

International table of glycemic index and glycemic load values: 2002^{1,2}

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ABSTRACT Reliable tables of glycemic index (GI) compiled from the scientific literature are instrumental in improving the quality of research examining the relation between GI, glycemic load, and health. The GI has proven to be a more useful nutritional concept than is the chemical classification of carbohydrate (as simple or complex, as sugars or starches, or as available or unavailable), permitting new insights into the relation between the physiologic effects of carbohydrate-rich foods and health. Several prospective observational studies have shown that the chronic consumption of a diet with a high glycemic load (GI \times dietary carbohydrate content) is independently associated with an increased risk of developing type 2 diabetes, cardiovascular disease, and certain cancers. This revised table contains almost 3 times the number of foods listed in the original table (first published in this Journal in 1995) and contains nearly 1300 data entries derived from published and unpublished verified sources, representing >750 different types of foods tested with the use of standard methods. The revised table also lists the glycemic load associated with the consumption of specified serving sizes of different foods. *Am J Clin Nutr* 2002;76:5–56.

KEY WORDS Glycemic index, carbohydrates, diabetes, glycemic load

INTRODUCTION

Twenty years have passed since the first index of the relative glycemic effects of carbohydrate exchanges from 51 foods was published by Jenkins et al (1) in this Journal. Per gram of carbohydrate, foods with a high glycemic index (GI) produce a higher peak in postprandial blood glucose and a greater overall blood glucose response during the first 2 h after consumption than do foods with a low GI. Despite controversial beginnings, the GI is now widely recognized as a reliable, physiologically based classification of foods according to their postprandial glycemic effect.

In 1997 a committee of experts was brought together by the Food and Agriculture Organization (FAO) of the United Nations and the World Health Organization (WHO) to review the available research evidence regarding the importance of carbohydrates in human nutrition and health (2). The committee endorsed the use of the GI method for classifying carbohydrate-rich foods and recommended that the GI values of foods be used in conjunction with information about food composition to guide

food choices. To promote good health, the committee advocated the consumption of a high-carbohydrate diet ($\geq 55\%$ of energy from carbohydrate), with the bulk of carbohydrate-containing foods being rich in nonstarch polysaccharides with a low GI. In Australia, official dietary guidelines for healthy elderly people specifically recommend the consumption of low-GI cereal foods for good health (3), and a GI trademark certification program is in place to put GI values on food labels as a means of helping consumers to select low-GI foods (4). Commercial GI testing of foods for the food industry is currently conducted by many laboratories around the world, including our own. Many recent popular diet books contain extensive lists of the GI values of individual foods or advocate the consumption of low-GI, carbohydrate-rich foods for weight control and good health (5).

Reliable tables of GI compiled from the scientific literature are instrumental in improving the quality of research examining the relation between the dietary glycemic effect and health. The first edition of *International Tables of Glycemic Index*, published in this Journal in 1995 with 565 entries (6), has been cited as a reference in many scientific papers. In particular, these tables provided the basis for the GI to be used a dietary epidemiologic tool, allowing novel comparisons of the effects of different carbohydrates on disease risk, separate from the traditional classification of carbohydrates into starches and sugars. Several large-scale, observational studies from Harvard University (Cambridge, MA) indicate that the long-term consumption of a diet with a high glycemic load (GL; GI \times dietary carbohydrate content) is a significant independent predictor of the risk of developing type 2 diabetes (7, 8) and cardiovascular disease (9). More recently, evidence has been accumulating that a low-GI diet might also protect against the development of obesity (10, 11), colon cancer (12), and breast cancer (13). The EURODIAB (Europe and Diabetes) study, involving >3000 subjects with type 1 diabetes in 31 clinics throughout Europe, showed that the GI rating of self-selected diets was independently related to blood concentrations of glycated hemoglobin in men and women (14)

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and to waist circumference in men (15). In addition, higher blood HDL-cholesterol concentrations were observed in patients consuming low-GI diets from the northern, eastern, and western European centers participating in the study (15). Indeed, several studies have shown that the dietary GI is a good predictor of HDL concentrations in the healthy population, whereas the amount and type of fat are not (16–18). Thus, the GI has proven to be a more useful nutritional concept than is the chemical classification of carbohydrate (as simple or complex, as sugars or starches, or as available or unavailable), providing new insights into the relation between foods and health.

In parallel with these advances have been studies documenting the importance of postprandial glycemia per se for all-cause mortality and cardiovascular disease mortality in healthy populations (19). For example, in the Hoorn study there was a significant association between the 8-y risk of cardiovascular death and 2-h postload blood glucose concentrations in subjects with normal fasting glucose concentrations, even after adjustment for known risk factors (20). Multiple mechanisms are probably involved. Recurring, excessive postprandial glycemia could decrease blood HDL-cholesterol concentrations, increase triglyceridemia, and also be directly toxic by increasing protein glycation, generating oxidative stress, and causing transient hypercoagulation and impaired endothelial function (21, 22). If postprandial glycemia is indeed important, then dietary treatment for the prevention or management of chronic diseases must consider both the amount and type of carbohydrate consumed.

An issue that is still being debated, particularly within the United States, is whether the GI has practical applications for the clinical treatment of diabetes and cardiovascular disease. Three intervention studies in adults and children with type 1 diabetes showed that low-GI diets improve glycated hemoglobin concentrations (23–25). In subjects with cardiovascular disease, low-GI diets were shown to be associated with improvements in insulin sensitivity and blood lipid concentrations (23, 26). In addition, evidence from both short-term and long-term studies in animals and humans indicates that low-GI foods may be useful for weight control. Laboratory studies examining the short-term satiating effects of foods have shown that low-GI foods are relatively more satiating than are their high-GI counterparts (10). Compared with low-GI meals, high-GI meals induce a greater rise and fall in blood glucose and a greater rise in blood insulin, leading to lower concentrations of the body's 2 main fuels (blood glucose and fatty acids) in the immediate postabsorptive period. The reduced availability of metabolic fuels may act as a signal to stimulate eating (11). It is also important to emphasize that many low-GI foods are relatively less refined than are their high-GI counterparts and are more difficult to consume. The lower energy density and palatability of these foods are important determinants of their greater satiating capacity. In obese children, the ad libitum consumption of a low-GI diet has been associated with greater reductions in body mass indexes (27). However, some experts have raised concerns about the difficulties of putting advice about GI values into practice and of the potentially adverse effects on food choice and fat intake. For this reason, the American Diabetes Association does not recommend the use of GI values for dietary counseling. However, the European Association for the Study of Diabetes (28), the Canadian Diabetes Association (29), and the Dietitians Association of Australia (30) all recommend high-fiber, low-GI foods for individuals with diabetes as a means of improving postprandial glycemia and weight control.

REVISED INTERNATIONAL TABLE OF GI VALUES

For all clinical and research applications, reliable GI values are needed. Therefore, the purpose of this revised table is to bring together all the relevant data published between 1981 and 2001 (**Table 1**). Unpublished figures from our laboratory and those from others have also been included when the quality of the data could be verified on the basis of the method used [ie, the method is in line with the principles advocated by the FAO/WHO Expert Consultation (2)]. In total, the new table contains nearly 1300 separate entries, representing >750 different types of foods. This number of foods represents an increase of almost 250% over the number provided when the international tables were first published in 1995. As in the original tables, the GI value for each food (with either glucose or white bread used as the reference food), the type and number of subjects tested, the reference food and time period used, and the published source of the data are provided. For many foods there are ≥ 2 published values; therefore, the mean (\pm SEM) GIs were calculated and are listed underneath the data for the individual foods. Thus, the user can appreciate the variation for any one food and, if possible, use the GI value for the food found in their country. It is hoped that the table will reduce unnecessary repetition in the testing of individual foods and facilitate wider research and application of the GI. In some cases, the GI values for different varieties of the same type of food listed in the table indicate the glycemic-lowering effects of different ingredients and food processing methods (eg, porridges made from rolled grains of different thicknesses and breads with different proportions of whole grains). This information could assist food manufacturers to develop a greater range of low-GI processed foods.

WHY DO GI VALUES FOR THE SAME TYPES OF FOODS SOMETIMES VARY?

Many people have raised concerns about the variation in published GI values for apparently similar foods. This variation may reflect both methodologic factors and true differences in the physical and chemical characteristics of the foods. One possibility is that 2 similar foods may have different ingredients or may have been processed with a different method, resulting in significant differences in the rate of carbohydrate digestion and hence the GI value. Two different brands of the same type of food, such as a plain cookie, may look and taste almost the same, but differences in the type of flour used, in the moisture content, and in the cooking time can result in differences in the degree of starch gelatinization and consequently the GI values. In addition, it must be remembered that the GI values listed in the table for commercially available processed foods may change over time if food manufacturers make changes in the ingredients or processing methods used.

Another reason GI values for apparently similar foods vary is that different testing methods are used in different parts of the world. Differences in testing methods include the use of different types of blood samples (capillary or venous), different experimental time periods, and different portions of foods (50 g of total rather than of available carbohydrate). Recently, 7 experienced GI testing laboratories around the world participated in a study to determine the degree of variation in GI values when the same centrally distributed foods were tested according to the laboratories' normal in-house testing procedures (31). The results showed that the 5 laboratories that used finger-prick capillary blood samples to

measure changes in postprandial glycemia obtained similar GI values for the same foods and less intersubject variation. Although capillary and venous blood glucose values have been shown to be highly correlated, it appears that capillary blood samples may be preferable to venous blood samples for reliable GI testing. After the consumption of food, glucose concentrations change to a greater degree in capillary blood samples than in venous blood samples. Therefore, capillary blood may be a more relevant indicator of the physiologic consequences of high-GI foods.

