Glucose, 2h	UO[4]	30	26	24
419	Rice Bubbles™ (Kellogg's, Australia)	95	136	Normal, 6	Glucose, 2h	60	30	26	25
	mean of four studies	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[5]	30	20	9

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	Special K™ - *formulation of this cereal varies in different countries*								
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[4]	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[4]	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[4]	45	25	12
427	Sultana Bran™ (Kellogg's, Australia) (2007)	64±3	92	Normal, 9	Glucose, 2h	UO[4]	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[4]	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[4]	30	13	5
431	Vogel's Cluster Crunch Classic (Specialty Cereals, Australia)	50±6	72	Normal, 10	Glucose, 2h	UO[4]	30	20	10
432	Vogel's Cluster Crunch, Honey Hazelnut (Specialty Cereals, Australia)	43±3	61	Normal, 10	Glucose, 2h	UO[4]	30	19	8
433	Wild Oats Cluster Crunch Hazelnut Chocolate (Specialty Cereals, Australia)	43±6	61	Normal, 10	Glucose, 2h	UO[4]	30	19	8
434	Wheat-bites™ (Uncle Toby's, Australia)	72±11	103	Normal, 8	Bread, 2h	13	30	25	18
	Wheat biscuits (plain flaked wheat)								
435	Vita-Brits™ (Uncle Toby's, Australia)[17]	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[4]	30	20	13
437	Weet-Bix™ (Sanitarium, Australia)	69	99	Normal, 12	Bread, 2h	UO[4]	30	17	12
438	Weet-Bix™ (Sanitarium, Australia)	69±4	99	Normal, 10	Glucose, 2h	UO[4]	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[4]	30	20	14
441	Wheat based cereal biscuit (UK)	72±10	103	Normal, 10	Glucose, 2h	32	30	20	14
	mean of seven studies	69±2	99±2				30	19	13
	Wheat biscuits (flaked wheat) with additional ingredients								
442	Good Start™, muesli wheat biscuits (Sanitarium, Australia)	68±4	96	Normal, 10	Glucose, 2h	UO[4]	30	20	14
443	Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4	87	Normal, 10	Glucose, 2h	UO[4]	30	17	10
444	Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia)	57±3	81	Normal, 10	Glucose, 2h	UO[4]	30	16	9
445	Honey Goldies™ (Kellogg's Australia)	72±3	103	Normal, 10	Glucose, 2h	UO[4]	30	21	15
446	Lite-Bix™, plain, no added sugar (Sanitarium, Australia)	70±3	97	Normal, 10	Glucose, 2h	UO[4]	30	20	14
447	Oat bran Weet-Bix™ (Sanitarium, Australia)	57±4	82	Normal, 10	Glucose, 2h	UO[4]	30	20	11
448	Sultana Goldies™ (Kellogg's Australia)	65±6	93	Normal, 10	Glucose, 2h	UO[4]	30	21	13
	BREAKFAST CEREALS WITH MILK								
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
	Hot oat cereal, prepared with 125 mL skim milk								
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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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
mean of seven foods	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[4]	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
Wheat biscuits consumed with 125 mL skim milk								
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
mean of four foods	50±2	72±3				155	27	13
BREAKFAST CEREAL BARS								
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[4]	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[4]	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[4]	30	19	9
480 Hi-Lite™ breakfast bar (Freedom Foods, Australia)	53±3	76	Normal, 10	Glucose, 2h	UO[6]	30	21	11
481 K-Time Just Right™ bar (Kellogg's, Australia)	72±4	103	Normal, 10	Glucose, 2h	UO[4]	30	24	17
482 K-Time Strawberry Crunch™ bar (Kellogg's, Australia)	77±5	110	Normal, 10	Glucose, 2h	UO[4]	30	25	19
483 Muesli breakfast bar, gluten-free (Freedom Foods, Australia)	50±6	72	Normal, 9	Glucose, 2h	UO[6]	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[6]	30	13	3
485 Rice Bubble Treat™ bar (Kellogg's, Australia)	63±11	90±15	Normal, 10	Bread, 2h	UO[4]	30	24	15
486 Sustain™ bar (Kellogg's, Australia)	57±10	82±15	Normal, 10	Bread, 2h	UO[4]	30	25	14
CEREAL GRAINS								
Barley								
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[4]	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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
494 Barley, pot, boiled 20 min (Goudas Food Products, Canada)	37	53±6	Normal, 10	Bread, 2h	63	150	42	16
mean of eight studies	28±2	40±3				150	42	12
495 Barley (*Hordeum vulgare*) (India)	48	69	Normal, 18	Bread, 3h	64	150	42	20
496 Barley, rolled (Australia)	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
Corn/Maize								
498 Corn granules (China)	52±3	74	Normal, 10	Glucose, 2h	3	150	28	15
499 Maize (*Zea Mays*), 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
Sweet corn								
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)[11]	60	86	Normal, 16	Bread, 3h	65	150	33	20
505 Sweet corn (South Africa)	62±5	89	Normal, 7	Glucose, 2h	36	150	33	20
mean of five studies	52±5	75±7				150	32	17
Couscous								
506 Couscous, rehydrated with hot water (San Remo, Australia)	65±7	93	Normal, 9	Glucose, 2h	UO[4]	150	14	9
Millet								
507 Millet porridge (China)	62±3	88	Normal, 8	Glucose, 2h	3	150	36	22
508 Quinoa, cooked, refridgerated, reheated in microwave for 1.5 min (Nature First Organic, Australia)	53±5	76	Normal, 10	Glucose, 2h	UO[4]	150	25	13
Rice, white								
509 Arborio, risotto rice, boiled (SunRice brand, Rice Growers Co-Op., Australia)	69±7	99	Normal, 10	Glucose 2 h	UO[4]	150	53	36
Rice, boiled white, type NS								
510 Type NS (India)[9]	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)[9, 18]	89	127	Normal, 14	Glucose, 2h	68	150	48	43
mean of five studies	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)[9, 18]	94	134	Normal, 14	Glucose, 2h	68	150	48	45
Long grain, boiled								
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[4]	150	40	24
520 Long grain, white, boiled 7 min (Star brand, Gouda Food Products, Canada)	64±3	91	Normal, 10	Glucose, 2h	UO[4]	150	40	26
521 Long grain, boiled (Star Brand, Goudas Food Products, Canada)	69±3	98	Normal, 47	Glucose, 2h	34	150	40	28
mean of five studies	60±3	85±5				150	41	25
Rice, long grain, quick-cooking varieties								
522 Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6	97	Normal, 10	Glucose, 2h	UO[4]	150	37	25
523 Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7	107	Normal, 10	Glucose, 2h	UO[4]	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[4]	150	37	19

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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[4]	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[4]	150	39	29
Rice porridge/Congee								
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[4]	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
Rice, specialty rices								
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[4]	150	43	37
534 Brown Rice, Uncle Ben's® Ready Whole Grain (pouch) (Effem Foods, USA)	48±5	69	Normal, 10	Bread, 2h	UO[4]	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[4]	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[4]	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[4]	150	32	31
Jasmine rice, white								
538 Jasmine Fragrant rice, white (SunRice brand, Rice Growers Co-Op., Australia)	89±4	127	Normal, 10	Glucose, 2h	UO[4]	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[4]	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[4]	150	42	21
541 Moolgiri white rice (Tajmahal Agro Industries, India)	54	77	Normal, 10	Glucose, 2h	UO[19]	150	32	17
542 Original Long Grain, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	48±5	69	Normal, 10	Glucose, 2h	UO[4]	150	46	22
543 Red Raw rice, Sri Lankan, cooked in rice cooker (Australia)	59±4	84	Normal, 10	Glucose, 2h	UO[4]	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[4]	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[4]	150	37	18
546 Spanish Style, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	51±4	73	Normal, 10	Glucose, 2h	UO[4]	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[4]	150	36	17
Rice, white low-amylose								
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
Rice, white high-amylose								
Doongara, white (SunRice CleverRice™ brand, Rice Growers Co-Op., Australia)								
552 Doongara, white, cooked in rice cooker (2007)	48±4	69	Normal, 9	Glucose, 2h	UO[4]	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[4]	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
mean of five studies	54±3	77±4				150	39	21
Basmati, white, boiled								
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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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[4]	150	39	25
562 Basmati, white, boiled 8 min (UK)	69±6	99	Normal, 8	Glucose, 2h	23	150	40	28
mean of six studies	57±4	82±6				150	38	22
Basmati, white, quick cooking								
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[4]	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[4]	150	38	23
567 Japanese Style Sushi rice, white (SunRice brand, Rice Growers Co-Op., Australia)	85±10	122	Normal, 10	Glucose, 2h	UO[4]	150	39	33
Japonica/Koshihikari rice								
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 Koshikari (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[4]	150	38	28
Japonica rice enriched with Sunfibre (Cyamoposis tetragonolobus) (soluble fiber)								
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
Milled, white, high amylose rice								
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
Rice, brown								
587 Brown (Canada)	66±5	94	Normal, 7	Glucose, 2h	33	150	33	21
588 Brown, steamed (USA)[11, 14]	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[4]	150	40	29
590 Brown rice (China)	87±2	124	Normal, 10	Glucose, 2h	3	150	33	29

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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[4]	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[4]	150	36	23
596 Sunbrown Quick™ (Rice Growers Co-op, Australia)	80±7	114	Normal, 8	Bread, 2h	62	150	38	31
Rice, brown, high-amlyose								
597 Brown, high amylose (IR42) rice, boiled 30 min (Philippines)	58	83±11	Normal, 10	Bread, 1h	72	150	42	24
Instant/puffed rice								
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[4]	150	42	31
mean of four studies	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
Parboiled rice								
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
Sticky rice								
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
Wheat								
Wheat, whole kernels								
609 Wheat, whole kernels (*Triticum aestivum*) (India)[14]	30±9	43	Normal, 12-15	Glucose, 3h[20]	75	50 (dry)	38	11
Wheat, precooked kernels								
610 Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4	74	Normal, 10	Glucose, 2h	UO[4]	50 (dry)	37	19
611 Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5	71	Normal, 10	Glucose, 2h	UO[4]	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[4]	125	39	16
613 Quick cooking (White Wings, Sydney, Australia)	54±11	77	Normal, 8	Glucose, 2h	52	150	47	25
COOKIES								
614 Apricot Temptation fruit cookies, 97% fat-free (Freedom Foods, Australia)	47±4	67	Normal, 10	Glucose, 2h	UO[6]	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
Bebe Dobre Rano Chocolate (LU, Czech Republic)								
617 Bebe Dobre Rano Chocolate (2002)	46±4	66	Normal, 12	Glucose, 2h	UO[4]	50	35	16
618 Bebe Dobre Rano Chocolate (2006)	46±3	66	Normal, 12	Glucose, 2h	UO[4]	50	35	16
619 Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)	57±9	81	Normal, 11	Glucose, 2h	UO[10, 21]	50	33	19
mean of three studies	50	71				50	34	17
620 Bebe Dobre Rano Coconut (LU, Czech Republic)	48±3	69	Normal, 12	Glucose, 2h	UO[4]	50	34	16
621 Bebe Dobre Rano Four Cereals (LU, Czech Republic)	51±4	73	Normal, 12	Glucose, 2h	UO[4]	50	34	17
622 Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9	73	Normal, 11	Glucose, 2h	UO[10, 21]	50	34	17