Although it is clear that GI values are generally reproducible from place to place, there are some instances of wide variation for the same food. Rice, for example, shows a large range of GI values, but this variation is due to inherent botanical differences in rice from country to country rather than to methodologic differences. Differences in the amylose content could explain much of the variation in the GI values of rice (and other foods) because amylose is digested more slowly than is amylopectin starch (32). GI values for rice cannot be reliably predicted on the basis of the size of the grain (short or long grain) or the type of cooking method. Rice is obviously one type of food that needs to be tested brand by brand locally. Carrots are another example of a food with a wide variation in published GI values; the oldest study showed a GI of 92 ± 20 and the latest study a GI of 32 ± 5 . However, the results of an examination of the SEs (20 compared with 5) and the number of subjects tested (5 compared with 8) suggest that the latest value for carrots is more reliable, although differences in nutrient content and preparation methods contributed somewhat to this variation.

An important reason GI values for similar foods sometimes vary between laboratories is because of the method used for determining the carbohydrate content of the test foods. GI testing requires that portions of both the reference foods and test foods contain the same amount of available carbohydrate, typically 50 or 25 g. The available or glycemic carbohydrate fraction in foods, which is available for absorption in the small intestine, is measured as the sum of starch and sugars and does not include resistant starch. Most researchers rely on food-composition tables or food manufacturers' data, whereas others directly measure the starch and sugar contents of the foods.

This difference in the accuracy of measurements of the carbohydrate content might explain some of the variation in reported GI values for fruit and potatoes and other vegetables. Food labels may or may not include the dietary fiber content of the food in the total carbohydrate value, leading to confusion that can markedly affect GI values, especially those for high-fiber foods. Consequently, researchers should obtain accurate laboratory measurements of the available carbohydrate content of foods as an essential preliminary step in GI testing. The available carbohydrate portion of test and reference foods should not include resistant starch, but, in practice, this can be difficult to ensure because resistant starch is difficult to measure. There is also difficulty in determining the degree of availability of novel carbohydrates, such as sugar alcohols, which are incompletely absorbed at relatively high doses.

Measuring the rate at which carbohydrates in foods are digested in vitro has been suggested as a cheaper and less time-consuming method for predicting the GI values of foods (33). However, only a few foods have been subjected to both in vitro and in vivo testing, and it is not yet known whether the in vitro method is a reliable indication of the in vivo postprandial glycemic effects of all types of foods. It is possible that some factors that significantly

affect glycemia in vivo, such as the rate of gastric emptying, will not change the rate of carbohydrate digestion in vitro. For example, high osmolality and high acidity or soluble fiber slow down the gastric emptying rate and reduce glycemia in vivo, but they may not alter the rate of carbohydrate digestion in vitro. It is difficult to mimic all of the human digestive processes in a test tube. In fact, research results from our laboratory have shown that GI values measured in vivo can be significantly different for the same foods measured in vitro. Until we know more about the validity of in vitro methods, it is not recommended that they be used in clinical or epidemiologic research applications or for food labeling purposes because of the potential for large over- or underestimates of true GI values.

GUIDE TO THE USE OF THE REVISED TABLE

The GI values listed in the revised table represent high-quality data published in refereed journals or unpublished values generated by Sydney University's Glycemic Index Research Service, often as a result of contract research by industry. The foods have been described as unambiguously as possible by using descriptive data about the food given in the original publication. In some cases, descriptive details were extensive, including the species or variety of plant food, the brand name of the processed food, and the preparation and cooking methods. In other cases, the only description was a single word (eg, potatoes or apple). If the cooking method and cooking time were stated in the original reference, the details are given. The user should bear in mind that countries often have different names for the same food product or, alternatively, the same name for different items. For example, Kellogg's Special K breakfast cereal is a very different product in North America (Kellogg Canada Inc) than in Australia (Kellogg, Sydney, Australia), each of which has a different GI value. Similarly, food names may mean different things in different countries. For example, *biscuits*, *muffins*, and *scones* have different meanings in North America and in Europe. The terms used in the revised table have been selected to be as internationally relevant as possible.

Some research laboratories continue to use white bread as the reference food for measuring GI values, whereas others use glucose (dextrose); therefore, 2 GI values are given for each food. The first value is the GI with glucose as the reference food (GI value for glucose = 100; GI value for white bread = 70), and the second value is the GI for the same food with white bread as the reference food (GI value for white bread = 100; GI value for glucose = 143). When bread was the reference food used in the original study, the GI value for the food was multiplied by 0.7 to obtain the GI value with glucose as the reference food. The table lists the reference food that was originally used to measure the GI value of each food.


The foods in the table are separated into the following food groups: bakery products, beverages, breads, breakfast cereals and related products, breakfast cereal bars, cereal grains, cookies, crackers, dairy products and alternatives, fruit and fruit products, infant formula and weaning foods, legumes and nuts, meal-replacement products, mixed meals and convenience foods, nutritional-support products, pasta and noodles, snack foods and confectionery, sports bars, soups, sugars and sugar alcohols, vegetables (including roots and tubers), and indigenous or traditional foods of different ethnic groups. Within each section, foods are arranged in alphabetical order by common name. This classification of the foods was made on a practical rather than a sci-

entific basis. There are no GI values given for meat, poultry, fish, avocados, salad vegetables, cheese, or eggs because these foods contain little or no carbohydrate and it would be exceedingly difficult for people to consume a portion of the foods containing 50 g or even 25 g of available carbohydrate. Even in large amounts, these foods when eaten alone are not likely to induce a significant rise in blood glucose.

GLYCEMIC LOAD

Both the quantity and quality (ie, nature or source) of carbohydrate influence the glycemic response. By definition, the GI compares equal quantities of carbohydrate and provides a measure of carbohydrate quality but not quantity. In 1997 the concept of GL was introduced by researchers at Harvard University to quantify the overall glycemic effect of a portion of food (7–9). Thus, the GL of a typical serving of food is the product of the amount of available carbohydrate in that serving and the GI of the food. The higher the GL, the greater the expected elevation in blood glucose and in the insulinogenic effect of the food. The long-term consumption of a diet with a relatively high GL (adjusted for total energy) is associated with an increased risk of type 2 diabetes and coronary heart disease (9).

In the revised table, 3 columns of data not given in the 1995 table are included: GL values, a nominal serving size for each food (weight in g or volume in mL), and the carbohydrate content of each food (in g/serving). The GL values are included for most of the foods and were calculated by multiplying the amount of carbohydrate contained in a specified serving size of the food by the GI value of that food (with the use of glucose as the reference food), which was then divided by 100. The nominal serving sizes were chosen after consideration of typical serving sizes in different countries. The carbohydrate content was obtained from the reference paper or, when not available, from appropriate food-composition tables (34–38). For indigenous foods, values were extrapolated from Western foods thought to be closest in composition when the nutrient content was not available.

The purpose of including GL values in the revised table was to allow comparisons of the likely glycemic effect of realistic portion sizes of different foods. The data should be used cautiously because they are not applicable to all situations. Portion sizes vary markedly from country to country and between people in the same country. Researchers and health professionals should therefore calculate their own GL data by using appropriate serving sizes and carbohydrate-composition data. In the interest of future editions of the table, we ask that reliable published and unpublished data be sent to us for consideration. 

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TABLE 1

International table of glycemic index (GI) and glycemic load (GL) values: 2002¹

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size g | Available | GL ³ |
|--|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|----------------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| BAKERY PRODUCTS | | | | | | | | |
| Cakes | | | | | | | | |
| 1 Angel food cake (Loblaw's, Toronto, Canada) | 67 | 95 ± 7 | Type 1 and 2, 9 | White bread, 3 h | 1 | 50 | 29 | 19 |
| 2 Banana cake, made with sugar | 47 ± 8 | 67 | Healthy, 8 | White bread, 2 h | 2 | 80 | 38 | 18 |
| 3 Banana cake, made without sugar | 55 ± 10 | 79 | Healthy, 7 | White bread, 2 h | 2 | 80 | 29 | 16 |
| 4 Chocolate cake made from packet mix with chocolate frosting (Betty Crocker; General Mills Inc, Minneapolis, MN, USA) | 38 ± 3 | 54 | Healthy, 10 | Glucose, 2 h | UO ^d | 111 | 52 | 20 |
| 5 Cupcake, strawberry-iced (Squiggles; Farmland, Grocery Holdings, Tooronga, Australia) | 73 ± 12 | 104 | Healthy, 10 | Glucose, 2 h | UO ^d | 38 | 26 | 19 |
| 6 Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Australia) | 87 ± 17 | 124 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 29 | 25 |
| 7 Pound cake (Sara Lee Canada, Bramalea, Canada) | 54 | 77 ± 8 | Type 1 and 2, 10 | White bread, 3 h | 1 | 53 | 28 | 15 |
| 8 Sponge cake, plain | 46 ± 6 | 66 | Healthy, 5 | Glucose, 2 h | 3 | 63 | 36 | 17 |
| 9 Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA) | 42 ± 4 | 60 | Healthy, 10 | Glucose, 2 h | UO ^d | 111 | 58 | 24 |
| 10 Croissant (Food City, Toronto, Canada) | 67 | 96 ± 6 | Type 1 and 2, 13 | White bread, 3 h | 1 | 57 | 26 | 17 |
| 11 Crumpet (Dempster's Corporate Foods Ltd, Etobicoke, Canada) | 69 | 98 ± 4 | Type 1 and 2, 13 | White bread, 3 h | 1 | 50 | 19 | 13 |
| 12 Doughnut, cake type (Loblaw's, Canada) | 76 | 108 ± 10 | Type 1 and 2, 10 | White bread, 3 h | 1 | 47 | 23 | 17 |
| 13 Flan cake (Weston's Bakery, Toronto, Canada) | 65 | 93 ± 6 | Type 1 and 2, 10 | White bread, 3 h | 1 | 70 | 48 | 31 |
| 14 Muffins | | | | | | | | |
| Apple, made with sugar ⁵ | 44 ± 6 | 63 | Healthy, 8 | White bread, 2 h | 2 | 60 | 29 | 13 |
| Apple, made without sugar ⁵ | 48 ± 10 | 69 | Healthy, 8 | White bread, 2 h | 2 | 60 | 19 | 9 |
| Apple, oat, and sultana, made from packet mix (Defiance Milling Co, Acacia Ridge, Australia) | 54 ± 4 | 78 ± 6 | Healthy, 9 | White bread, 2 h | UO ^d | 50 | 26 | 14 |
| Apricot, coconut, and honey, made from packet mix (Defiance Milling Co, Australia) | 60 ± 4 | 86 ± 6 | Healthy, 9 | White bread, 2 h | UO ^d | 50 | 26 | 16 |
| Banana, oat and honey, made from packet mix (Defiance Milling Co, Australia) | 65 ± 11 | 93 ± 16 | Healthy, 10 | White bread, 2 h | UO ^d | 50 | 26 | 17 |
| Bran (Grandma Martin's Muffins; Culinar Inc, Aurora, Canada) | 60 | 85 ± 8 | Type 1 and 2, 14 | White bread, 2 h | 1 | 57 | 24 | 15 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | <i>g</i> | <i>g/serving</i> | |
| Blueberry (Culinar Inc, Canada) | 59 | 84 ± 8 | Type 1 and 2, 10 | White bread, 3 h | 1 | 57 | 29 | 17 |
| Carrot (Culinar Inc, Canada) | 62 | 88 ± 12 | Type 1 and 2, 11 | White bread, 3 h | 1 | 57 | 32 | 20 |
| Chocolate butterscotch, made from packet mix (Defiance Milling Co, Australia) | 53 ± 5 | 75 ± 7 | Healthy, 10 | White bread, 2 h | UO ^d | 50 | 28 | 15 |
| Corn muffin, low-amylose | 102 | 146 | Type 2, 9 | Glucose, 3 h ⁶ | 4 | 57 | 29 | 30 |
| Corn muffin, high-amylose | 49 | 70 | Type 2, 9 | Glucose, 3 h ⁶ | 4 | | | |
| Oatmeal, made from mix (Quaker Oats Co of Canada, Peterborough, Canada) | 69 | 98 ± 15 | Type 1 and 2, 9 | White bread, 3 h | 1 | 50 | 35 | 24 |
| 15 Pancakes, prepared from shake mix (Green's General Foods, Glendenning, Australia) | 67 ± 5 | 96 | Healthy, 10 | Glucose, 2 h | UO ^d | 80 | 58 | 39 |
| 16 Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Australia) | 102 ± 11 | 146 | Healthy, 10 | Glucose, 2 h | UO ^d | 77 | 22 | 22 |
| 17 Pastry | 59 ± 6 | 84 | Healthy, 5 | Glucose, 2 h | 3 | 57 | 26 | 15 |
| 18 Pikelets (Golden brand; Tip Top Bakeries, Chatswood, Australia) | 85 ± 14 | 121 | Healthy, 10 | Glucose, 2 h | UO ^d | 40 | 21 | 18 |
| 19 Scones, plain, made from packet mix (Defiance Milling Co, Australia) | 92 ± 8 | 131 | Healthy, 10 | Glucose, 2 h | UO ^d | 25 | 9 | 7 |
| 20 Waffles (Aunt Jemima; Quaker Oats Co of Canada) | 76 | 109 ± 6 | Type 1 and 2, 10 | White bread, 3 h | 1 | 35 | 13 | 10 |
| BEVERAGES | | | | | | | | |
| 21 Coca Cola | | | | | | | | |
| Coca Cola, soft drink (Coca Cola Amatil, Sydney, Australia) | 53 ± 7 | 76 | Healthy, 10 | Bread, 2 h | UO ^d | 250 mL | 26 | 14 |
| Coca Cola, soft drink (Atlanta, GA, USA) | 63 | 90 | Healthy, 10 | Bread, 2 h | 5 | 250 mL | 26 | 16 |
| Mean of 2 types | 58 ± 5 | 83 ± 7 | | | | | | |
| 22 Cordial, orange, reconstituted (Berri Ltd, Berri, Australia) | 66 ± 8 | 94 | Healthy, 8 | Bread, 2 h | 2 | 250 mL | 20 | 13 |
| 23 Fanta, orange soft drink (Coca Cola Amatil, Australia) | 68 ± 6 | 97 | Healthy, 7 | Bread, 2 h | 2 | 250 mL | 34 | 23 |
| 24 Lucozade, original (sparkling glucose drink) (Glaxo Wellcome Ltd, Uxbridge, UK) | 95 ± 10 | 136 | Healthy, 5 | Glucose, 2 h | 3 | 250 mL | 42 | 40 |
| 25 Smoothie, raspberry (Con Agra Inc, Omaha, NE, USA) | 33 ± 9 | 48 ± 13 | Healthy, 10 | Bread, 2 h | UO ^d | 250 mL | 41 | 14 |
| 26 Smoothie drink, soy, banana (So Natural Foods, Tarren Point, Australia) ⁶ | 30 ± 3 | 43 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 22 | 7 |
| 27 Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia) ⁶ | 34 ± 3 | 49 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 25 | 8 |
| 28 Solo, lemon squash, soft drink (Cadbury Schweppes, Sydney, Australia) ⁶ | 58 ± 5 | 83 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 29 | 17 |
| 29 Up and Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium Health Foods, Berkeley Vale, Australia) ⁶ | 43 ± 5 | 61 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 26 | 11 |
| 30 Up and Go, original malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium Health Foods, Australia) ⁶ | 46 ± 5 | 66 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 24 | 11 |
| 31 Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) (So Natural Foods, Australia) ⁶ | 39 ± 2 | 56 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 34 | 13 |
| Juices | | | | | | | | |
| 32 Apple juice | | | | | | | | |
| Apple juice, pure, unsweetened, reconstituted (Berri Ltd, Berri, Australia) | 39 ± 5 | 55 ± 7 | Healthy, 10 | Bread, 2 h | UO ^d | — | — | — |
| Apple juice, unsweetened | 40 | 57 | Type 2, 7 | Glucose, 5 h ⁶ | 6 | — | — | — |
| Apple juice, unsweetened (Allens, Toronto, Canada) | 41 | 59 ± 8 | Type 2, 6 | Bread, 3 h | 7 | — | — | — |
| Mean of 3 studies | 40 ± 1 | 57 ± 1 | — | — | — | 250 mL | 29 | 12 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | | GL ³ (per serving) |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|----------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | g g/serving | |
| 33 Apple juice, pure, clear, unsweetened (Wild About Fruit, Wandin, Australia) | 44 ± 2 | 63 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 30 | 13 | |
| 34 Apple juice, pure, cloudy, unsweetened (Wild About Fruit, Australia) | 37 ± 3 | 53 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 28 | 10 | |
| 35 Apple and cherry juice, pure, unsweetened (Wild About Fruit, Australia) | 43 ± 3 | 61 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 33 | 14 | |
| 36 Carrot juice, freshly made (Sydney, Australia) ⁶ | 43 ± 3 | 61 | Healthy, 9 | Glucose, 2 h | UO ^d | 250 mL | 23 | 10 | |