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	Bebe Dobre Rano Nuts & Honey (LU, Czech Republic)								
623	Bebe Dobre Rano Nuts and Honey (2002)	41±5	59	Normal, 12	Glucose, 2h	UO[4]	50	34	14
624	Bebe Dobre Rano Nuts and Honey (2006)	45±4	64	Normal, 12	Glucose, 2h	UO[4]	50	34	15
625	Bebe Dobre Rano with Milk (LU, Czech Republic)	50±4	71	Normal, 12	Glucose, 2h	UO[4]	50	36	18
626	Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11	96	Normal, 11	Glucose, 2h	UO[10, 21]	25	20	14
627	Better Choice Multicereals (LU, Denmark)	51±4	73	Normal, 12	Glucose, 2h	UO[4]	50	34	17
628	Better Choice Wholegrain (LU Denmark)	46±3	66	Normal, 11	Glucose, 2h	UO[4]	50	35	16
629	Chocolate chip cookies, containing coconut flour (Philippines)	43	61±5	Normal, 10	Bread, 2h	2	25	16	7
	Digestives								
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[10]	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[10]	30	16	9
636	Grany en-cas Fruits des bois (LU, France)	50±5	71	Normal, 14	Glucose, 2h	UO[10]	30	14	7
637	Grany Rush Apricot (LU, Netherlands)	62±3	89	Normal, 12	Glucose, 2h	UO[22]	30	20	12
	Györi Édes Jó reggelt! Müzlivel és gyümölccsel / Fruits and Muesli (LU, Hungary)								
638	Györi Édes Jó reggelt! Müzlivel és gyümölccsel (2002)	45±5	64	Normal, 11	Glucose, 2h	UO[4]	50	36	16
639	Györi Édes Jó reggelt! Müzlivel és gyümölccsel (2003)	49±5	70	Normal, 11	Glucose, 2h	UO[4]	50	36	18
640	Györi Édes Jó reggelt! Müzlivel és gyümölccsel (2004)	47±6	67	Normal, 12	Glucose, 2h	UO[4]	50	36	17
	mean of three studies	47	67				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[4]	50	35	14
643	Jubilee Nuts and Honey (LU, Russia) (2002)	44±3	62	Normal, 11	Glucose, 2h	UO[4]	50	35	15
644	Jubilee Nuts and Honey (LU, Russia) (2003)	45±4	64	Normal, 12	Glucose, 2h	UO[4]	50	34	15
	Jyväshyvä Paussi Mysli and Fruits (LU Finland)								
645	Jyväshyvä Paussi Mysli and Fruits (2002)	45±5	64	Normal, 11	Glucose, 2h	UO[4]	50	36	16
646	Jyväshyvä Paussi Mysli and Fruits (2003)	49±5	70	Normal, 11	Glucose, 2h	UO[4]	50	36	18
647	Jyväshyvä Paussi Mysli and Fruits (2004)	47±6	67	Normal, 12	Glucose, 2h	UO[4]	50	36	17
	mean of three studies	47	67				50	36	17
648	Jyväshyvä Paussi Vanilla (LU Finland) (2004)	55±7	79	Normal, 11	Glucose, 2h	UO[4]	50	34	19
649	Jyväshyvä Paussi Vanilla (LU Finland) (2006)	39±4	56	Normal, 12	Glucose, 2h	UO[4]	50	34	13
650	Jyväshyvä Paussi Wholegrain (LU Finland)	46±3	66	Normal, 11	Glucose, 2h	UO[4]	50	35	16
651	Leda Luxury gluten-free chocolate coated cookies (Leda Nutrition, QLD, Australia)	35±7	50	Normal, 10	Glucose, 2h	UO[4]	25	11	4
652	LU P'tit Déjeuner Chocolat (LU, France)	42±5	60	Normal, 11-14	Glucose, 2h	59	50	34	14
	LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)								
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[10, 21]	50	35	18
655	LU P'tit Déjeuner Miel et Pépites Chocolat	52±3	74	Normal, 12	Glucose, 2h	UO[22]	50	35	18
	mean of three studies	49	69				50	35	17
656	LU Petit Dejeuner, Chocolate, low in sugar (LU France)	51±7	73	Normal, 11	Glucose, 2h	UO[4]	50	36	18
	LU Petit Dejeuner Chocolate & Cereals (LU, France)								
657	LU Petit Dejeuner Chocolate & Cereals (2003)	46±6	66	Normal, 11	Glucose, 2h	UO[4]	50	35	16
658	LU Petit Dejeuner Chocolate & Cereals (2006)	58±6	83	Normal, 12	Glucose, 2h	UO[4]	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[4]	50	35	13
	LU Petit Dejeuner Coconut, nuts and chocolate (LU, France)								
660	LU Petit Dejeuner Coconut, nuts and chocolate (2005)	55±6	78	Normal, 12	Glucose, 2h	UO[4]	50	34	19
661	LU Petit Dejeuner Coconut, nuts and chocolate (2006)	51±7	73	Normal, 12	Glucose, 2h	UO[4]	50	34	17
	LU Petit Dejeuner Fruits and Muesli (LU France)								
662	LU Petit Dejeuner Fruits and Muesli (2002)	45±5	64	Normal, 11	Glucose, 2h	UO[4]	50	36	16
663	LU Petit Dejeuner Fruits and Muesli (2003)	49±5	70	Normal, 11	Glucose, 2h	UO[4]	50	36	18
664	LU Petit Dejeuner Fruits and Muesli (2004)	47±6	67	Normal, 12	Glucose, 2h	UO[4]	50	36	17
	mean of three studies	47	67				50	36	17

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	LU Petit Dejeuner Honey & Chocolate chips (LU France)								
665	LU Petit Dejeuner Honey & Chocolate chips (2003)	47±6	67	Normal, 11	Glucose, 2h	UO[4]	50	35	17
666	LU Petit Dejeuner Honey & Chocolate chips (2006)	46±4	66	Normal, 11	Glucose, 2h	UO[4]	50	35	16
	LU Petit Dejeuner Milk and Cereals (LU France and LU Belgium)								
667	LU Petit Dejeuner Milk and Cereals (2004)	55±7	79	Normal, 11	Glucose, 2h	UO[4]	50	34	19
668	LU Petit Dejeuner Milk and Cereals (2006)	39±4	56	Normal, 12	Glucose, 2h	UO[4]	50	34	13
669	LU Petit Dejeuner Multicereals (LU France, LU Belgium)	46±3	66	Normal, 11	Glucose, 2h	UO[4]	50	35	16
670	LU Petit Dejeuner with Fruits and Figs (LU France, LU Belgium)	41±6	59	Normal, 11	Glucose, 2h	UO[4]	50	35	14
671	LU Petit Dejeuner with Prunes (LU, France)	51±6	73	Normal, 12	Glucose, 2h	UO[4]	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[22]	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[23]	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
	Petiki Go ! Fruits and Muesli (LU Poland)								
681	Petiki Go ! Fruits and Muesli (2002)	45±5	64	Normal, 11	Glucose, 2h	UO[4]	50	36	16
682	Petiki Go ! Fruits and Muesli (2003)	49±5	70	Normal, 11	Glucose, 2h	UO[4]	50	36	18
683	Petiki Go ! Fruits and Muesli (2004)	47±6	67	Normal, 12	Glucose, 2h	UO[4]	50	36	17
	mean of three studies	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[22]	25	19	10
686	Petit LU Roussillon (LU, France)	48±4	69	Normal, 12	Glucose, 2h	UO[22]	25	18	9
687	President's Choice® Blue Menu™ Cranberry Orange Cookies (Loblaw Brands Limited, Canada)	60±4	85	Normal, 10	Bread, 2h	UO[5]	25	17	10
688	President's Choice® Blue Menu™ Crunchy Oat Cookies (Loblaw Brands Limited, Canada)	62±7	88	Normal, 10	Bread, 2h	UO[5]	25	16	10
689	President's Choice® Blue Menu™ Ginger & Lemon Cookies (Loblaw Brands Limited, Canada)	64±5	91	Normal, 10	Bread, 2h	UO[5]	25	17	11
690	Prince Energie+ (LU, France)	73±5	104	Normal, 12	Glucose, 2h	UO[22]	25	17	13
691	Prince fourré chocolat (LU, France)	50±5	71	Normal, 12	Glucose, 2h	UO[10]	45	30	15
692	Prince fourré chocolat (LU, France)	53±5	76	Normal, 13	Glucose, 2h	UO[10]	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[10]	50	36	18
695	Prince Petit Déj Cereals (LU, France)	52±7	74	Normal, 12	Glucose, 2h	UO[4]	50	34	18
696	Prince Petit Déj Cereals and Chocolate (LU, France)	51±5	73	Normal, 12	Glucose, 2h	UO[4]	50	35	18
697	Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6	64	Normal, 12	Glucose, 2h	UO[10]	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[10]	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[4]	35	25	11
705	Snack Right Fruit Pillow, Spicy apple and sultana (Arnotts, Australia)	45±3	64	Normal, 10	Glucose, 2h	UO[4]	35	25	11
706	Snack Right Fruit Pillow, Wild berry (Arnott's, Australia)	52±3	74	Normal, 10	Glucose, 2h	UO[4]	35	25	13
707	Snack Right Fruit Slice, Mango and passionfruit (Arnott's, Australia)	49±3	70	Normal, 10	Glucose, 2h	UO[4]	35	26	13
708	Snack Right Fruit Slice, Mixed berry (Arnott's, Australia)	50±3	71	Normal, 10	Glucose, 2h	UO[4]	35	27	13
709	Snack Right Fruit Slice, Original Sultana (97% fat-free) (Arnott's, Australia)	48±2	69	Normal, 10	Glucose, 2h	UO[4]	35	26	12

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
710	Snack Right Fruit Slice, Sultana with chocolate (Arnott's, Australia)	45±3	64	Normal, 10	Glucose, 2h	UO[4]	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[4]	25	19	10
714	Véritable Petit Beurre (LU, France) (2006)	54±6	77	Normal, 11	Glucose, 2h	UO[4]	25	19	10
715	Vitasnella frollini (Saiwa, Italy)	59±10	84	Normal, 11-14	Glucose, 2h	59	25	20	12
	CRACKERS								
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[4]	25	20	18
718	Cream Cracker (LU Triumfo, 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[5]	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[5]	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[5]	25	17	9
725	President's Choice® Blue Menu™ Wheat snack crackers (Loblaw Brands Limited, Canada)	65±7	92	Normal, 10	Bread, 2h	UO[5]	25	17	11
726	Puffed Crispbread (Westons, Australia)	81±9	116	Normal, 8	Glucose, 2h	52	25	19	15
	Puffed rice cakes								
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[4]	25	22	18
732	Rice cracker, plain (Sakada, Japan)	91	130	Normal, 10	Rice[13], 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[16]	25	14	6
737	Ryvita® Sunflower Seeds & Oats (George Weston Foods, Australia)	48±8	69	Normal, 10	Glucose, 2h	UO[16]	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
	Water cracker								
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
	DAIRY PRODUCTS AND ALTERNATIVES								
	Custard								
745	Custard, low-fat, vanilla flavored (Nestlé, Australia)	29±4	41	Normal, 10	Glucose, 2h	UO[6]	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[4]	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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
748 TRIM™, reduced-fat custard (Pauls Ltd, Brisbane, Australia)	37±4	52±6	Normal, 10	Bread, 2h	UO[4]	100	15	6
mean of four studies	36±3	51±4				100	15	5
749 Custard, low-fat, trifle flavored (Nestlé, Australia)	30±3	43	Normal, 11	Glucose, 2h	UO[6]	100	8	2
Crème Fraiche								
750 Crème fraiche dessert, peach (Finest, UK)[8]	28±8	40	Normal, 9	Glucose, 2h	23	150	23	7
751 Crème fraiche dessert, raspberry (Finest, UK)[8]	30±7	43	Normal, 10	Glucose, 2h	23	150	17	5
Fromage Frais								
752 Fromage Frais, red fruit: blackcurrant[8] (Healthy Living, UK)	22±5	31	Normal, 10	Glucose, 2h	23	100	7	2
753 Fromage Frais, red fruit: raspberry[8] (Healthy Living, UK)	31±8	44	Normal, 10	Glucose, 2h	23	100	13	2
754 Fromage Frais, red fruit: red cherry[8] (Healthy Living, UK)	25±6	36	Normal, 10	Glucose, 2h	23	100	7	2
755 Fromage Frais, red fruit: strawberry[8] (Healthy Living, UK)	29±9	41	Normal, 9	Glucose, 2h	23	100	7	2
756 Fromage Frais, yellow fruit: mandarin and orange[8] (Healthy Living, UK)	19±6	27	Normal, 9	Glucose, 2h	23	100	7	1
757 Fromage Frais, yellow fruit: mango and papaya[8] (Healthy Living, UK)	25±7	36	Normal, 8	Glucose, 2h	23	100	7	2
758 Fromage Frais, yellow fruit: passionfruit and pineapple[8] (Healthy Living, UK)	18±5	26	Normal, 8	Glucose, 2h	23	100	7	1
759 Fromage Frais, yellow fruit: peach and apricot[8] (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[4]	150	22	8
761 Fruche®, low-fat, berry compote (National Foods Ltd, Australia)	37±6	53	Normal, 10	Glucose, 2h	UO[4]	150	21	8
762 Fruche®, low-fat, duet peach on pineapple (National Foods Ltd, Australia)	34±5	49	Normal, 10	Glucose, 2h	UO[4]	150	22	8
763 Fruche®, low-fat, lemon sorbetto (National Foods Ltd, Australia)	34±3	49	Normal, 10	Glucose, 2h	UO[4]	150	22	7
764 Fruche®, low-fat, orange sorbetto (National Foods Ltd, Australia)	34±3	49	Normal, 10	Glucose, 2h	UO[4]	150	21	7
765 Fruche®, low-fat, peach roulade (National Foods Ltd, Australia)	37±6	53	Normal, 10	Glucose, 2h	UO[4]	150	21	8
766 Fruche® on Fruit, low-fat, toffee apple (National Foods Ltd, Australia)	47±6	67	Normal, 10	Glucose, 2h	UO[4]	150	33	16
767 Ice cream, low carbohydrate, chocolate (Australia)[7]	32±7	46	Normal, 10	Glucose, 2h	UO[4]	50	2	1
768 Ice fruit confection, Frosty Fruits® Orange Mango Splits (Nestlé Peter's, Australia)	59±4	84	Normal, 9	Glucose, 2h	UO[4]	50	12	7
Ice cream, Regular/type NS								
769 Ice cream (half vanilla, half chocolate) (Italy)[24]	57	82±40	Normal, 7	Bread, 2h	76	50	10	6
Ice cream, Reduced- or Low-fat								
770 Chocollo™, low-fat chocolate flavored ice cream (Wendy's Supa Sundaes Pty Ltd, Australia)	24±6	34	Normal, 10	Glucose, 2h	UO[4]	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[4]	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[4]	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[4]	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[4]	50	13	4
775 Ice cream, low-fat, vanilla, 'Light' (Nestlé Peter's, Australia)	46	66	Normal, 10	Glucose, 2h	UO[4]	50	15	7
776 Ice cream, low-fat, Light & Creamy, Raspberry Ripple (Nestlé Peter's, Australia)	55±3	79	Normal, 10	Glucose, 2h	UO[4]	50	16	9
777 Ice-cream, low-fat (1.2 % fat), Light Prestige[8] rich vanilla (Norco, Australia)	47±5	67	Normal, 10	Glucose, 2h	UO[4]	50	10	5

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

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

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

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

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	Soy-based dairy product alternatives								
	Soy milks								
925	Soy milk, full-fat (3%), Original, 0 mg calcium, with maltodextrin, (So Natural Foods, Australia)[8]	44±5	63	Normal, 10	Glucose, 2h	UO[4]	250 mL	17	8
926	Soy milk, full-fat (3%), Calciforte, 120 mg calcium, with maltodextrin (So Natural Foods, Australia)[8] (2000)	36±4	51	Normal, 10	Glucose, 2h	UO[4]	250 mL	18	6
927	Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia)[8] (2006)	41±4	59	Normal, 15	Glucose, 2h	UO[6]	250 mL	15	6
928	Soy milk, Vitasoy® Organic (National Foods Ltd, Australia)[8]	43±3	61	Normal, 10	Glucose, 2h	UO[4]	250 mL	16	7
929	Soy milk, Vitasoy® So Milky Regular (National Foods Ltd, Australia)[8]	21±5	30	Normal, 10	Glucose, 2h	UO[4]	250 mL	8	2
930	Soy milk, low-fat (0.7%), Vitasoy® Light Original (National Foods Ltd, Australia)[8]	45±5	65	Normal, 10	Glucose, 2h	UO[4]	250 mL	10	4
931	Soy milk, reduced-fat (1.5%), Vitasoy® So Milky Lite (National Foods Ltd, Australia)[8]	17±3	24	Normal, 10	Glucose, 2h	UO[4]	250 mL	7	1
932	Soy milk, reduced-fat (1.5%), 120 mg calcium, Light, containing maltodextrin (So Natural Foods, Australia)[8]	44±3	63	Normal, 10	Glucose, 2h	UO[4]	250 mL	17	8
933	Soy milk, reduced-fat (1.8%), 120 mg calcium, Vitasoy® Premium Vitality+ (National Foods Ltd, Australia)[8]	18±3	26	Normal, 10	Glucose, 2h	UO[4]	250 mL	12	2
	Soy milk drinks								
934	Soy Beverage, Chocolate flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	40±5	57	Normal, 10	Bread, 2h	UO[5]	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[5]	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[5]	250 mL	16	4
937	Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Chocolate (National Foods Ltd, Australia)[8]	31±3	44	Normal, 10	Glucose, 2h	UO[4]	250 mL	19	6
938	Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Vanilla (National Foods Ltd, Australia)[8]	31±3	44	Normal, 10	Glucose, 2h	UO[4]	250 mL	17	5
939	Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia)[8]	30±3	43	Normal, 10	Glucose, 2h	UO[4]	250 mL	22	7
940	Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia)[8]	34±3	49	Normal, 10	Glucose, 2h	UO[4]	250 mL	25	8
941	Up & Go™, cocoa malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium, Australia)[8]	43±5	61	Normal, 10	Glucose, 2h	UO[4]	250 mL	26	11
942	Up & Go™, original malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium, Australia)[8]	46±5	66	Normal, 10	Glucose, 2h	UO[4]	250 mL	24	11
943	Xpress™, chocolate (soy bean, cereal, legume extract drink with fructose)[8] (So Natural Foods, Australia)	39±2	56	Normal, 10	Glucose, 2h	UO[4]	250 mL	34	13
	Soy yoghurt								
944	Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia)[8]	50±3	71	Normal, 10	Glucose, 2h	UO[4]	200	26	13
	FRUIT AND FRUIT PRODUCTS								
	Apples, raw								
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[4]	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[4]	120	10	4
	Apricots								
948	Apricots, raw, NS (Australia)	34±3	49	Normal, 10	Glucose, 2h	UO[4]	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[4]	120	12	6
	Apricots, dried								
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
	mean of three studies	31	44				60	24	7

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
953 Apricot dried fruit snack (Australia)	42±3	61	Normal, 10	Glucose, 2h	UO[4]	15	12	5
954 Apricot & apple fruit strips, gluten-free (Freedom Foods, Australia)	29±6	41	Normal, 10	Glucose, 2h	UO[6]	20	16	5
Apricot jam/fruit spread								
955 Apricot 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)	43±6	61	Normal, 10	Glucose, 2h	UO[6]	30	16	7
956 Apricot 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	50±6	72	Normal, 9	Glucose, 2h	UO[4]	30	19	9
957 Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, Australia)	55±7	78±10	Normal, 10	Bread, 2h	UO[4]	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[5]	30	12	7
mean of four studies	51±3	73±4				30	15	8
Banana, raw								
959 Banana (Australia)	47±5	67	Normal, 10	Glucose, 2h	UO[4]	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[4]	30	20	12
963 Blackberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	46±5	66	Normal, 9	Glucose, 2h	UO[4]	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[4]	30	20	7
965 Bluberries, wild (Wild Blueberries Association, Canada)	53±7	76	Normal, 10	Bread, 2h	UO[5]	100	9	5
Breadfruit (*Artocarpus altilis*)								
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)[8]	68	97	Normal, 7	Potato[26], 3h	82	120	27	18
969 Breadfruit, roasted on preheated charcoal (Jamaica)	72±8	103	Normal, 10	Glucose, 2h	81	120	27	20
mean of four studies	62±6	88±8				120	26	16
970 Cherries, dark, raw, pitted (Australia)[25]	63±6	90	Normal, 10	Glucose, 2h	UO[4]	120	14	9
971 Cherries, sour, pitted, canned (Always Fresh brand, Australia)[8]	41±5	59	Normal, 10	Glucose, 2h	UO[4]	120	21	9
972 Custard apple, raw, flesh only (Australia)	54±2	77±3	Normal, 12	Glucose, 2h	77	120	19	10
Dates								
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
mean of five studies	42±4	60±5				60	42	18
978 Divine Date spread (Buderim Ginger, Buderim, QLD, Australia)	29±4	41	Normal, 10	Glucose, 2h	UO[4]	25	16	5
979 Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, Australia)	61±6	87	Normal, 10	Glucose, 2h	UO[4]	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[4]	120	11	6
Ginger								
981 Ginger, candied, sucrose-free (Buderim Ginger, Australia)	10±4	14	Normal, 10	Glucose, 2h	UO[4]	25	19	2
982 Ginger Spread, sucrose-free (Buderim Ginger, Australia)	10±2	14	Normal, 10	Glucose, 2h	UO[4]	25	15	2
983 Original Ginger marmalade (Buderim Ginger, Australia)	50±7	72	Normal, 10	Glucose, 2h	UO[4]	25	19	9

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
984	Grapes, black, Waltham Cross (Australia)	59	84	Normal, 11	Bread, 2h	UO[4]	120	18	11
985	Grape Nectar (Chateau Barrosa, Lyndoch, SA, Australia)	52±5	74	Normal, 9	Glucose, 2h	UO[4]	20	16	8
986	Grapefruit, ruby red segments, canned in juice (Woolworths Limited, Australia)	47±5	67	Normal,10	Glucose, 2h	UO[4]	120	21	10
987	Kiwi fruit (Australia)[8]	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[4]	120	12	6
990	Mango (*Mangifera indica*) (Australia)[8]	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[4]	100	23	10
992	Mixed fruit, dried (Value, UK)	60±7	86	Normal, 10	Glucose, 2h	23	60	41	24
993	Nectarines, raw (Australia)[8]	43±6	61	Normal, 10	Glucose, 2h	UO[4]	120	9	4
	Oranges, raw								
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[4]	120	19	10
	Orange Marmalade								
996	Marmalade, orange 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)	27±3	39	Normal, 9	Glucose, 2h	UO[6]	30	16	4
997	Marmalade, orange (Australia)	48±9	69±12	Normal, 9	Bread, 2h	UO[4]	30	20	9
998	Breakfast Marmalade 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	55±4	79	Normal, 9	Glucose, 2h	UO[4]	30	18	10
	mean of three foods	43	62				30	18	8
	Paw paw/papaya, raw								
999	Paw paw (*Carica papaya*) (Australia)[8]	56±6	80	Normal, 7	Bread, 2h	1	120	8	5
	Peaches								
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[4]	120	14	6
	mean of three studies	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[4]	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[4]	120	12	6
1007	Peach & Pineapple, canned in natural fruit juice (Woolworths Limited, Australia)	45±4	66	Normal,10	Glucose, 2h	UO[4]	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[6]	20	11	3
	Pears								
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
	Pineapple								
1013	Pineapple, raw (Australia)[8]	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[4]	120	19	8