| 37 Cranberry juice cocktail (Ocean Spray, Melbourne, Australia) | 52 ± 3 | 74 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 31 | 16 | |
| 38 Cranberry juice cocktail (Ocean Spray Inc, Lakeville-Middleboro, MA, USA) | 68 ± 3 | 97 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 36 | 24 | |
| 39 Cranberry juice drink, Ocean Spray (Gerber Ltd, Bridgewater, UK) | 56 ± 4 | 80 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 29 | 16 | |
| 40 Grapefruit juice, unsweetened (Sunpac, Toronto, Canada) | 48 | 69 ± 5 | Type 2, 13 | Bread, 3 h | 7 | 250 mL | 22 | 11 | |
| 41 Orange juice | | | | | | | | | |
| Orange juice (Canada) | 46 ± 6 | 66 | Healthy, 6 | Glucose, 2 h | 3 | — | — | — | |
| Orange juice, unsweetened, reconstituted (Quelch; Berri Ltd, Carlton, Australia) | 53 ± 6 | 76 | Healthy, 8 | Bread, 2 h | 2 | — | — | — | |
| Mean of 2 studies | 50 ± 4 | 71 ± 5 | — | — | — | 250 mL | 26 | 13 | |
| 42 Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada) | 46 | 66 ± 3 | Type 2, 13 | Bread, 3 h | 7 | 250 mL | 34 | 16 | |
| 43 Tomato juice, canned, no added sugar (Berri Ltd, Berri, Australia) ⁶ | 38 ± 4 | 54 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 9 | 4 | |
| 44 Yakult, fermented milk drink with <i>Lactobacillus casei</i> (Yakult, Dandenong, Australia) | 46 ± 6 | 66 | Healthy, 7–10 | Bread, 2 h | 8 | 65 mL | 12 | 6 | |
| Sports drinks | | | | | | | | | |
| 45 Gatorade (Spring Valley Beverages Pty Ltd, Cheltenham, Australia) | 78 ± 13 | 111 | Healthy, 7–10 | Bread, 2 h | 8 | 250 mL | 15 | 12 | |
| 46 Isostar (Novartis Consumer Health, Nyon, Switzerland Australia) | 70 ± 15 | 100 | Healthy, 7–10 | Bread, 2 h | 8 | 250 mL | 18 | 13 | |
| 47 Sports Plus (Berri Ltd, Australia) | 74 ± 6 | 106 | Healthy, 7–10 | Bread, 2 h | 8 | 250 mL | 17 | 13 | |
| 48 Sustagen Sport (Mead Johnson, Rydalmere, Australia) | 43 ± 9 | 61 | Healthy, 7–10 | Bread, 2 h | 8 | 250 mL | 49 | 21 | |
| Drinks made from drinking mix powders | | | | | | | | | |
| 49 Build-Up nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, Australia) | 41 ± 4 | 59 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 33 | 14 | |
| 50 Complete Hot Chocolate mix made with hot water (Nestlé, Australia) | 51 ± 3 | 73 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 23 | 11 | |
| 51 Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, Australia) mixed in reduced-fat (1.5%) cow milk | 36 ± 3 | 51 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 19 | 7 | |
| 52 Malted milk powder in full-fat cow milk (Nestlé, Australia) | 45 ± 3 | 64 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 26 | 12 | |
| 53 Milo (chocolate nutrient-fortified drink powder) | | | | | | | | | |
| Milo (Nestlé, Australia) dissolved in water | 55 ± 3 | 79 ± 4 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 16 | 9 | |
| Milo (Nestlé, Auckland, New Zealand) dissolved in water | 52 ± 5 | 74 ± 7 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 16 | 9 | |
| Mean of 2 studies | 54 ± 2 | 77 ± 3 | — | — | — | — | — | — | |
| Milo (Nestlé, Australia) dissolved in full-fat cow milk | 35 ± 2 | 50 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 25 | 9 | |
| Milo (Nestlé, New Zealand) dissolved in full-fat cow milk | 36 ± 3 | 51 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 26 | 9 | |
| Mean of 2 studies | 36 ± 1 | 51 | — | — | — | — | — | — | |
| 54 Nutrimeal, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, UT, USA) | 26 ± 3 | 37 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 17 | 4 | |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|--------------------------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | Serving size | carbo- hydrate g/serving | |
| 55 Quik (sweet drink powder) | | | | | | | | |
| Quik, chocolate (Nestlé, Sydney, Australia), dissolved in water | 53 ± 5 | 76 ± 8 | Healthy, 9 | Bread, 2 h | UO ^d | 250 mL | 7 | 4 |
| Quik, chocolate (Nestlé, Australia), dissolved in 1.5%-fat milk | 41 ± 4 | 59 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 11 | 5 |
| Quik, strawberry (Nestlé, Australia), dissolved in water | 64 ± 8 | 92 ± 12 | Healthy, 9 | Bread, 2 h | UO ^d | 250 mL | 8 | 5 |
| Quik, strawberry (Nestlé, Australia), dissolved in 1.5%-fat milk | 35 ± 3 | 50 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 12 | 4 |
| BREADS | | | | | | | | |
| 56 Bagel, white, frozen (Lender's Bakery, Montreal, Canada) | 72 | 103 ± 5 | Type 1 and 2, 13 | Bread, 3 h | 1 | 70 | 35 | 25 |
| 57 Baguette, white, plain (France) | 95 ± 15 | 136 | Type 2, 3 | Glucose, 3 h | 9 | 30 | 15 | 15 |
| 58 French baguette with chocolate spread (France) | 72 ± 8 | 101 | Healthy, 14 | Glucose, 2 h | UO ⁷ | 70 | 37 | 27 |
| 59 French baguette with butter and strawberry jam (France) | 62 ± 7 | 89 | Healthy, 14 | Glucose, 2 h | UO ⁷ | 70 | 41 | 26 |
| 60 Pain au lait (Pasquier, France) | 63 ± 10 | 90 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 60 | 32 | 20 |
| 61 Bread stuffing, Paxo (Campbell Soup Co Ltd, Toronto, Canada) | 74 | 106 ± 10 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 21 | 16 |
| Barley breads | | | | | | | | |
| 62 Coarse barley kernel bread, 75–80% kernels | | | | | | | | |
| 75% kernels | 27 | 39 ± 7 | Type 2, 5 | Bread, 3 h | 10 | 30 | 20 | 5 |
| 80% scalded intact kernels (20% white-wheat flour) | 34 | 48 ± 10 | Healthy, 10 | Bread, 1.5 h | 11 | 30 | 20 | 7 |
| 80% intact kernels (20% white-wheat flour) | 40 | 57 ± 10 | Healthy, 10 | Bread, 1.5 h | 11 | 30 | 20 | 8 |
| Mean of 3 studies | 34 ± 4 | 48 ± 9 | — | — | — | — | — | — |
| 63 Barley kernel bread, 50% kernels | | | | | | | | |
| 50% kernels (Canada) | 43 | 62 ± 4 | Type 2, 5 | Bread, 3 h | 10 | 30 | 20 | 9 |
| 50% kibbled barley (Australia) | 48 | 69 ± 7 | Healthy, 8 | Bread, 2 h | 12 | 30 | 20 | 10 |
| Mean of 2 studies | 46 ± 2 | 66 ± 3 | — | — | — | 30 | 20 | 9 |
| 64 Sunflower and barley bread (Riga bakeries, Sydney, Australia) | 57 ± 6 | 81 | Healthy, 8 | Bread, 2 h | 13 | 30 | 11 | 6 |
| 65 Barley flour breads | | | | | | | | |
| 100% barley flour (Canada) | 67 | 96 ± 6 | Type 2, 6 | Bread, 3 h | 10 | 30 | 13 | 9 |
| Whole-meal barley flour (80%) bread (20% white-wheat flour) (Sweden) | 67 | 95 ± 15 | Healthy, 10 | Bread, 2 h | 11 | 30 | 20 | 13 |
| Whole-meal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fiber barley flour) (Sweden) | 50 | 71 ± 11 | Healthy, 8 | Bread, 2 h | 14 | 30 | 15 | 7 |
| Whole-meal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fiber barley flour) (Sweden) | 43 | 61 ± 7 | Healthy, 8 | Bread, 2 h | 14 | 30 | 11 | 5 |
| 66 Whole-meal barley flour (80%) and white-wheat flour (20%) bread fermented or with added organic acids or salts (Sweden) | | | | | | | | |
| Whole-meal barley flour bread (used as reference for the 5 breads below) [§] | 70 | 100 | Healthy, 11 | Whole-meal barley bread, 2 h | 15 | 30 | 20 | 14 |
| Whole-meal barley flour bread with sourdough (lactic acid) [§] | 53 | 76 | Healthy, 11 | Whole-meal barley bread, 2 h | 15 | 30 | 20 | 10 |
| Whole-meal barley flour bread with lactic acid [§] | 66 | 94 | Healthy, 11 | Whole-meal barley bread, 2 h | 15 | 30 | 19 | 12 |
| Whole-meal barley flour bread with calcium lactate [§] | 59 | 84 | Healthy, 11 | Whole-meal barley bread, 2 h | 15 | 30 | 20 | 12 |
| Whole-meal barley flour bread with sodium propionate [§] | 65 | 93 | Healthy, 11 | Whole-meal barley bread, 2 h | 15 | 30 | 20 | 13 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|----------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | <i>g</i> | <i>g/serving</i> | |
| Whole-meal barley flour bread with higher dose sodium propionate ⁸ | 57 | 82 | Healthy, 11 | Whole-meal barley bread, 2 h | 15 | 30 | 19 | 11 |
| Buckwheat bread | | | | | | | | |
| 67 Buckwheat bread, 50% dehusked buckwheat groats and 50% white-wheat flour (Sweden) | 47 | 67 ± 10 | Healthy, 10 | Bread, 2 h | 16 | 30 | 21 | 10 |
| Fruit bread | | | | | | | | |
| 68 Bürgen fruit loaf (Tip Top Bakeries, Australia) | 44 ± 5 | 63 ± 7 | Healthy, 10 | Bread, 2 h | 17 | 30 | 13 | 6 |
| 69 Fruit and spice loaf, thick sliced (Buttercup Bakeries, Moorebank, Australia) | 54 ± 6 | 77 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 15 | 8 |
| 70 Continental fruit loaf, wheat bread with dried fruit (Australia) | 47 ± 6 | 67 | Healthy, 8 | Bread, 2 h | 2 | 30 | 15 | 7 |
| 71 Happiness (cinnamon, raisin, and pecan bread) (Natural Ovens, Mannitowoc, WI, USA) | 63 ± 5 | 89 ± 7 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 14 | 9 |
| 72 Muesli bread, made from packet mix in bread making machine (Con Agra Inc, USA) | 54 ± 6 | 77 ± 9 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 12 | 7 |
| 73 Hamburger bun (Loblaw's, Canada) | 61 | 87 ± 5 | Type 1 and 2, 12 | Bread, 3 h | 1 | 30 | 15 | 9 |
| 74 Kaiser rolls (Loblaw's, Canada) | 73 | 104 ± 5 | Type 1 and 2, 12 | Bread, 3 h | 1 | 30 | 16 | 12 |
| 75 Melba toast, Old London (Best Foods Canada Inc, Etobicoke, Canada) | 70 | 100 ± 6 | Type 1 and 2, 11 | Bread, 3 h | 1 | 30 | 23 | 16 |
| Gluten-free bread | | | | | | | | |
| 76 Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Australia) | 79 ± 13 | 113 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 13 | 10 |
| 77 Gluten-free white bread (gluten-free wheat starch) (UK) | | | | | | | | |
| Un sliced | 71 | 101 ± 22 | Type 2, 11 | White bread, 3 h | 18 | 30 | 15 | 11 |
| Sliced | 80 | 114 ± 21 | Type 2, 12 | White bread, 3 h | 18 | 30 | 15 | 12 |
| Mean of 2 studies | 76 ± 5 | 108 ± 7 | — | — | — | 30 | 15 | 11 |
| 78 Gluten-free fiber-enriched | | | | | | | | |
| Un sliced (gluten-free wheat starch, soya bran) (UK) | 69 | 99 ± 12 | Type 2, 12 | White bread, 3 h | 18 | 30 | 13 | 9 |
| Sliced (gluten-free wheat starch, soya bran) (UK) | 76 | 109 ± 13 | Type 2, 12 | White bread, 3 h | 18 | 30 | 13 | 10 |
| Mean of 2 studies | 73 ± 4 | 104 ± 5 | — | — | — | 30 | 13 | 9 |
| Oat bread | | | | | | | | |
| 79 Coarse oat-kernel bread, 80% intact oat kernels and 20% white-wheat flour (Sweden) | 65 | 93 ± 11 | Healthy, 10 | Bread, 2 h | 11 | 30 | 19 | 12 |
| Oat-bran bread | | | | | | | | |
| 80 50% Oat bran (Australia) | 44 | 63 ± 10 | Healthy, 8 | Bread, 2 h | 12 | 30 | 18 | 8 |
| 81 45% Oat bran and 50% wheat flour (Sweden) | 50 | 72 ± 10 | Healthy, 10 | Bread, 1.5 h | 19 | 30 | 18 | 9 |
| Mean of 2 studies | 47 ± 3 | 68 ± 5 | — | — | — | 30 | 18 | 9 |
| Rice bread | | | | | | | | |
| 82 Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, Australia) | 72 ± 9 | 103 ± 10 | Healthy, 12 | Bread, 2 h | 8 | 30 | 12 | 8 |
| 83 Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia) | 61 ± 9 | 88 ± 13 | Healthy, 12 | Bread, 2 h | 8 | 30 | 12 | 7 |
| Rye bread | | | | | | | | |
| 84 Rye-kernel (pumpernickel) bread | | | | | | | | |
| Coarse rye-kernel bread, 80% intact kernels and 20% white-wheat flour (Sweden) | 41 | 58 ± 8 | Healthy, 10 | Bread, 2 h | 11 | 30 | 12 | 5 |
| Rye-kernel bread, pumpernickel (Canada) | 41 | 58 | Diabetic, number NS | Glucose, time NS | 20 | 30 | 12 | 5 |
| Whole-grain pumpernickel (Holtzheuser Brothers Ltd, Toronto, Canada) | 46 | 66 ± 7 | Type 1 and 2, 9 | Bread, 3 h | 1 | 30 | 11 | 5 |
| Rye-kernel bread, pumpernickel (80% kernels) (Canada) | 55 | 78 ± 3 | Type 1 and 2, 14 | Bread, 3 h | 21 | 30 | 12 | 7 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|---------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | <i>g</i> | <i>g/serving</i> | |
| Cocktail, sliced (Kasselar Food Products, Toronto, Canada) | 55 | 79 ± 3 | Type 2, 9 | Bread, 3 h | 22 | 30 | 12 | 7 |
| Cocktail, sliced (Kasselar Food Products, Canada) | 62 | 88 ± 13 | Type 1, 6 | Bread, 3 h | 22 | 30 | 12 | 8 |
| Mean of 6 studies | 50 ± 4 | 71 ± 7 | — | — | — | 30 | 12 | 6 |
| 85 Whole-meal rye bread | | | | | | | | |
| Whole-meal rye bread (Canada) | 41 | 58 | Type 2, number NS | Glucose, time NS | 23 | — | — | — |
| Whole-meal rye bread (Canada) | 62 | 89 ± 6 | Type 1 and 2, 14 | Bread, 3 h | 21 | — | — | — |
| Whole-meal rye bread (Canada) | 63 | 90 ± 7 | Type 2, 9 | Bread, 3 h | 22 | — | — | — |
| Whole-meal rye bread (Canada) | 66 | 94 ± 10 | Type 1, 6 | Bread, 3 h | 22 | — | — | — |
| Mean of 4 studies | 58 ± 6 | 83 ± 8 | — | — | — | 30 | 14 | 8 |
| Specialty rye breads | | | | | | | | |
| 86 Blackbread, Riga (Berzin's Specialty Bakery, Sydney, Australia) | 76 ± 14 | 109 | Healthy, 7 | Glucose, 2 h | 24 | 30 | 13 | 10 |
| 87 Bürgen Dark/Swiss rye | | | | | | | | |
| Bürgen Dark/Swiss rye (Tip Top Bakeries, Australia) | 55 ± 12 | 79 | Healthy, 9 | Glucose, 2 h | 25 | — | — | — |
| Bürgen Dark/Swiss rye (Tip Top Bakeries, Australia) | 74 ± 6 | 106 | Type 2, 14 | Glucose, 2 h | 25 | — | — | — |
| Mean of 2 studies | 65 ± 10 | 93 ± 14 | — | — | — | 30 | 10 | 7 |
| 88 Klosterbrot whole-meal rye bread (Dimpflmeier Bakery Ltd, Canada) | 67 | 95 ± 6 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 13 | 9 |
| 89 Light rye (Silverstein's Bakery, Toronto, Canada) | 68 | 97 ± 6 | Type 1 and 2, 12 | Bread, 3 h | 1 | 30 | 14 | 10 |
| 90 Linseed rye (Rudolph's Specialty Bakery Ltd, Canada) | 55 | 78 ± 8 | Type 1 and 2, 9 | Bread, 3 h | 1 | 30 | 13 | 7 |
| 91 Roggenbrot, Vogel's (Stevens and Co, Sydney, Australia) | 59 ± 5 | 84 | Healthy, 8 | Bread, 2 h | 13 | 30 | 14 | 8 |
| 92 Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, Australia) | 86 ± 15 | 123 | Healthy, 7 | Glucose, 2 h | 24 | 30 | 14 | 12 |
| 93 Sourdough rye | | | | | | | | |
| Sourdough rye (Canada) | 57 | 83 | Type 2, 13 | Bread, 3 h | 26 | — | — | — |
| Sourdough rye (Australia) | 48 | 69 | Healthy, 10 | Glucose, 2 h | UO ^d | — | — | — |
| Mean of 2 studies | 53 ± 5 | 76 ± 7 | — | — | — | 30 | 12 | 6 |
| 94 Volkornbrot, whole-meal rye bread (Dimpflmeier Bakery Ltd, Canada) | 56 | 80 ± 5 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 13 | 7 |
| Wheat bread | | | | | | | | |
| 95 Coarse wheat-kernel bread, 80% intact kernels and 20% white-wheat flour (Sweden) | 52 | 74 ± 7 | Healthy, 10 | Bread, 2 h | 11 | 30 | 20 | 10 |
| 96 Cracked wheat kernel (bulgur) bread | | | | | | | | |
| 50% cracked wheat kernel (Canada) | 58 | 83 ± 4 | Type 2, 6 | Bread, 3 h | 10 | 30 | 20 | 12 |
| 75% cracked wheat kernels (Canada) | 48 | 69 ± 4 | Type 2, 6 | Bread, 3 h | 10 | 30 | 20 | 10 |
| Mean of 2 studies | 53 ± 3 | 76 ± 4 | — | — | — | 30 | 20 | 11 |
| Spelt wheat bread | | | | | | | | |
| 97 White spelt wheat bread (Slovenia) ⁹ | 74 | 105 | Healthy, 6 | Bread, 3 h | 27 | 30 | 23 | 17 |
| 98 Whole-meal spelt wheat bread (Slovenia) ⁹ | 63 | 91 | Healthy, 6 | Bread, 3 h | 27 | 30 | 19 | 12 |
| 99 Scalded spelt wheat-kernel bread (Slovenia) ⁹ | 67 | 96 | Healthy, 6 | Bread, 3 h | 27 | 30 | 22 | 15 |
| 100 Spelt multigrain bread (Pav's bakery, Australia) | 54 ± 10 | 77 ± 14 | Healthy, 12 | Bread, 2 h | UO ^d | 30 | 12 | 7 |
| 101 White-wheat-flour bread | | | | | | | | |
| White flour (Canada) | 69 ± 5 | 99 | Healthy, 10 | Glucose, 2 h | 3 | 30 | 14 | 10 |
| White flour (USA) | 70 | 100 | Type 2, 5; IGT, 6 ¹⁰ | Bread, 3 h | 28 | 30 | 14 | 10 |
| White flour (Sunblest; Tip Top Bakeries, Australia) | 70 | 100 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 14 | 10 |
| White flour (Dempster's Corporate Foods Ltd, Canada) | 71 | 101 ± 9 | Type 1 and 2, 12 | Bread, 3 h | 1 | 30 | 14 | 10 |
| White flour (South Africa) | 71 ± 7 | 101 | Healthy, 7 | Glucose, 2 h | 29 | 30 | 13 | 9 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | | <i>g</i> | <i>g/serving</i> |