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1015 Pineapple pieces, canned in natural fruit juice (Woolworths Limited, Australia)	55±5	79	Normal,10	Glucose, 2h	UO[4]	120	17	10
1016 Pineapple & Papaya pieces, canned in natural juice (Woolworths Limited, Australia)	53±7	76	Normal,10	Glucose, 2h	UO[4]	120	17	9
1017 Prunes, pitted (Sunsweet Growers Inc., Yuba City, USA)	29±4	41	Normal, 10	Glucose, 2h	UO[4]	60	33	10
Raisins								
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[6]	25	13	3
1020 Raspberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	46±5	66	Normal, 9	Glucose, 2h	UO[4]	30	18	8
Rockmelon/Cantaloupe								
1021 Rockmelon/Cantaloupe, raw (Australia)[8]	65±9	93	Normal, 8	Bread, 2h	1	120	6	4
1022 Rockmelon/Cantaloupe, raw (Australia)[7]	70	100	Normal, 10	Glucose, 2h	UO[4]	120	6	4
1023 Strawberries, fresh, raw (Australia)[8]	40±7	57	Normal, 10	Glucose, 2h	UO[4]	120	3	1
1024 Strawberry jam (Australia)	51±10	73±14	Normal, 9	Bread, 2h	UO[4]	30	20	10
1025 Strawberry100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	46±5	66	Normal, 9	Glucose, 2h	UO[4]	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[5]	25	8	6
1026 Strawberry fruit leather (Stretch Island Fruit Company™, Washington, USA)	29±4	42	Normal, 12	Glucose, 2h	UO[4]	30	24	7
1027 Strawberry & wildberry dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia)	40	57	Normal, 10	Glucose, 2h	UO[4]	30	20	8
1028 Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12	129	Normal, 10	Glucose, 2h	UO[4]	30	26	23
Sultanas								
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
mean of three studies	57	81				60	43	25
1032 Tropical dried fruit snack (Australia)	41±3	58	Normal, 10	Glucose, 2h	UO[4]	15	11	5
1033 Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Australia)	59±8	85±11	Normal, 10	Bread, 2h	UO[4]	100	21	12
Watermelon								
1034 Watermelon, raw (Australia)[8]	72±13	103	Normal, 8	Bread, 2h	1	120	6	4
1035 Watermelon, raw (Australia)[7]	80±3	114	Normal, 8	Glucose, 2h	UO[4]	120	6	5
1036 Wild berry dried fruit snack (Australia)	35±4	50	Normal, 10	Glucose, 2h	UO[4]	15	12	4
FRUIT JUICES								
Apple juice								
1037 Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, Australia)	39±5	55±7	Normal, 10	Bread, 2h	UO[4]	250 mL	25	10
1038 Apple juice, Granny Smith, unsweetened (Australia)	44±3	63	Normal, 10	Glucose, 2h	UO[4]	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[4]	250 mL	30	13
1040 Apple juice, pure, cloudy, unsweetened (The Wild About Fruit Company, Australia)	37±3	53	Normal, 10	Glucose, 2h	UO[4]	250 mL	28	10
1041 Apple and blackcurrant juice, no added sugar (Berri Ltd, Australia)	45±4	64	Normal, 10	Glucose, 2h	UO[4]	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[4]	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[4]	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[4]	250 mL	33	16
1045 Carrot juice, freshly made (Sydney, Australia)[8]	43±3	61	Normal, 9	Glucose, 2h	UO[4]	250 mL	23	10

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

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
1072	Porridge (rice & wheat flour), apple-pear flavored, made with whole milk and water[24]	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[24]	51	73±11	Normal, 10 (adults)	Bread, 2h	85	250	30	15
1074	Porridge (rice and wheat flour), made with whole milk and water[24]	54	77±6	Normal, 10 (adults)	Bread, 2h	85	250	30	16
1075	Rice porridge, made with whole milk and water[24]	51	73±9	Normal, 10 (adults)	Bread, 2h	85	250	30	15
	LEGUMES AND NUTS								
	Baked Beans								
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)[11]	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[6]	150	24	10
1079	Baked Beans in Barbecue sauce (HJ Heinz, Australia)	47±4	67	Normal, 9	Glucose, 2h	UO[6]	150	27	13
1080	Baked Beans in Ham sauce (HJ Heinz, Australia)	53±4	76	Normal, 10	Glucose, 2h	UO[6]	150	25	13
1081	Baked Beans in Mild Curry sauce (HJ Heinz, Australia)	49±5	70	Normal, 8	Glucose, 2h	UO[6]	150	23	11
1082	Baked Beans in Sweet Chilli sauce (HJ Heinz, Australia)	46±3	66	Normal, 10	Glucose, 2h	UO[6]	150	26	12
1083	Baked Beans in Tomato sauce (HJ Heinz, Australia)	40±5	57	Normal, 10	Glucose, 2h	UO[6]	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[4]	150	23	13
	Beans, dried, boiled								
1085	Beans, dried, type NS (Italy)[24]	37	52±25	Normal, 7	Bread, 2h	76	150	30	11
	Blackeyed beans/peas (Cowpeas), boiled								
1086	Blackeyed beans (Canada)	33±4	47	Normal, 6	Glucose, 2h	33	150	30	10
1087	Blackeyed peas (*Vigna unguiculata*), boiled (Nigeria)[11, 14]	52	74	Normal, 10	Glucose, 3h	87	150	30	16
1088	Blackeyed peas (*Vigna unguiculata*), boiled, consumed with 4.24 g salt (Nigeria)[11, 14]	38	54	Normal, 10	Glucose, 3h	87	150	30	11
	Butter Beans								
1089	Butter beans, canned, drained, Edgell's™ brand (Simplot Australia, Cheltenham, Australia)[8]	36±3	51	Normal, 10	Glucose, 2h	UO[4]	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)	36±4	51	Normal, 6	Glucose, 2h	33	150	20	7
	mean of four studies	32±3	45±4				150	21	7
1093	Cannellini beans, canned, drained, Edgell's™ brand (Simplot Australia, Cheltenham, Australia)[8]	31±5	44	Normal, 10	Glucose, 2h	UO[4]	150	21	6
	Chickpeas (Garbanzo beans, Bengal gram), boiled								
1094	Chickpeas (*Cicer arietinum 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™ brand (Simplot Australia, Australia)[8]	38±3	54	Normal, 10	Glucose, 2h	UO[4]	150	23	9
1097	Chickpea Hommus dip, Chris' Traditional brand (Capitol Chilled Foods Pty Ltd, ACT, Australia)[8]	22±5	31	Normal, 11	Glucose, 2h	UO[4]	30	5	1
1098	Four bean mix, canned, drained, Edgell's™ brand (Simplot Australia, Australia)[8]	37±5	53	Normal, 10	Glucose, 2h	UO[4]	150	24	9
	Haricot/Navy beans								
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[11] (HJ Heinz, Australia)	23	33	Normal, 6	Glucose, 3h	86	150	30	7
	Kidney Beans								
1102	Kidney/white bean (*Phaseolus vulgaris Linn*), soaked, boiled 17 min (Philippines)	14	19±5	Normal, 11	Bread, 1h	88	150	25	3

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1103 Kidney beans (*Phaseolus vulgaris*) (India)	19	27	Normal, 6	Glucose, 2h	66	150	25	5
1104 Kidney beans (*Phaseolus vulgaris 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
mean of four studies	22±3	31±5				150	25	6
1106 Kidney beans (*Phaseolus vulgaris 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)[14]	70±11	100	Normal, 12-15	Glucose, 3h[20]	75	150	25	17
1108 Black bean (*Phaseolus vulgaris 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)[8]	43±5	61	Normal, 10	Glucose, 2h	UO[4]	150	23	10
1110 Red Kidney beans, canned, drained, Edgell's™ brand (Simplot Australia, Australia)[8]	36±4	51	Normal, 10	Glucose, 2h	UO[4]	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
Lentils								
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)[8]	42±5	60	Normal, 10	Glucose, 2h	UO[4]	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
Mung beans								
1117 Mung bean (*Phaseolus areus* 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[4]	150	17	9
1119 Mung bean, germinated (Australia)	25±4	36±5	Normal, 10	Bread, 2h	UO[4]	150	17	4
1120 Mung bean, pressure cooked (Australia)	42±5	60±7	Normal, 10	Bread, 2h	UO[4]	150	17	7
1121 Pigeon Pea (*Cajanus cajan Linn. Huth.*), soaked, boiled 45 min (Philippines)	22	31±4	Normal, 11	Bread, 1h	88	150	20	4
Pinto beans								
1122 Pinto beans, steamed (USA)[11, 14]	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[4]	150	26	10
Soya beans								
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)[7]	14±3	20	Normal, 10	Glucose, 2h	UO[4]	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
MEAL REPLACEMENT & WEIGHT MANAGEMENT PRODUCTS								
1129 Chocolate, lactose-free, weight management drink (UK)[24]	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[4]	31	12	4
1131 Chocolate weight management drink (UK)[24]	23±5	33	Normal, 10	Glucose, 2h	32	250 mL	18	4
1132 Chocolate weight management drink (UK)[24]	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[4]	50	22	9
1134 InZone™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)	28±5	40	Normal, 10	Glucose, 2h	UO[4]	250 mL	6	2
1135 Juice Plus+® Complete meal replacement powder, Dutch chocolate flavor (Australia)	35±5	50	Normal, 10	Glucose, 2h	UO[4]	250 mL	19	7
1136 Juice Plus+® Complete meal replacement powder, French vanilla flavor (Australia)	32±4	46	Normal, 10	Glucose, 2h	UO[4]	250 mL	19	6

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

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1169 White chocolate mousse[8] **Pure-protein™ cookies**	40±4	57	Normal, 10	Glucose, 2h	UO[4]	80	15	6
1170 Choc-chip cookie dough[8]	25±3	36	Normal, 10	Glucose, 2h	UO[4]	55	11	3
1171 Coconut[8]	42±5	60	Normal, 10	Glucose, 2h	UO[4]	55	9	4
1172 Peanut butter[8]	37±7	53	Normal, 10	Glucose, 2h	UO[4]	55	9	3
MIXED MEALS AND CONVENIENCE FOODS								
1173 Beef and ale casserole, convenience meal (Finest, UK)[8]	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[4]	216	36	15
Burgers								
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[4]	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[4]	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[4]	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[4]	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[4]	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[4]	100	16	7
1184 Chicken McNuggets™ consumed with sweet Thai chilli sauce (McDonald's, Australia)	55±6	79	Normal, 10	Glucose, 2h	UO[4]	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[8] (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
Continental™ Wholegrain Pasta & Sauce (Unilever Australiasia, Epping, NSW, Australia)								
1190 Wholegrain Pasta & Sauce, Cheesy, prepared with water, reduced-fat milk & margarine	37±5	53	Normal, 10	Glucose, 2h	UO[4]	200	22	8
1191 Wholegrain Pasta & Sauce, Creamy Carbonara, prepared with water, reduced-fat milk & margarine	39±4	56	Normal, 10	Glucose, 2h	UO[4]	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[4]	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[4]	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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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[8] (Finest, UK)	35±8	50	Normal, 10	Glucose, 2h	23	300	27	10
Lasagne								
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
Pasta eaten with other foods								
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[4]	100	27	12
Pizza								
1222 Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6	51	Normal, 10	Glucose, 2h	UO[4]	100	24	9
1223 Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4	43	Normal, 10	Glucose, 2h	UO[4]	100	22	7
1224 Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia)[8]	49±6	70	Normal, 10	Glucose, 2h	UO[4]	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[5]	100	21	11
Potato with added ingredients								
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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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)	17±3	24	Normal, 9	Glucose, 2h	3	300	49	8
President's Choice® Blue Menu™ convenience meals (Loblaw Brands Limited, Canada)								
1231 Barley Risotto with Herbed Chicken (entrée)	38±4	54	Normal, 10	Bread, 2h	UO[5]	300	38	15
1232 4-Bean Salad, low-fat	13±3	19	Normal, 10	Bread, 2h	UO[5]	100	11	1
1233 Cauliflower-Topped Shepherd's Pie (entrée)	21±4	30	Normal, 10	Bread, 2h	UO[5]	300	17	4
1234 Chicken Curry with Vegetables (entrée)	26±8	37	Normal, 10	Bread, 2h	UO[5]	300	12	3
1235 Deluxe Cheddar Macaroni & Cheese Dinner	34±6	48	Normal, 10	Bread, 2h	UO[5]	60	39	13
1236 Ginger-Glazed Salmon (entrée)	41±3	58	Normal, 10	Bread, 2h	UO[5]	300	45	18
1237 Lentil and Bean Vegetable Patties	54±5	78	Normal, 10	Bread, 2h	UO[5]	113	27	15
1238 Linguine with Shrimp Marinara (entrée)	40±6	57	Normal, 10	Bread, 2h	UO[5]	300	28	11
1239 Penne with Roasted Vegetables (entrée)	39±5	56	Normal, 10	Bread, 2h	UO[5]	300	43	17
1240 Rotini with Chicken Pesto (entrée)	57±4	81	Normal, 10	Bread, 2h	UO[5]	300	47	25
1241 3-Rice Bayou Blend Rice & Beans Sidedish	44±4	63	Normal, 10	Bread, 2h	UO[5]	50	34	15
1242 4-Rice Pilaf Rice & Beans Sidedish	46±5	65	Normal, 10	Bread, 2h	UO[5]	50	36	16
1243 Rice & Lentils Espana Sidedish	49±5	69	Normal, 10	Bread, 2h	UO[5]	50	36	17
1244 Sesame Ginger Chicken with Vegetables (entrée)	44±8	63	Normal, 10	Bread, 2h	UO[5]	300	17	8
1245 Tomato and Herb Chicken (entrée)	29±5	42	Normal, 10	Bread, 2h	UO[5]	300	30	9
1246 Vegetable Ancient Grain Vegetable Patties	54±3	77	Normal, 10	Bread, 2h	UO[5]	113	25	14
1247 Vegetarian Chili	39±6	56	Normal, 10	Bread, 2h	UO[5]	300	27	11
1248 Yellow Curry Chicken (entrée)	25±5	36	Normal, 10	Bread, 2h	UO[5]	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 bolognaise, home made (Australia)	52±9	74	Normal, 8	Glucose, 2h	90	360	48	25
1253 Steak and ale with cheddar mash potato[8] convenience meal (Finest, UK)	48±12	69	Normal, 8	Glucose, 2h	23	300	26	12
1254 Stuffed bun, with shallots and meat, steamed (China)	39±4	56	Normal, 10	Glucose, 2h	3	100	30	12
Sushi								
1255 Sushi, salmon ('I Love Sushi', Sydney, Australia)[8]	48±8	69	Normal, 10	Glucose, 2h	UO[4]	100	36	17
1256 Sushi, roasted sea algae, vinegar and rice (Japan)	55	79	Normal, 9	Rice[13], 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)	45±5	64	Normal, 10	Glucose, 2h	23	300	61	27
White bread with accompaniments								
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[4]	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[4]	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[4]	200	54	34
1262 White wheat flour bread, butter, cheese, regular milk and fresh cucumber (Sweden)[8]	55	79±10	Normal, 10	Bread, 2h	78	200	68	37
1263 White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden)[8]	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[11, 14] (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)[11, 14]	20	28	Normal, 10	Bread, 3h	93	36	14	3