| White flour (Canada) | 71 | 102 ± 5 | Type 2, 6 | Bread, 3 h | 30 | 30 | 14 | 10 |
| Mean of 6 studies | 70 ± 0 | 101 ± 0 | — | — | — | 30 | 14 | 10 |
| 102 White-wheat-flour bread, hard, toasted (Italian) | 73 | 104 ± 5 | Type 2, 17 | Glucose, 3 h | 31 | 30 | 15 | 11 |
| 103 Wonder, enriched white bread (Interstate Brands Companies, Kansas City, MO, USA) | | | | | | | | |
| Wonder, enriched white bread | 71 ± 9 | 101 ± 13 | Healthy, 10 | Bread, 2 h | UO ^d | — | — | — |
| Wonder, enriched white bread | 72 ± 4 | 103 | Healthy, 10 | Glucose, 2 h | UO ^d | — | — | — |
| Wonder, enriched white bread | 77 ± 3 | 110 | Healthy, 10 | Glucose, 2 h | UO ^d | — | — | — |
| Mean of 3 studies | 73 ± 2 | 105 ± 3 | — | — | — | 30 | 14 | 10 |
| 104 White Turkish bread (Turkey) | 87 | 124 | Type 2, 52; healthy, 31 | Glucose, 2 h | 32 | 30 | 17 | 15 |
| White bread with enzyme inhibitors | | | | | | | | |
| 105 White bread + acarbose (200 mg) (Mexico) | | | | | | | | |
| White bread + acarbose (200 mg) (Mexico) | 18 | 26 ± 13 | Type 2, 12 | Bread, 3 h | 33 | 30 | 17 | 3 |
| White bread + acarbose (200 mg) (Mexico) | 50 | 70 ± 5 | Healthy, 10 | Bread, 3 h | 33 | 30 | 17 | 8 |
| Mean of 2 groups of subjects | 34 ± 16 | 48 ± 22 | — | — | — | 30 | 17 | 6 |
| 106 White bread roll + 3 mg trestatin (pancreatic α-amylase inhibitor) (Switzerland) ⁷ | 48 | 69 | Type 2, 6 | Bread, 4 h ¹¹ | 34 | 30 | 12 | 6 |
| 107 White bread roll + 6 mg trestatin (Switzerland) ⁸ | 29 | 42 | Type 2, 6 | Bread, 4 h ¹¹ | 34 | 30 | 12 | 4 |
| White bread with soluble fiber | | | | | | | | |
| 108 White bread + 15 g psyllium fiber (<i>Plantago psyllium</i>) | | | | | | | | |
| White bread + 15 g psyllium fiber (<i>Plantago psyllium</i>) (Mexico) | 41 | 59 ± 10 | Type 2, 12 | Bread, 3 h | 33 | 30 | 17 | 7 |
| White bread + 15 g psyllium fiber (<i>Plantago psyllium</i>) (Mexico) | 65 | 93 ± 24 | Healthy, 10 | Bread, 3 h | 33 | 30 | 17 | 11 |
| Mean of 2 groups of subjects | 53 ± 12 | 76 ± 17 | — | — | — | 30 | 17 | 9 |
| 109 White bread eaten with vinegar as vinaigrette (Sweden) | 45 | 64 | Healthy, 10 | Bread, 1.6 h | 35 | 30 | 15 | 7 |
| 110 White bread eaten with powdered dried seaweed <i>Nori alga</i> (Spain) | 48 | 68 | Healthy, 12 | Bread, 2 h | 36 | 30 | 15 | 7 |
| 111 White bread containing Eurylon high-amylose maize starch (France) ¹² | 42 | 60 ± 6 | Healthy, 8 | Bread, 2.8 h ¹² | 37 | 30 | 19 | 8 |
| White fiber-enriched bread | | | | | | | | |
| 112 White, high-fiber (Dempster's Corporate Foods Ltd, Canada) | 67 | 96 ± 6 | Type 1 and 2, 13 | Bread, 3 h | 1 | — | — | — |
| 113 White, high-fiber (Weston's Bakery, Toronto, Canada) | 69 | 98 ± 5 | Type 1 and 2, 12 | Bread, 3 h | 1 | — | — | — |
| Mean of 2 studies | 68 ± 1 | 97 ± 1 | — | — | — | 30 | 13 | 9 |
| White resistant starch-enriched bread | | | | | | | | |
| 114 Fibre white (Nature's Fresh, Auckland, New Zealand) | 77 ± 10 | 110 | Healthy, 14 | Glucose, 2 h | 25 | 30 | 15 | 11 |
| 115 Wonderwhite (Buttercup Bakeries, Australia) | 80 ± 8 | 114 | Healthy, 8 | Bread, 2 h | 13 | 30 | 14 | 11 |
| 116 Whole-meal (whole-wheat) wheat-flour bread | | | | | | | | |
| Whole-meal flour (Canada) | 52 | 74 ± 15 | Type 2, 9 | Bread, 3 h | 38 | 30 | 12 | 6 |
| Whole-meal flour (Canada) | 64 | 92 ± 11 | Type 2, 6 | Bread, 3 h | 10 | 30 | 12 | 8 |
| Whole-meal flour (Canada) | 65 | 93 | Diabetic, number NS | Glucose, time NS | 20 | 30 | 12 | 8 |
| Whole-meal flour (Canada) | 67 | 95 ± 7 | Type 2, 11 | Bread, 3 h | 22 | 30 | 12 | 8 |
| Whole-meal flour (Canada) | 67 | 96 ± 5 | Type 1 and 2, 14 | Bread, 3 h | 21 | 30 | 12 | 8 |
| Whole-meal flour (Canada) | 69 | 98 ± 5 | Type 1, 5 | Bread, 3 h | 22 | 30 | 12 | 8 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) |
|--|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|--------------------------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | Serving size | carbo- hydrate g/serving | |
| Whole-meal flour (Canada) | 71 | 102 ± 6 | Type 2, 6 | Bread, 3 h | 30 | 30 | 12 | 8 |
| Whole-meal flour (Canada) | 72 ± 6 | 103 | Healthy, 10 | Glucose, 2 h | 3 | 30 | 12 | 8 |
| Whole-meal flour (USA) ⁸ | 73 | 104 | Type 2, 8 | Glucose, 3 h | 4 | 30 | 14 | 10 |
| Whole-meal flour (South Africa) | 75 ± 9 | 107 | Healthy, 8 | Glucose, 2 h | 29 | 30 | 13 | 9 |
| Whole-meal flour (Tip Top Bakeries, Australia) | 77 ± 9 | 110 | Healthy, 8 | Glucose, 2 h | 39 | 30 | 12 | 9 |
| Whole-meal flour (Tip Top Bakeries, Australia) | 78 ± 16 | 111 | Healthy, 7 | Glucose, 2 h | 24 | 30 | 12 | 9 |
| Whole-meal flour (Kenya) | 87 | 124 ± 40 | Type 2, 9 | Bread, 2.5 h | 40 | 30 | 13 | 11 |
| Mean of 13 studies | 71 ± 2 | 101 ± 3 | — | — | — | 30 | 13 | 9 |
| 117 Whole-meal Turkish bread | 49 | 70 | Type 2, 52; healthy, 31 | Glucose, 2 h | 32 | 30 | 16 | 8 |
| Specialty wheat breads | | | | | | | | |
| 118 Bürgen Mixed-Grain bread (Australia) | | | | | | | | |
| Bürgen Mixed-Grain (Tip Top Bakeries, Chatswood, Australia) | 34 ± 4 | 49 | Healthy, 10–12 | Bread, 2 h | 17 | — | — | — |
| Bürgen Mixed-Grain | 45 ± 12 | 64 | Healthy, 10 | Glucose, 2 h | 25 | — | — | — |
| Bürgen Mixed-Grain | 69 ± 6 | 99 | Type 2, 13 | Glucose, 2 h | 25 | — | — | — |
| Mean of 3 studies | 49 ± 10 | 71 ± 15 | — | — | — | 30 | 11 | 6 |
| 119 Bürgen Oat Bran and Honey Loaf with Barley (Tip Top Bakeries, Australia) | 31 ± 3 | 44 | Healthy, 8 | Bread, 2 h | 13 | 30 | 10 | 3 |
| 120 Bürgen Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia) | 36 ± 4 | 51 | Healthy, 10–12 | Bread, 2 h | 17 | 30 | 9 | 3 |
| 121 English Muffin bread (Natural Ovens, USA) | 77 ± 7 | 109 ± 11 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 14 | 11 |
| 122 Healthy Choice Hearty 7 Grain (Con Agra Inc, USA) | 55 ± 6 | 79 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 14 | 8 |
| 123 Healthy Choice Hearty 100% Whole Grain (Con Agra Inc, USA) | 62 ± 6 | 89 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 14 | 9 |
| 124 Helga's Classic Seed Loaf (Quality Bakers, Sydney, Australia) | 68 ± 9 | 97 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 14 | 9 |
| 125 Helga's traditional whole-meal bread (Quality Bakers, Australia) | 70 ± 14 | 100 | Healthy, 8 | Glucose, 2 h | UO ^d | 30 | 13 | 9 |
| 126 Hunger Filler, whole-grain bread (Natural Ovens, USA) | 59 ± 8 | 84 ± 12 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 13 | 7 |
| 127 Molenberg (Goodman Fielder, Auckland, New Zealand) | | | | | | | | |
| Molenberg | 75 ± 10 | 107 | Healthy, 15 | Glucose, 2 h | 25 | — | — | — |
| Molenberg | 84 ± 8 | 120 | Type 2, 14 | Glucose, 2 h | 25 | — | — | — |
| Mean of 2 studies | 80 ± 5 | 114 ± 7 | — | — | — | 30 | 14 | 11 |
| 128 9-Grain Multi-Grain (Tip Top Bakeries, Australia) | 43 ± 5 | 61 | Healthy, 10–12 | Bread, 2 h | 17 | 30 | 14 | 6 |
| 129 Multigrain loaf, spelt wheat flour (Australia) | 54 ± 10 | 77 | Healthy, 7–10 | Bread, 2 h | 8 | 30 | 15 | 8 |
| 130 Multigrain (50% kibbled wheat grain) (Australia) | 43 | 61 ± 7 | Healthy, 8 | Bread, 2 h | 12 | 30 | 14 | 6 |
| 131 Nutty Natural, whole-grain bread (Natural Ovens, USA) | 59 ± 7 | 85 ± 11 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 12 | 7 |
| 132 Performax (Country Life Bakeries, Dandenong, Australia) | 38 ± 3 | 55 ± 4 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 13 | 5 |
| 133 Ploughman's Whole-grain, original recipe (Quality Bakers, Australia) | 47 | 67 ± 4 | Healthy, 8 | Bread, 2 h | 12 | 30 | 14 | 7 |
| 134 Ploughman's Whole-meal, smooth milled (Quality Bakers, Australia) | 64 ± 10 | 91 | Healthy, 12 | Bread, 2 h | UO ^d | 30 | 13 | 9 |
| 135 Semolina bread (Kenya) | 64 | 92 ± 7 | Type 2, 10 | Bread, 3 h | 41 | — | — | — |