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1267 White bread (Rustico Panem, Panem, Verona, Italy), eaten with 35 g olive oil (Olio Sagra, Lucca, Italy)[11, 14]	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
NUTRITIONAL SUPPORT PRODUCTS								
1275 Choice$_{dm}$™, 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[8] (Nutricia N.V., Netherlands)	12±3	17	Normal, 7	Glucose, 3h	96	250 mL	22	3
1277 Diason®/Nutrison Diabetes, diabetes-specific enteral[8] formula (Nutricia N.V., Netherlands)	17±4	24	Normal, 9	Glucose, 3h	96	250 mL	28	5
1278 Diben®, diabetes-specific enteral formula[8] (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[4]	237 mL	32	16
1282 Ensure™ bar, chocolate fudge brownie (Abbott Australasia)	43±3	61	Normal, 10	Glucose, 2h	UO[4]	38	20	8
1283 Ensure™ Hospital, nutritional supplement powder, prepared with water (Abbott Nutrition International)	51±5	73	Normal, 9	Glucose, 2h	UO[4]	250 mL	6	3
1284 Ensure Plus™, vanilla (Abbott Australasia)	40±4	57	Normal, 10	Glucose, 2h	UO[4]	237 mL	47	19
1285 Ensure Pudding™, old fashioned vanilla (Abbott Laboratories Inc, Ashland, USA)	36±4	51	Normal, 10	Glucose, 2h	UO[4]	113	26	9
1286 Fortimel® enteral formula (Nutricia N.V., Netherlands)[8]	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[4]	50	25	5
1288 Glucerna, diabetes-specific enteral formula (Abbott Laboratories Inc, USA)	15±3	21	Normal, 9	Glucose, 2h	UO[4]	250 mL	24	4
Glucerna enteral nutritional supplement, vanilla								
1289 Glucerna™, vanilla flavor[8] (Abbott Nutrition International)	19±4	27	Normal, 10	Glucose, 2h	UO[4]	250 mL	20	4
1290 Glucerna™, vanilla flavor[8] (Abbott Nutrition International)	20±4	29	Normal, 10	Glucose, 2h	UO[4]	250 mL	19	4
1291 Glucerna™, vanilla flavor (Ross Nutrition, Canada)	26±2	37	Normal, 8	Glucose, 2h	UO[4]	250 mL	30	8
1292 Glucerna™, vanilla (Abbott Laboratories Inc., USA)[8]	31±2	44	Normal, 10	Glucose, 2h	UO[4]	250 mL	24	8
mean of four studies	24±3	34±4				250 mL	23	6
1293 Glucerna Select, enteral nutritional supplement[8] (Abbott Nutrition International)	16±3	23	Normal, 9	Glucose, 2h	UO[4]	250 mL	15	2
1294 Glucerna SR, diabetes-specific enteral formula (Abbott Laboratories Inc., USA)	23±5	33	Normal, 9	Glucose, 2h	UO[4]	250 mL	28	6
1295 Inslow™ (Abbott Nutrition International -Japan)[8]	25±3	36	Normal, 9	Glucose, 2h	UO[4]	250 mL	26	6
1296 Jevity™ (Abbott Australasia)	48±3	69	Normal, 10	Glucose, 2h	UO[4]	237 mL	36	17

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
1297	Jevity™ HiCal, enteral nutritional supplement (Abbott Nutrition International)	59±6	84	Normal, 9	Glucose, 2h	UO[4]	250 mL	47	27
1298	Novasource Diabet®, diabetes-specific enteral formula[8] (Novartis Consumer Health SA, Switzerland)	26±5	37	Normal, 10	Glucose, 3h	96	250 mL	31	8
1299	Nutridrink (Nutricia N.V., Netherlands)[9]	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)[9]	22	31	Normal, 10	Glucose, 2h	97	250 mL	46	10
1301	Nutrison Mutli fiber® enteral formula[8] (Nutricia N.V., Netherlands)	28±10	40	Normal, 10	Glucose, 3h	96	250 mL	31	9
1302	Nutrison Standard® enteral formula[8] (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[4]	237 mL	32	16
1304	Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International)	54±5	78	Normal, 10	Glucose, 2h	UO[4]	237 mL	37	20
1305	Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International)	55±5	79	Normal, 9	Glucose, 2h	UO[4]	237 mL	42	23
1306	Resource Diabetic™, French vanilla (Novartis Nutrition Corp., Young America, USA)[8]	34±3	49	Normal, 10	Glucose, 2h	UO[4]	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[4]	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[4]	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[4]	250	47	13
1314	Tapion™ nutritonal supplement[8] (Abbott Nutrition International - Japan)	27±5	39	Normal, 9	Glucose, 2h	UO[4]	250 mL	26	7
1315	TwoCal HN™, high nitrogen nutritional supplement, vanilla flavor (Abbott Nutrition International)	55±5	78	Normal, 10	Glucose, 2h	UO[4]	237 mL	49	27
1316	Ultracal™ with fiber (Mead Johnson, Evansville, IN, USA)	40	55±16	Normal, 8	Bread, 2h	UO[4]	237 mL	29	12
	NUTS								
	Cashew nuts								
1317	Cashew nuts, salted (Coles Supermarkets, Australia)[8]	22±5	31	Normal, 10	Glucose, 2h	UO[4]	50	13	3
1318	Cashew nuts (UK)[8]	25±6	36	Normal, 8	Glucose, 2h	23	50	12	3
1319	Cashew nuts, organic, roasted and salted (UK)[8]	25±12	36	Normal, 8	Glucose, 2h	23	50	12	3
1320	Cashew nut halves (UK)[8]	27±6	39	Normal, 8	Glucose, 2h	23	50	10	3
1321	Cashew nuts, roasted and salted (UK)[8]	27±9	39	Normal, 8	Glucose, 2h	23	50	10	3
	mean of five foods	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
	Peanuts								
1324	Peanuts, crushed (South Africa)[8]	7±4	10	Normal, 6	Glucose, 2h	36	50	4	0
	PASTA and NOODLES								
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[4]	180	46	31

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1328 Corn pasta, gluten-free (Orgran Natural Foods, Australia)	78±10	111	Normal, 10	Glucose, 2h	UO[4]	180	42	32
Fettucine, egg								
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
Fusilli pasta twists								
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
mean of four studies	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
Instant noodles								
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[4]	180	25	13
1340 Instant noodles, all flavors (Woolworths Limited, Australia)	52±5	74	Normal, 10	Glucose, 2h	UO[4]	180	22	11
mean of four studies	50±2	71				180	24	12
Lasagne pasta sheets, boiled for 10 min								
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
mean of three studies	53	76				180	45	24
Linguine								
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
mean of four studies	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[4]	180	49	14
1352 Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	56	Normal, 6	Glucose, 2h	98	180	38	15
Rice noodles/pasta								
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[6]	180	47	24

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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[4]	180	49	37
Spaghetti								
1359 Spaghetti, gluten-free, rice and Hi-Maize (high-amlyose) flour (Freedom Foods, Australia)	51±5	73	Normal, 10	Glucose, 2h	UO[6]	180	49	25
1360 Spaghetti, gluten-free, rice and split pea, canned in tomato sauce	68±9	97	Normal, 10	Glucose, 2h	UO[4]	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)[8]	47±7	67	Normal, 10	Glucose, 2h	6	180	37	17
Spaghetti, white or type NS, boiled 10-15 min								
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)[15]	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[4]	180	48	21
1368 100% durum semolina spaghetti, boiled 15 min (Unico, Canada)	41	58±7	Normal, 10	Bread, 2h	63	180	48	19
mean of six studies	49±3	70±4				180	48	24
Spaghetti, white or type NS, boiled 20 min								
1369 White, durum wheat, boiled 20 min (Australia)	58±7	83	Normal, 6	Bread, 2h	62	180	44	26
Spaghetti, white, boiled								
1370 White (France)	39	55±6	Normal, 12	Bread, 3h	102	180	46	18
1371 White (Nishin Shokuhin, Japan)	46	66	Normal, 10	Rice[13], 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[4]	180	44	22
1374 White (Canada)	50±8	71	Normal, 6	Glucose, 2h	33	180	48	24
mean of five studies	46±2	66±3				180	47	22
Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)								
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
mean of three cooking times	57	81				180	48	27
Spaghetti, wholemeal, boiled								
1378 Wholemeal (Canada)	42±4	60	Normal, 6	Glucose, 2h	33	180	40	17
1379 President's Choice® Blue Menu™ Whole Wheat spaghetti (Loblaw Brands Limited, Canada)	45±5	65	Normal, 10	Bread, 2h	UO[5]	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[4]	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)[8]	62±8	89	Normal, 10	Glucose, 2h	UO[4]	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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
SNACK FOODS AND CONFECTIONERY								
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[6]	50	18	8
1391 Chocolate crinkles, containing coconut flour (Philippines)	43	61±5	Normal, 10	Bread, 2h	2	50	23	10
Chocolate, dark								
1392 Chocolate, dark, Dove® (M&M/Mars, USA)	23±3	33	Normal, 10	Glucose, 2h	UO[4]	50	26	6
1393 Chocolate, dark with raisins, peanuts and jam (Czech Republic)	44±5	63	Normal, 20	Glucose, 2h	39	50	27	12
Chocolate, milk, plain								
1394 Chocolate, milk, plain with sucrose (Belgium)[8]	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)	42±8	60	Normal, 10	Glucose, 2h	UO[4]	50	31	13
mean of four studies	43±3	61±4				50	28	12
Chocolate, milk, artificially sweetened								
1398 Chocolate candy, sugar free, Dove® (M&M/Mars, USA)[8]	23±3	33	Normal, 10	Glucose, 2h	UO[4]	50	15	3
1399 Chocolate, white, Milky Bar® (Nestlé, Australia)	44±6	63	Normal, 10	Glucose, 2h	UO[4]	50	29	13
1400 Cocoavia™ Chocolate Covered Almonds (M&M/Mars, USA)[8]	21±3	30	Normal, 10	Glucose, 2h	UO[4]	30	10	2
1401 Combos Snacks Cheddar Cheese Crackers (M&M/Mars, USA)	54±6	77	Normal, 10	Glucose, 2h	UO[4]	50	32	17
1402 Combos Snacks Cheddar Cheese Pretzels (M&M/Mars, USA)	52±6	74	Normal, 10	Glucose, 2h	UO[4]	50	35	18
Corn chips								
1403 Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia) (1998)	42±4	60±5	Normal, 10	Bread, 2h	UO[4]	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
Chips or Crisps, made from flaxseed, corn or rice President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)								
1405 Flaxseed Tortilla chips, Sea Salt	45±6	65	Normal, 10	Bread, 2h	UO[5]	50	20	9
1406 Flaxseed Tortilla chips, Spicy	34±5	49	Normal, 10	Bread, 2h	UO[5]	50	20	7
1407 Japanese Tamari Rice & Corn Crisps	91±6	131	Normal, 10	Bread, 2h	UO[5]	50	38	35
1408 Japanese Wasabi & Honey Rice & Corn Crisps	82±7	117	Normal, 10	Bread, 2h	UO[5]	50	39	32
1409 Thai Curry Rice & Corn Crisps	84±6	120	Normal, 10	Bread, 2h	UO[5]	50	39	33
1410 Fruit and nut mix (Finest, UK)	15±3	21	Normal, 10	Glucose, 2h	23	50	24	4
Fruit Bars								
1411 Apple Fruit Bar, fat-free, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	90±13	129	Normal, 10	Bread, 2h	UO[6]	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[6]	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[6]	50	26	13
1416 Berrylicious Trim Bar (Aussie Bodies Pty. Ltd., Australia)	46±4	66	Normal, 10	Glucose, 2h	UO[6]	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[4]	30	20	7
1418 Fig Fruit bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	70±8	101	Normal, 10	Bread, 2h	UO[5]	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[5]	40	21	7

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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[5]	40	21	7
1421 Heinz Kidz™ Fruit Fingers, banana (HJ Heinz, Australia)	61±11	87	Normal, 10	Glucose, 2h	UO[4]	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[5]	40	31	23
1423 Real Fruit Bars, strawberry (Uncle Toby's, Australia)	90±12	129	Normal, 10	Glucose, 2h	UO[4]	30	26	23
1424 Roll-Ups®, processed fruit snack (Uncle Toby's, Australia)	99±12	142±18	Normal, 10	Bread, 2h	UO[4]	30	25	24
1425 Strawberry fruit leather (Stretch Island Fruit Company™, Washington, USA)	29±4	42	Normal, 12	Glucose, 2h	UO[4]	30	24	7
1426 Strawberry & Wildberry dried fruit leather, Sunripe school straps (Windsor Farm Foods, Australia)	40	57	Normal, 10	Glucose, 2h	UO[4]	30	20	8
Gelato								
1427 Gelati, sucrose-free frozen dessert, chocolate flavor (Alba Foods, Newtown, Australia)	37±5	53	Normal, 10	Glucose, 2h	UO[4]	100	27	10
1428 Gelati, sucrose-free frozen dessert, vanilla flavor (Alba Foods, Newtown, Australia)	39±4	56	Normal, 10	Glucose, 2h	UO[4]	100	27	11
Ice cream and cone								
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[4]	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[4]	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[4]	120	19	10
Jelly beans								
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[4]	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[4]	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[4]	50	30	14
1437 Licorice, soft (Coles Supermarkets, Australia)	78±11	111	Normal, 10	Glucose, 2h	UO[4]	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
Mars Bar®								
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[4]	30	24	15
1443 Milky Way® bar (M&M/Mars, USA)	62±8	89	Normal, 10-12	Bread, 2h	UO[4]	60	42	26
1444 Milky Way® Lite bar (M&M/Mars, USA)	45±5	64	Normal, 10-12	Bread, 2h	UO[4]	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)[9]	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[4]	20	12	4
1449 Nutella®, chocolate hazelnut spread (Ferrero Australia, Australia) (2007)	25±4	36	Normal, 10	Glucose, 2h	UO[4]	20	11	3
mean of three studies	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[4]	20	12	8

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
Popcorn								
1451 Microwave Popping Corn, butter flavor, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	72±8	103	Normal, 10	Bread, 2h	UO[5]	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[5]	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)[8]	62±8	89	Normal, 9	Glucose, 2h	UO[4]	20	10	6
1456 Poppin Lite Microwave Popcorn, butter flavor, 50% reduced fat (Green's Foods, Australia)[8]	67±8	96	Normal, 9	Glucose, 2h	UO[4]	20	11	7
1457 Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)	89	127	Normal, 12	Bread, 2h	UO[4]	20	11	10
mean of seven studies	65±5	94±7				20	11	7
1458 Pop Tarts™, double choc (Kellogg's, Australia)	70±2	100	Normal, 10	Glucose, 2h	UO[4]	50	35	24
Potato crisps								
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)	60±2	86	Normal, 10	Glucose, 2h	3	50	20	12
mean of three studies	56	80				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[5]	50	38	25
Pretzels								
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[4]	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
Snack bars								
1467 Chewy Chocolate Chip & Marshmallow Granola Bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	78±6	112	Normal, 10	Bread, 2h	UO[5]	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[5]	26	20	12
1469 Chocolate Healtheries Simple bar, wheat and gluten free (Aussie Bodies Pty. Ltd., Australia)	35±3	50	Normal, 15	Glucose, 2h	UO[6]	50	27	10
1470 Chocolate Raspberry Zing™ bar (Revival Soy®, Physicians Pharmaceuticals, Inc., USA)[7]	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[4]	50	27	17
1472 Cocoavia™ Cripsy Chocolate Bar (M&M/Mars, USA)	33±5	47	Normal, 10	Glucose, 2h	UO[4]	50	25	8
1473 ExtendBar™ Apple Cinnamon Delight Bar (ExtendBar, USA)	33±7	47	Normal, 10	Glucose, 2h	UO[4]	50	14	5
1474 ExtendBar™ Chocolate Delight Bar (ExtendBar, USA)	41±6	59	Normal, 10	Glucose, 2h	UO[4]	50	17	7
1475 ExtendBar™ Peanut Delight Bar (ExtendBar, USA)	32±5	46	Normal, 10	Glucose, 2h	UO[4]	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[4]	50	19	5
1478 Oat bar, made from oat flour and bran starch (Canada)[9]	59	85	Normal, 10	Bread, 2h	106	50	24	14
1479 Peanut Butter Chocolate Pal™ bar (Revival Soy®, Physicians Pharmaceuticals, Inc., USA)[8]	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[5]	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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1482 Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)	40±8	57±11	Normal, 10	Bread, 2h	UO[4]	50	29	12
1483 Snack bar, Peanut Butter and Choc-Chip (Con Agra Inc., USA)	37±6	53±9	Normal, 10	Bread, 2h	UO[4]	50	27	10
1484 Trim bar, Chocorama (Aussie Bodies Pty. Ltd., Australia)	31±3	44	Normal, 10	Glucose, 2h	UO[6]	50	14	4
1485 Trim Bar, Mocha flavor (Aussie Bodies Pty. Ltd., Australia)	25±3	36	Normal, 10	Glucose, 2h	UO[6]	50	12	3
Snickers Bar®								
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[4]	60	35	15
1488 Snickers Bar® (M&M/Mars, USA)[9]	68	97	Normal, 12	Bread, 2h	108	60	34	23
mean of three studies	51	72				60	35	18
Soy Joy Fruit & Soy Bar® (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)								
1489 Apple Soy Joy Bar	19±2	27	Normal, 10	Glucose, 2h	UO[4]	30	12	2
1490 Apricot Soy Joy Bar	27±4	39	Normal, 10	Glucose, 2h	UO[4]	30	12	3
1491 Chocolate Orange Soy Joy Bar	41±7	59	Normal, 10	Glucose, 2h	UO[4]	30	12	5
1492 Mango Coconut Soy Joy Bar	28±2	40	Normal, 10	Glucose, 2h	UO[4]	30	11	3
1493 Plum + Fe Soy Joy Bar	25±3	36	Normal, 10	Glucose, 2h	UO[4]	30	12	3
1494 Plum + Folic acid Soy Joy Bar	27±2	39	Normal, 10	Glucose, 2h	UO[4]	30	12	3
1495 Raisin Almond Soy Joy Bar	28±4	40	Normal, 10	Glucose, 2h	UO[4]	30	12	3
1496 Sanzashi Soy Joy Bar	29±5	41	Normal, 10	Glucose, 2h	UO[4]	30	14	4
1497 Strawberry Soy Joy Bar	33±2	40	Normal, 9	Glucose, 2h	UO[4]	30	13	4
1498 Sunshine™ soy protein chips, lightly salted[8] (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[4]	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 Yummiees lollies (Allseps Pty. Ltd., Australia)	43±3	61	Normal, 14	Glucose, 2h	UO[6]	15	5	2
SPORTS (ENERGY) BARS								
1503 Clif bar, Chocolate Brownie Energy bar (Clif Bar Inc., Berkeley, USA)	57±6	82	Normal, 10	Glucose, 2h	UO[4]	65	38	22
1504 Performance Chocolate Energy bar (Power Bar, USA)	53±6	76	Normal, 9	Glucose, 2h	UO[4]	65	42	22
Power Bar® (Powerfood Inc., Berkeley, USA)								
1505 Power Bar®, chocolate	58±5	83±7	Normal, 10	Bread, 2h	22	65	42	24
1506 Power Bar®, chocolate[9]	53	75	Normal, 12	Bread, 2h	108	65	42	22
1507 Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA)[9]	39	55	Normal, 12	Bread, 2h	108	65	26	10
SmartZone Nutrition Bar (Hershey's Food Corporation, Hershey, PA, USA)								
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[4]	50	21	3
1510 SmartZone Crunchy Blueberry flavor	15±3	21	Normal, 10	Glucose, 2h	UO[4]	50	20	3
1511 SmartZone Crunchy Chocolate Brownie flavor	23±5	33	Normal, 10	Glucose, 2h	UO[4]	50	18	4
1512 SmartZone Crunchy Chocolate Caramel flavor	16±4	23	Normal, 10	Glucose, 2h	UO[4]	50	21	3
1513 SmartZone Crunchy Chocolate Peanut Butter flavor	14±3	20	Normal, 10	Glucose, 2h	UO[4]	50	18	3
1514 SmartZone Crunchy Key Lime flavor	14±3	20	Normal, 10	Glucose, 2h	UO[4]	50	20	3
1515 SmartZone Peanut Butter flavor	18±2	26	Normal, 10	Glucose, 2h	UO[4]	50	18	3
Snickers® Marathon Energy Bar (M&M/Mars, USA)								
1516 Chewy Chocolate Peanut flavor	36±5	51	Normal, 10	Glucose, 2h	UO[4]	50	24	9
1517 Cookies & Crème flavor	50±4	72	Normal, 10	Glucose, 2h	UO[4]	50	27	14
1518 Multi Grain Crunch flavor	50±4	72	Normal, 10	Glucose, 2h	UO[4]	50	28	14
1519 Peanut Butter flavor	34±5	49	Normal, 10	Glucose, 2h	UO[4]	50	24	8
Snickers® Marathon Low Carb Lifestyle Energy Bar (M&M/Mars, USA)								
1520 Chocolate Fudge Brownie flavor	20±4	29	Normal, 10	Glucose, 2h	UO[4]	50	10	2