| 136 Sourdough wheat (Australia) | 54 | 77 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 14 | 8 |
| 137 Soy and linseed bread (made from packet mix in bread maker) (Con Agra Inc, USA) | 50 ± 6 | 71 ± 9 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 10 | 5 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|--|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|----------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| 138 Stay Trim, whole-grain bread (Natural Ovens, USA) | 70 ± 10 | 101 ± 15 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 15 | 10 |
| 139 Sunflower and barley bread, Riga brand (Berzin's Specialty Bakery, Australia) | 57 ± 6 | 81 | Healthy, 8 | Bread, 2 h | 13 | 30 | 13 | 7 |
| 140 Vogel's Honey and Oats (Stevns and Co, Australia) | 55 ± 5 | 79 | Healthy, 8 | Bread, 2 h | 13 | 30 | 14 | 7 |
| 141 Vogel's Roggenbrot (Stevns and Co, Australia) | 59 ± 5 | 84 | Healthy, 8 | Bread, 2 h | 13 | 30 | 14 | 8 |
| 142 Whole-wheat snack bread (Ryvita Co Ltd, Poole, Dorset, UK) | 74 | 105 ± 8 | Type 1 and 2, 11 | Bread, 3 h | 1 | 30 | 22 | 16 |
| 143 100% Whole-grain bread (Natural Ovens, USA) | 51 ± 11 | 73 ± 15 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 13 | 7 |
| 144 White-wheat-flour flatbread (Sweden) | 79 | 113 ± 13 | Healthy, 8 | Bread, 2 h | 14 | 30 | 16 | 13 |
| Unleavened bread | | | | | | | | |
| 145 Lebanese bread, white (Seda Bakery, Sydney, Australia) | 75 ± 9 | 107 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 16 | 12 |
| 146 Middle Eastern flatbread | 97 ± 29 | 139 | Healthy, 12 | Glucose, 2 h | 42 | 30 | 16 | 15 |
| 147 Pita bread, white (Canada) | 57 | 82 ± 10 | Type 1 and 2, 7 | Bread, 3 h | 1 | 30 | 17 | 10 |
| 148 Wheat-flour flatbread (India) | 66 ± 9 | 94 | Type 2, 6 | Glucose, 2 h | 43 | 30 | 16 | 10 |
| 149 Amaranth:wheat (25:75) composite flour flatbread (India) | 66 ± 10 | 94 | Type 2, 6 | Glucose, 2 h | 43 | 30 | 15 | 10 |
| 150 Amaranth:wheat (50:50) composite flour flatbread (India) | 76 ± 20 | 109 | Type 2, 6 | Glucose, 2 h | 43 | 30 | 15 | 11 |
| BREAKFAST CEREALS AND RELATED PRODUCTS | | | | | | | | |
| 151 All-Bran (high-fiber, extruded wheat-bran cereal) | | | | | | | | |
| All-Bran (Kellogg's, Pagewood, Australia) ¹³ | 30 | 43 ± 3 | Healthy, 7 | Bread, 3 h | 44 | 30 | 15 | 4 |
| All-Bran (Kellogg's, Battle Creek, MI, USA) | 38 | 54 | Healthy, 8 | Glucose, 3 h ^d | 45 | 30 | 23 | 9 |
| All-Bran (Kellogg's Inc, Etobicoke, Canada) | 50 | 72 ± 5 | Type 2, 6 | Bread, 3 h | 30 | 30 | 23 | 9 |
| All-Bran (Kellogg's Inc, Canada) | 51 ± 5 | 73 | Healthy, 6 | Glucose, 2 h | 3 | 30 | 23 | 9 |
| Mean of 4 studies | 42 ± 5 | 60 ± 7 | — | — | — | — | — | — |
| 152 All-Bran Fruit 'n Oats (Kellogg's, Australia) | 39 | 56 | Healthy, 10–12 | Bread, 2 h | 17 | 30 | 17 | 7 |
| 153 All-Bran Soy 'n Fibre (Kellogg's, Australia) | 33 ± 3 | 47 ± 4 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 14 | 4 |
| 154 Amaranth (<i>Amaranthus esculentum</i>) popped, eaten with milk and nonnutritive sweetener (India) | 97 ± 19 | 139 | Healthy, 6 | Glucose, 3 h | 43 | 30 | 19 | 18 |
| Barley porridge | | | | | | | | |
| 155 Whole-meal barley flour porridge (100% regular barley) (flour:water, 1:3), boiled 2.5 min (Sweden) | 68 | 97 ± 16 | Healthy, 8 | Bread, 2 h | 14 | 50 (dry) | 34 | 23 |
| 156 Whole-meal high-fiber barley flour porridge (50% regular barley flour: 50% high-fiber barley flour) (Sweden) | 55 | 78 ± 8 | Healthy, 8 | Bread, 2 h | 14 | 50 (dry) | 15 | 8 |
| 157 Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden) | 62 | 88 ± 6 | Healthy, 10 | Bread, 2 h | 46 | 50 (dry) | 28 | 17 |
| 158 Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden) | 65 | 93 ± 9 | Healthy, 10 | Bread, 2 h | 46 | 50 (dry) | 28 | 18 |
| 159 Bran Buds (Kellogg's Inc, Canada) ¹⁵ | 58 | 83 ± 11 | Type 1 and 2, 8 | Bread, 3 h | 1 | 30 | 12 | 7 |
| 160 Bran Buds with psyllium (Kellogg's Inc, Canada) ¹⁵ | 47 | 67 ± 4 | Type 1 and 2, 13 | Bread, 3 h | 1 | 30 | 12 | 6 |
| 161 Bran Chex (Nabisco Brands Ltd, Toronto, Canada) ¹⁵ | 58 | 83 ± 6 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 19 | 11 |
| 162 Bran Flakes (Kellogg's, Australia) | 74 | 106 | Healthy, 12 | Bread, 2 h | UO ^d | 30 | 18 | 13 |
| 163 Cheerios (General Mills Inc, Etobicoke, Canada) ¹⁵ | 74 | 106 ± 9 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 20 | 15 |
| 164 Chocapic (Nestlé, France) | 84 ± 9 | 120 | Healthy, 13 | Glucose, 2 h | UO ⁷ | 30 | 25 | 21 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subject (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) |
|---|--------------------|------------------|------------------------------|-----------------------------------|-----------------|----------------------|--------------------------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | Serving size g | carbo- hydrate g/serving | |
| 165 Coco Pops (cocoa-flavored puffed rice) | | | | | | | | |
| Coco Pops (Kellogg's, Australia) | 77 ± 8 | 110 | Healthy, 8 | Bread, 2 h | 2 | — | — | — |
| Coco Pops (Kellogg's, Australia) | 77 ± 3 | 110 | Healthy, 10 | Glucose, 2 h | UO ^d | — | — | — |
| Mean of 2 studies | 77 | 110 | — | — | — | 30 | 26 | 20 |
| 166 Corn Bran (Quaker Oats Co of Canada) ¹⁵ | 75 | 107 ± 6 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 20 | 15 |
| 167 Corn Chex (Nabisco Brands Ltd, Canada) ¹⁵ | 83 | 118 ± 11 | Type 1 and 2, 9 | Bread, 3 h | 1 | 30 | 25 | 21 |
| 168 Cornflakes | | | | | | | | |
| Cornflakes (Kellogg's, Auckland, New Zealand) | 72 ± 16 | 103 | Healthy, 11 | Glucose, 2 h | 25 | 30 | 25 | 18 |
| Cornflakes (Kellogg's, Australia) | 77 | 110 | Healthy, 6 | Glucose, 2 h | 47 | 30 | 25 | 20 |
| Cornflakes (Kellogg's Inc, Canada) | 80 ± 6 | 114 | Healthy, 6 | Glucose, 2 h | 3 | 30 | 26 | 21 |
| Cornflakes (Kellogg's Inc, Canada) | 86 | 123 ± 5 | Type 2, 7 | Bread, 3 h | 30 | 30 | 26 | 22 |
| Cornflakes (Kellogg's, USA) ⁷ | 92 | 130 | Type 2, 9 | Glucose, 3 h | 4 | 30 | 26 | 24 |
| Mean of 5 studies | 81 ± 3 | 116 ± 5 | — | — | — | 30 | 26 | 21 |
| 169 Cornflakes, high-fiber (Presidents Choice; Sunfresh Ltd, Toronto, Canada) ¹⁵ | 74 | 105 ± 6 | Type 1 and 2, 9 | Bread, 3 h | 1 | 30 | 23 | 17 |
| 170 Cornflakes, Crunchy Nut (Kellogg's, Australia) | 72 ± 4 | 103 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 24 | 17 |
| 171 Corn Pops (Kellogg's, Australia) | 80 ± 4 | 114 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 26 | 21 |
| 172 Cream of Wheat (Nabisco Brands Ltd, Canada) ¹⁵ | 66 | 94 ± 4 | Type 1 and 2, 9 | Bread, 3 h | 1 | 250 | 26 | 17 |
| 173 Cream of Wheat, Instant (Nabisco Brands Ltd, Canada) ¹⁵ | 74 | 105 ± 8 | Type 1 and 2, 9 | Bread, 3 h | 1 | 250 | 30 | 22 |
| 174 Crispix (Kellogg's Inc, Canada) ¹⁵ | 87 | 124 ± 5 | Type 1 and 2, 12 | Bread, 3 h | 1 | 30 | 25 | 22 |
| 175 Energy Mix (Quaker, France) | 80 ± 7 | 112 | Healthy, 14 | Glucose, 2 h | UO ⁷ | 30 | 24 | 19 |
| 176 Froot Loops (Kellogg's, Australia) | 69 ± 9 | 98 ± 13 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 26 | 18 |
| 177 Frosties, sugar-coated cornflakes (Kellogg's, Australia) | 55 | 79 | Healthy, 12 | Bread, 2 h | UO ^d | 30 | 26 | 15 |
| 178 Fruitful Lite (Hubbards, New Zealand) | 61 ± 20 | 86 | Healthy, 9 | Glucose, 2 h | 25 | 30 | 20 | 12 |
| 179 Fruity-Bix, berry (Sanitarium, Auckland, New Zealand) | 113 ± 10 | 161 | Healthy, 10 | Glucose, 2 h | 25 | 30 | 22 | 25 |
| 180 Golden Grahams (General Mills Inc, Canada) ¹⁵ | 71 | 102 ± 12 | Type 1 and 2, 9 | Bread, 3 h | 1 | 30 | 25 | 18 |
| 181 Golden Wheats (Kellogg's, Australia) | 71 ± 8 | 101 ± 11 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 23 | 16 |
| 182 Grapenuts | | | | | | | | |