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

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
1552	Spicy Black Bean Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	57±5	81	Normal, 10	Bread, 2h	UO[5]	250	31	18
1553	Spicy Black Bean with Vegetables soup, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	46±5	65	Normal, 10	Bread, 2h	UO[5]	250	27	12
1554	Spicy Thai Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	56±4	81	Normal, 10	Bread, 2h	UO[5]	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[4]	250	28	15
1556	Tomato & Herb, President's Choice® Blue Menu™ Soupreme (Loblaw Brands Limited, Canada)	47±5	67	Normal, 10	Bread, 2h	UO[5]	250	14	7
1557	Vegetable soup (UK)[24]	60±12	86	Normal, 10	Glucose, 2h	32	250	18	11
1558	Vegetable Couscous Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	57±4	82	Normal, 10	Bread, 2h	UO[5]	250	33	19
1559	Vegetarian Chili Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	36±4	51	Normal, 10	Bread, 2h	UO[5]	250	29	10
1560	Winter Squash, President's Choice® Blue Menu™ Soupreme (Loblaw Brands Limited, Canada)	41±4	59	Normal, 10	Bread, 2h	UO[5]	250	13	5
	SUGARS AND SYRUPS								
	Blue Agave cactus nectar, high-fructose								
1561	Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA)[8]	11±1	16±1	Normal, 9	Bread, 2h	UO[4]	10	8	1
1562	Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA)[8]	10±1	14±1	Normal, 9	Bread, 2h	UO[4]	10	8	1
1563	Premium Agave nectar (Sweet Cactus Farms, USA)	19±4	27	Normal, 9	Glucose, 2h	UO[4]	10	8	2
	mean of three studies	13	19				10	8	1
	Fructose								
1564	25 g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)[8]	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
	mean of three studies	15	22				10	10	2
	Glucose								
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)[8]	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)[15]	114	163±28	Normal, 8	Bread, 2h	109	10	10	11
	mean of seven studies	103±3	147±4				10	10	10
	Glucose consumed with American ginseng (*Panax quinquefolius L.*)								
1574	25 g glucose (Glucodex) 40 min before 3 g dried ginseng[8, 27]	76	109	Normal, 10	Glucose, 1.5h	110	10	10	8
	Glucose consumed with gum/fiber								
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[4]	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 ß-glucan)	57	82	Normal, 9	Glucose, 2h	111	10	10	6
1578	100 g Glucose + 20 g acacia gum[15, 28]	85	121	Normal, 12	Glucose, 2.5h	112	10	10	9
1579	75 g Glucose + 4.24 g salt (Nigeria)[11, 14]	86	123	Normal, 10	Glucose, 3h	87	10	10	9
1580	Golden Syrup (Australia)	63±6	90	Normal, 9	Glucose, 2h	UO[4]	25	21	13
	Honey								
1581	Yellow box (46% fructose) (Australia)[8]	35±4	50	Normal, 10	Glucose, 2h	UO[4]	25	18	6
1582	Stringy Bark (52% fructose) (Australia)[8]	44±4	63	Normal, 9	Glucose, 2h	UO[4]	25	21	9

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
1583	Red Gum (35% fructose) (Australia)[8]	46±3	66	Normal, 9	Glucose, 2h	UO[4]	25	18	8
1584	Iron Bark (34% fructose) (Australia)[8]	48±3	69	Normal, 10	Glucose, 2h	UO[4]	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[4]	25	21	11
1586	Yapunya (42 % fructose) (Australia)[8]	52±5	74	Normal, 9	Glucose, 2h	UO[4]	25	17	9
1587	Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6	83	Normal, 8	Bread, 2h	UO[4]	25	21	12
1588	Leabrook Farms Yellow box honey (Spring Gully Foods Pty Ltd, SA, Australia)	60±4	86	Normal, 11	Glucose, 2h	UO[4]	25	21	13
1589	Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia)[8]	62±3	89	Normal, 9	Glucose, 2h	UO[4]	25	18	11
1590	Salvation Jane (32% fructose) (Australia)[8]	64±5	91	Normal, 10	Glucose, 2h	UO[4]	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)[8]	72±6	103	Normal, 9	Glucose, 2h	UO[4]	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)[8]	87±8	124	Normal, 6	Glucose, 2h	33	25	21	18
	mean of seventeen types of honey	61±3	88±5				25	19	12
	Lactose								
1598	50 g portion (China)	46±1	66	Normal, 10	Glucose, 2h	3	10	10	5
1599	25 g portion (BDH, Poole, UK)[8]	48	68±8	Normal, 10	Bread, 2h	78	10	10	5
	Maltose								
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[4]	25	22	15
1603	Maple syrup, pure Canadian (Queen Foods, Australia)	54±6	77	Normal, 10	Glucose, 2h	UO[4]	25	18	10
	Sucrose								
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)[8]	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)[15]	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
	mean of six studies	65±4	94±6				10	10	7
	VEGETABLES								
1610	Broad beans, frozen, reheated in microwave (Logan Farm Pty Ltd, Australia)[8]	63±9	90	Normal, 10	Glucose, 2h	UO[4]	80	5	3
	Green peas								
1611	Pea, frozen, boiled (Canada)[8]	51±6	73	Normal, 6	Glucose, 2h	33	80	7	4
1612	Pea, green (*Pisum Sativum*) (India)[14]	54±14	77	Normal, 12-15	Glucose, 3h[20]	75	80	7	4
	Pumpkin								
1613	Butternut pumpkin, boiled (Australia)[8]	51±6	73	Normal, 10	Glucose, 2h	UO[4]	80	6	3
1614	Pumpkin (*Cucurbita moschata*), 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
	mean of three studies	64	91				80	9	6
	Sweet corn								
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
	mean of five studies	52±5	75±7				80	17	9

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
Root vegetables								
Carrots								
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)[8]	33±5	47	Normal, 8	Glucose, 2h	UO[4]	80	5	2
1624 Carrots, peeled, diced boiled (Sydney, NSW, Australia)[8]	49±2	70	Normal, 7	Glucose, 2h	51	80	5	2
mean of four studies	39±4	56±5				80	6	2
1625 Cassava (*Manihot esculenta*), 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)[8]	52±5	74	Normal, 10	Glucose, 2h	UO[4]	80	8	4
Potato								
Baked potato								
1627 Potato, white with skin, baked (UK)	69±5	99	Normal, 10	Glucose, 2h	14	150	27	19
1628 Irish potato (*Solanum tuberosum*), 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)	98±8	140	Normal, 10	Glucose, 2h	14	150	27	26
mean of four foods	86±6	123±9				150	26	22
Baked, Russet Burbank potatoes								
1631 Russet, baked without fat (USA)	111	158	Normal, 16	Bread, 3h	65	150	30	33
Boiled potato								
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 (*Solanum tuberosum*), 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[4]	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
Boiled/cooked, white/Type NS								
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)	96±10	137	Normal, 10	Glucose, 2h	14	150	26	24
mean of four studies	82±7	117±9				150	25	21
Boiled potato cooked then cooled								
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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
Canned potatoes								
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
French Fries								
1657 French fries (Ica Handlarna, 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 (Solanum tuberosum), peeled, fried in vegetable oil (Jamaica)	70±6	100	Normal, 10	Glucose, 2h	81	150	30	21
Instant Mashed potato								
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)	97±6	139	Normal, 10	Glucose, 2h	UO[4]	150	20	19
mean of six studies	87±3	124±4				150	20	17
Instant mashed potato consumed with added fat								
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
Mashed potato								
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)	83	118±12	Normal, 12	Bread, 3h	102	150	20	17
mean of three studies	76	108				150	20	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
Microwaved potato								
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
New Potato								
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)	80±15	114	Normal, 10	Glucose, 2h	14	150	23	18
mean of three studies	76	109				150	22	16
Steamed potato								
1681 Potato, NS type, steamed (China)	62±2	89	Normal, 10	Glucose, 2h	3	150	19	12
1682 Potato (*Solanum Tuberosum*), peeled, steamed 1 h (India)[14]	65±11	93	Normal, 12-15	Glucose, 3h[20]	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
Sweet potato, cooked								
1684 Sweet potato (*Ipomoea batatas*), boiled (Australia)	44	63	Normal, 7	Potato[26], 3h	82	150	25	11
1685 Sweet potato (*Ipomoea batatas*), 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[4]	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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1688 Sweet potato (*Ipomoea batatas*), peeled, baked 45 min (Jamaica)	94±8	134	Normal, 10	Glucose, 2h	81	150	45	42
1689 Sweet potato (*Ipomoea batatas*), peeled, fried in vegetable oil (Jamaica)	76±7	109	Normal, 10	Glucose, 2h	81	150	45	34
1690 Sweet potato (*Ipomoea batatas*), 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)	75±5	107	Normal, 9	Glucose, 2h	UO[4]	150	29	22
mean of nine studies	70±6	100±8				150	32	22
Tapioca								
1693 Tapioca (*Manihot Utilissima*), steamed 1 h (India)[14]	70±10	100	Normal, 12-15	Glucose, 3h[20]	75	250	18	12
Taro								
1694 Taro (China)	48±5	68	Normal, 7	Glucose, 2h	3	150	8	4
1695 Taro (*Colocasia esculenta*) peeled, boiled (Australia)	54	77	Normal, 7	Potato[26], 3h	82	150	8	4
1696 Taro, peeled, boiled (New Zealand)	56±12	80	Normal, 9	Glucose, 2h	29	150	8	4
mean of three studies	53	75				150	8	4
Yam								
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 (*Dioscorea spp.*), boiled (Nigeria)[11, 14]	74	106	Normal, 10	Glucose, 3h	87	150	38	28
mean of four studies	54±8	77±11				150	37	20
1701 Yam (*Dioscorea spp.*), boiled, consumed with 4.24 g salt (Nigeria)[11, 14]	74	106	Normal, 10	Glucose, 3h	87	150	38	28
1702 Coco yam (*Xanthosoma spp.*), peeled, cubed, boiled 30 min (Jamaica)	61±5	87	Normal, 10	Glucose, 2h	81	150	46	28
Yam, Lucea *(Dioscorea rotundata)*								
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
Yam, Negro *(Dioscorea rotundata)*								
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
Yam, Round leaf yellow *(Dioscorea cayenensis)*								
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
Yam, Sweet *(Dioscorea alata)*								
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
Yam, White *(Dioscorea alata)*								
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
INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS								
AFRICAN								
1713 Brown beans (South Africa)	24±8	34	Normal, 7	Glucose, 2h	36	50 (dry)	25	6
1714 FooFoo corn (*Zea mays*) and ndole (vegetable soup)[14] (Cameroon)	34	49	Normal, 10	Glucose, 3h	122	-	-	-
1715 Ga kenkey, prepared from fermented cornmeal (*Zea mays*) eaten with fish, tomato and onion sauce (Ghana)	12±1	17	Normal, 10	Glucose, 2h[29]	123	150	13	7
1716 Gari, roasted cassava dough (*Manihot utilissima*) eaten with fish, tomato and onion sauce (Ghana)	56±3	80	Normal, 10	Glucose, 2h[29]	123	100	27	15

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/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 (*Phaseolus vulgaris*) stew and plantain[14] (*Musa paradisiaca*) (Cameroon)	48	69	Normal, 10	Glucose, 3h	122	-	-	-
1719 Koki beans (*Phaseolus vulgaris*) and cassava[14] (*Manihot esculenta*) (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 (*Oriza sativa*) and tomato soup (Cameroon)[14]	46	66	Normal, 10	Glucose, 3h	122	-	-	-
1724 Unripe plantain (*Musa paradisiaca*) eaten with fish, tomato and onion sauce (Ghana)	40±4	57	Normal, 10	Glucose, 2h[29]	123	120 (raw)	34	13
1725 White rice (*Oryza sativa*), boiled, eaten with fish, tomato and onion sauce (Ghana)	34±3	49	Normal, 10	Glucose, 2h[29]	123	150	42	14
1726 Yam (*Dyscoria* species) eaten with fish, tomato and onion sauce (Ghana)	66	94	Normal, 10	Glucose, 2h[29]	123	150	36	24
1727 Yam (*Dioscorea* species) and groundnut[14] (*Arachis hypogaea*) soup (Cameroon)	50	71	Normal, 10	Glucose, 3h	122	-	-	-
ARABIC AND TURKISH								
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
ASIAN								
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[13], 2h	38	150	51	40
1735 Curry rice (Japan)	67	96	Normal, 10	Rice[13], 2h	38	150	61	41
1736 Curry rice with cheese (Japan)	55	79	Normal, 10	Rice[13], 2h	38	150	49	27
1737 Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan)	65	93	Normal, 9	Rice[13], 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[13], 2h	38	150	65	56
1740 Glutinous rice ball with cut glutinous cake (mochi) (Japan)	48	69	Normal, 9	Rice[13], 2h	38	75	28	13
1741 Glutinous rice cake with dried sea algae (Japan)	83	119	Normal, 8	Rice[13], 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[13], 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[13], 2h	38	100	50	34
1748 Rice cracker, plain (Sakada, Japan)	91	130	Normal, 10	Rice[13], 2h	38	30	25	23
1749 Rice gruel with dried algae (Satou Co Ltd., Japan)	81	116	Normal, 10	Rice[13], 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[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1752 Roasted rice ball (Satou Co Ltd., Japan)	77	110	Normal, 9	Rice[13], 2h	38	75	27	21
1753 Salted rice ball (Satou Co Ltd., Japan)	80	114	Normal, 7	Rice[13], 2h	38	75	26	21
1754 Soba noodles, instant, reheated in hot water, served with soup (Japan)	46	66	Normal, 9	Rice[13], 2h	38	180	49	22
1755 Sushi, salmon ('I Love Sushi', Sydney, Australia)[8]	48±8	69	Normal, 10	Glucose, 2h	UO[4]	100	36	17
1756 Sushi, roasted sea algae, vinegar and rice (Japan)	55	79	Normal, 9	Rice[13], 2h	38	100	37	20
1757 Udon noodles, fresh, reheated (Fantastic brand, Windsor Gardens, SA, Australia)[8]	62±8	89	Normal, 10	Glucose, 2h	UO[4]	180	48	30
1758 Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48	69	Normal, 9	Rice[13], 2h	38	180	47	23
1759 White rice, dried sea algae and milk, eaten together (Japan)	57	81	Normal, 7	Rice[13], 2h	38	300	47	27
1760 White rice, dried sea algae and milk (milk eaten before rice) (Japan)	56	80	Normal, 9	Rice[13], 2h	38	300	47	26
1761 White rice, dried sea algae and milk (milk eaten after rice) (Japan)	55	79	Normal, 9	Rice[13], 2h	38	300	47	26
mean of three types	56	80				300	47	26
1762 White rice with dried fish strip (okaka) (Japan)	79	113	Normal, 6	Rice[13], 2h	38	150	50	40
1763 White rice with fermented soybean (natto) (Japan)	56	80	Normal, 10	Rice[13], 2h	38	150	43	24
1764 White rice with instant miso soup (soybean paste soup) (Japan)	61	87	Normal, 10	Rice[13], 2h	38	150	47	29
1765 White rice with low-fat milk (Japan)	69	99	Normal, 9	Rice[13], 2h	38	300	47	32
1766 White rice and non-sugar yoghurt (yoghurt eaten before rice) (Japan)	59	84	Normal, 10	Rice[13], 2h	38	150	32	19
1767 White rice and non-sugar yoghurt eaten together (Japan)	58	83	Normal, 10	Rice[13], 2h	38	150	32	19
1768 White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan)	63	90	Normal, 9	Rice[13], 2h	38	150	43	27
1769 White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan)	61	87	Normal, 11	Rice[13], 2h	38	150	43	26
1770 White rice topped with raw egg and soy sauce (Japan)	72	103	Normal, 6	Rice[13], 2h	38	150	36	26
1771 White rice with roasted ground soybean (Japan)	56	80	Normal, 9	Rice[13], 2h	38	150	51	29
1772 White rice with salted dried plum (umeboshi) (Japan)	80	114	Normal, 10	Rice[13], 2h	38	150	49	39
1773 White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77	110	Normal, 7	Rice[13], 2h	38	150	51	39
ASIAN INDIAN								
1774 Bajra (*Penniseteum typhoideum*), eaten as roasted bread made from bajra flour	49	70	Normal, 18	Bread, 3h	64	75 (dry)	50	25
1775 Banana, (*Musa sapientum*), Nendra variety, unripe, steamed 1 h[14]	70±11	100	Normal, 12-15	Glucose, 3h[20]	75	120	45	31
1776 Barley (*Hordeum vulgare*)	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, (*Phaseolus mungo*), soaked 12 h, stored moist 24 h, steamed 1 h[14]	43±10	61	Normal, 12-15	Glucose, 3h[20]	75	150	18	8
Chapatti								
1779 Chapatti, bajra	49	70	Normal, 18	Bread, 3h	64	-	-	-
1780 Chapatti, barley	48	69	Normal, 18	Bread, 3h	64	-	-	-
1781 Chapatti, maize (*Zea mays*)	59	85	Normal, 18	Bread, 3h	64	-	-	-
1782 Chapatti, flour from malted wheat, moth bean (*Phaseolus aconitifolius*) and bengal gram (*Cicer arietinum*)	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 (*Phaseolus aureus*) dhal	44±3	63	Normal, 11	Glucose, 2h	126	200	50	22
Cheela (thin savoury pancake made from legume flour batter)								
1786 Cheela, bengal gram (*Cicer arietinum*)	42±1	60	Normal, 15	Glucose, 2h[29]	127	150	28	12

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1787 Cheela, bengal gram (*Cicer arietinum*), fermented batter	36±1	51	Normal, 15	Glucose, 2h[29]	127	150	28	10
1788 Cheela, green gram (*Phaseolus aureus*)	45±1	64	Normal, 15	Glucose, 2h[29]	127	150	26	12
1789 Cheela, green gram (*Phaseolus aureus*), fermented batter	38±1	54	Normal, 15	Glucose, 2h[29]	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, (*Phaseolus aureus*), soaked 12 h, stored moist 24 h, steamed 1 h[14]	38±14	54	Normal, 12-15	Glucose, 3h[20]	75	150	17	6
1792 Horse gram, (*Dolichos biflorus*) soaked 12 h, stored moist 24 h, steamed 1 h[14]	51±11	73	Normal, 12-15	Glucose, 3h[20]	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, (*Eleucine coracana*), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h[14]	68±10	97	Normal, 12-15	Glucose, 3h[20]	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, *Phaseolus vulgaris* (India)	19	27	Normal, 6	Glucose, 2h	66	150	30	6
1803 Tapioca (*Manihot utilissima*), steamed 1h[14]	70±10	100	Normal, 12-15	Glucose, 3h[20]	75	250	18	12
1804 Upittu (roasted semolina and onions, cooked in water)	69±4	99	Normal, 11	Glucose, 2h	126	150	42	28
AUSTRALIAN ABORIGINAL								
1805 *Acacia aneura* (mulga seed) roasted, wet ground to paste[8]	8	11	Normal, 7	Potato[26], 3h	82	50	17	1
1806 *Acacia coriacea,* desert oat seed bread[8]	46	66	Normal, 6	Bread, 3h	82	75	24	11
1807 *Araucaria bidwillii* (bunya tree nut), baked 10 min[8]	47	67	Normal, 7	Potato[26], 3h	82	50	16	7
1808 Bush honey, sugar bag[8]	43	61	Normal, 7	Potato[26], 3h	82	30	25	11
1809 *Castanospermum austral* (blackbean seed), sliced, soaked 1 wk, pounded and baked[8]	8	11	Normal, 7	Potato[26], 3h	82	50	9	1
1810 *Dioscorea bulbifera* (cheeky yam), peeled, sliced, soaked 2 d, baked 15 min[8]	34	49	Normal, 7	Potato[26], 3h	82	150	36	12
1811 *Macrozamia communis* (cycad palm seed), sliced, soaked 1 wk, pounded, baked[8]	40±2	57	Normal, 7	Glucose, 2h	51	50	25	10
PACIFIC ISLANDERS								
1812 Breadfruit (*Artocarpus altilis*) (Australia)[8]	68	97	Normal, 7	Potato[26], 3h	82	120	27	18
Banana/plantain, green								
1813 Green banana, boiled (New Zealand)	38±10	54	Normal, 8	Glucose, 2h	29	120	21	8
1814 Plantain (*Musa AAB*) (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
Sweet Potato								
1816 Sweet potato (*Ipomoea batatas*) (Australia)	44	63	Normal, 7	Potato[26], 3h	82	150	25	11
1817 Sweet potato, kumara (New Zealand)	77±12	110	Normal, 9	Glucose, 2h	29	150	25	19
1818 Tannia (*Xanthosoma sagittifolium*) (Fiji)	63±5	90	Normal, 8	Glucose, 2h	5	150	36	23
Taro								
1819 Taro (*Colocasia esculenta*) peeled, boiled (Australia)	54	77	Normal, 7	Potato[26], 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
PIMA INDIAN								
1822 Acorns (*Quercus emoryi*), stewed with venison[8]	16±1	23	Normal, 8	Glucose, 2h	129	100	6	1
1823 Cactus jam (*Stenocereus thurberi*)	91	130±19	Normal, 8	Bread, 2h	130	30	20	18

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1824 Corn hominy (*Zea mays*)[8]	40±5	57	Normal, 8	Glucose, 2h	129	150	30	12
1825 Fruit Leather (*Stenocereus thurberi*)	70	100±19	Normal, 8	Bread, 2h	130	30	24	17
1826 Lima beans broth (*Phaseolus lunatus*)[8]	36±3	51	Normal, 8	Glucose, 2h	129	250	32	12
1827 Tortilla (*Zea mays and Olneya tesota*)	38	54±9	Normal, 8	Bread, 2h	130	60	25	9
1828 White teparies broth (*Phaseolus acutifolius*)[8]	31±3	44	Normal, 8	Glucose, 2h	129	250	32	10
1829 Yellow teparies broth (*Phaseolus acutifolius*)[8]	29±3	41	Normal, 8	Glucose, 2h	129	250	26	8
SOUTH AMERICAN								
1830 Arepa, corn bread cake, made with corn flour (Mexico)[14]	72	102	Normal, 6	Glucose, 4h[30]	131	100	43	31
1831 Arepa, made from ordinary dehulled dent corn flour[12, 31] (25% amylose)	81	116	Normal, 9	Arepa[32], 2h	132	100	43	35
1832 Arepa, made from dehulled high-amylose (70%) corn flour [12, 31]	44	63	Normal, 9	Arepa[32], 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 (*Araucaria angustifolia*) 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
WEST INDIAN/CARIBBEAN								
1847 Breadfruit (*Artocarpus altilis*), 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 (*Manihot esculenta*), peeled, boiled 30 min, frozen, thawed and reheated for 1 min	94±11	133±16	Normal, 8	Bread, 2h	115	120	38	36
Dasheen (*Colocasia esculenta*)								
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
mean of four foods	73±2	103±3				150	49	36
1853 Eddoe (*Colocasia esculenta var. antiquorum*), peeled, boiled 30 min, refrigerated, reheated for 1 min	61±10	86±14	Normal, 8	Bread, 2h	115	150	34	21
Green banana/plantain (*Musa sapientum*)								
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 (*Musa paradisiaca*), peeled, boiled 10 min (Jamaica)	39±4	56	Normal, 10	Glucose, 2h	81	120	23	9

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1858 Green plantain (*Musa paradisiaca*), peeled, fried in vegetable oil (Jamaica)	40±3	57	Normal, 10	Glucose, 2h	115	120	34	14
1859 Ripe plantain (*Musa paradisiaca*), peeled, boiled 10 min (Jamaica)	66±2	94	Normal, 10	Glucose, 2h	81	120	19	13
1860 Ripe plantain *(Musa paradisiaca*), peeled, fried in vegetable oil (Jamaica)	90±6	129	Normal, 10	Glucose, 2h	81	120	28	26
1861 Irish potato (*Solanum tuberosum*), 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 (*Xanthosoma sagittifolium*), 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
Yam								
1868 Coco yam (*Xanthosoma spp.*), peeled, cubed, boiled 30 min (Jamaica)	61±5	87	Normal, 10	Glucose, 2h	81	150	46	28
1869 Lucea yam (*Dioscorea rotunda*), 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 (*Dioscorea rotundata*), 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 (*Dioscorea cayenensis*), 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 (*Dioscorea alata*), 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 (*Dioscorea alata*), 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.