| Grapenuts (Post, Kraft General Foods Inc, Toronto, Canada) ¹⁵ | 67 | 96 ± 9 | Type 1 and 2, 11 | Bread, 3 h | 1 | 30 | 19 | 13 |
| Grapenuts (Kraft Foods Inc, Port Chester, NY, USA) | 75 ± 6 | 107 ± 8 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 22 | 16 |
| Mean of 2 studies | 71 ± 4 | 102 ± 6 | — | — | — | 30 | 21 | 15 |
| 183 Grapenuts Flakes (Post, Kraft General Foods Inc, Canada) ¹⁵ | 80 | 114 ± 8 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 22 | 17 |
| 184 Guardian (Kellogg's, Australia) | 37 ± 9 | 53 | Healthy, 10–12 | Bread, 2 h | 17 | 30 | 12 | 5 |
| 185 Healthwise for bowel health (Uncle Toby's, Wahgunyah, Australia) | 66 ± 9 | 94 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 18 | 12 |
| 186 Healthwise for heart health (Uncle Toby's, Australia) | 48 ± 5 | 69 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 19 | 9 |
| 187 Honey Rice Bubbles (Kellogg's, Australia) | 77 ± 4 | 110 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 27 | 20 |
| 188 Honey Smacks (Kellogg's, Australia) | 71 ± 10 | 101 | Healthy, 10–12 | Bread, 2 h | 17 | 30 | 23 | 11 |
| 189 Hot cereal, apple and cinnamon (Con Agra Inc, USA) | 37 ± 6 | 53 ± 8 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 22 | 8 |
| 190 Hot cereal, unflavored (Con Agra Inc, USA) | 25 ± 5 | 36 ± 7 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 19 | 5 |
| 191 Just Right (Kellogg's, Australia) | 60 ± 15 | 86 | Healthy, 10–12 | Bread, 2 h | 17 | 30 | 22 | 13 |
| 192 Just Right Just Grains (Kellogg's, Australia) | 62 ± 11 | 88 ± 16 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 23 | 14 |
| 193 Komplete (Kellogg's, Australia) | 48 ± 5 | 68 ± 7 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 21 | 10 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| 194 Life (Quaker Oats Co, Canada) ¹⁵ | 66 | 94 ± 8 | Type 1 and 2, 9 | Bread, 3 h | 1 | 30 | 25 | 15 |
| 195 Mini Wheats, whole wheat (Kellogg's, Australia) | 58 ± 8 | 83 | Healthy, 8 | Bread, 2 h | 13 | 30 | 21 | 12 |
| 196 Mini Wheats, blackcurrant (Kellogg's, Australia) | 72 ± 10 | 103 | Healthy, 10–12 | Bread, 2 h | 17 | 30 | 21 | 15 |
| Muesli | — | — | — | — | — | 30 | 21 | 12 |
| 197 Muesli, NS (Canada) | 66 ± 9 | 94 | Healthy, 6 | Glucose, 2 h | 3 | 30 | 24 | 17 |
| 198 Alpen Muesli (Wheetabix, France) | 55 ± 10 | 77 | Healthy, 14 | Glucose, 2 h | UO ⁷ | 30 | 19 | 10 |
| 199 Muesli, gluten-free (Freedom Foods, Cheltenham, Australia) with 1.5%-fat milk | 39 ± 6 | 56 | Healthy, 9 | Glucose, 2 h | UO ^d | 30 | 19 | 7 |
| 200 Muesli, Lite (Sanitarium, New Zealand) | 54 ± 12 | 77 | Healthy, 10 | Glucose, 2 h | 25 | 30 | 18 | 10 |
| 201 Muesli, Natural (Sanitarium, New Zealand) | 57 ± 9 | 81 | Healthy, 10 | Glucose, 2 h | 25 | 30 | 19 | 11 |
| 202 Muesli, Natural (Sanitarium, Australia) | 40 ± 6 | 57 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 19 | 8 |
| Mean of 2 studies | 49 ± 9 | 69 ± 12 | — | — | — | 30 | 20 | 10 |
| 203 Muesli, No Name (Sunfresh Ltd, Toronto, Canada) ¹⁵ | 60 | 85 ± 12 | Type 1 and 2, 9 | Bread, 3 h | 1 | 30 | 18 | 11 |
| 204 Muesli, Swiss Formula (Uncle Toby's, Australia) | 56 ± 8 | 80 | Healthy, 8 | Bread, 2 h | 2 | 30 | 16 | 9 |
| 205 Muesli, toasted (Purina, Sydney, Australia) | 43 ± 4 | 61 | Healthy, 8 | Bread, 2 h | 2 | 30 | 17 | 7 |
| 206 Nutri-grain (Kellogg's, Australia) | 66 ± 12 | 94 | Healthy, 8 | Bread, 2 h | 2 | 30 | 15 | 10 |
| 207 Oat 'n Honey Bake (Kellogg's, Australia) | 77 ± 11 | 111 ± 16 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 17 | 13 |
| 208 Oat bran | | | | | | | | |
| Oat bran, raw (Quaker Oats Co, Canada) ¹⁵ | 50 | 72 ± 6 | Type 1 and 2, 11 | Bread, 3 h | 1 | 10 | 5 | 2 |
| Oat bran, raw | 59 | 84 | Type 2, ≤13 | Bread, 3 h | 26 | 10 | 5 | 3 |
| Mean of 2 studies | 55 ± 5 | 78 ± 6 | — | — | — | 10 | 5 | 3 |
| 209 Porridge made from rolled oats | | | | | | | | |
| Porridge (Uncle Toby's, Australia) ¹³ | 42 | 60 ± 5 | Healthy, 7 | Bread, 3 h | 44 | 250 | 21 | 9 |
| Porridge (Canada) ¹⁶ | 49 ± 8 | 70 | Healthy, 6 | Glucose, 2 h | 3 | 250 | 23 | 11 |
| Traditional porridge oats (Lowan Whole Foods, Box Hill, Australia) | 51 ± 8 | 73 ± 12 | Healthy, 10 | Bread, 2 h | UO ^d | 250 | 21 | 11 |
| Porridge (Hubbards, New Zealand) | 58 ± 9 | 82 | Healthy, 10 | Glucose, 2 h | 25 | 250 | 21 | 12 |
| Porridge (Australia) | 58 ± 4 | 83 | Healthy, 7 | Bread, 2 h | 48 | 250 | 21 | 12 |
| Porridge (Canada) | 62 | 88 | Diabetic, number NS | Glucose, time NS | 20 | 250 | 23 | 14 |
| Porridge (Canada) | 69 | 98 ± 9 | Type 2, 6 | Bread, 3 h | 30 | 250 | 23 | 16 |
| Porridge (USA) ⁶ | 75 | 107 | Type 2, 8 | Glucose, 3 h | 4 | 250 | 23 | 17 |
| Mean of 8 studies | 58 ± 4 | 83 ± 5 | — | — | — | 250 | 22 | 13 |
| 210 Whole-meal oat-flour porridge (flour:water, 1:3), boiled 2.5 min (Sweden) | 74 | 106 ± 19 | Healthy, 8 | Bread, 2 h | 14 | 50 (dry) | 32 | 24 |
| 211 Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden) | 55 | 78 ± 9 | Healthy, 10 | Bread, 2 h | 46 | 250 | 27 | 15 |
| 212 Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden) | 69 | 99 ± 10 | Healthy, 10 | Bread, 2 h | 46 | 250 | 27 | 19 |
| 213 Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden) | 50 | 72 ± 9 | Healthy, 10 | Bread, 2 h | 46 | 250 | 27 | 14 |
| 214 Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden) | 80 | 114 ± 12 | Healthy, 10 | Bread, 2 h | 46 | 250 | 27 | 22 |
| 215 Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden) | 53 | 76 ± 8 | Healthy, 10 | Bread, 2 h | 46 | 250 | 27 | 14 |
| 216 Instant porridge | | | | | | | | |
| Quick Oats (Quaker Oats Co, Canada) | 65 | 93 | Type 2, 6 | Bread, 3 h | 49 | — | — | — |
| One Minute Oats (Quaker Oats Co, Canada) ¹⁵ | 66 | 94 ± 10 | Type 1 and 2, 7 | Bread, 3 h | 1 | — | — | — |
| Mean of 2 studies | 66 ± 1 | 94 ± 1 | — | — | — | 250 | 26 | 17 |
| 217 Pop Tarts, double chocolate (Kellogg's, Australia) | 70 ± 2 | 100 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 36 | 25 |
| 218 Pro Stars (General Mills Inc, Canada) ¹⁵ | 71 | 102 ± 7 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 24 | 17 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|--|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|---------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| 219 Puffed wheat | | | | | | | | |
| Puffed Wheat (Quaker Oats Co, Canada) ¹⁵ | 67 | 96 ± 7 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 20 | 13 |
| Puffed Wheat (Sanitarium, Sydney, Australia) | 80 ± 11 | 114 | Healthy, 8 | Glucose, 2 h | 38 | 30 | 21 | 17 |
| Mean of 2 studies | 74 ± 7 | 105 ± 9 | — | — | — | 30 | 21 | 16 |
| 220 Raisin Bran (Kellogg's, USA) | 61 ± 5 | 87 ± 7 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 19 | 12 |
| 221 Red River Cereal (Maple Leaf Mills, Toronto, Canada) | 49 | 70 ± 5 | Type 1 and 2, 9 | Bread, 3 h ¹³ | 1 | 30 | 22 | 13 |
| 222 Rice Bran, extruded (Rice Growers Co-Operative Ltd, Leeton, Australia) | 19 ± 3 | 27 | Healthy, 8 | Bread, 2 h | 48 | 30 | 14 | 3 |
| 223 Rice Bubbles (puffed rice) | | | | | | | | |
| Rice Bubbles (Kellogg's, Australia) ¹³ | 81 | 116 ± 11 | Healthy, 7 | Bread, 3 h | 44 | — | — | — |
| Rice Bubbles (Kellogg's, Australia) | 85 ± 3 | 121 | Healthy, 10 | Glucose, 2 h | UO ^d | — | — | — |
| Rice Bubbles (Kellogg's, Australia) | 95 | 136 | Healthy, 6 | Glucose, 2 h | 47 | — | — | — |
| Mean of 3 studies | 87 ± 4 | 124 ± 6 | — | — | — | 30 | 26 | 22 |
| 224 Rice Chex (Nabisco Brands Ltd, Canada) ¹⁵ | 89 | 127 ± 5 | Type 1 and 2, 11 | Bread, 3 h | 1 | 30 | 26 | 23 |
| 225 Rice Krispies (Kellogg's Inc, Canada) ¹⁵ | 82 | 117 ± 5 | Type 1 and 2, 12 | Bread, 3 h | 1 | 30 | 26 | 22 |
| 226 Shredded wheat | — | — | — | — | — | 30 | 25 | 22 |
| Shredded Wheat (Canada) | 67 ± 10 | 96 | Healthy, 6 | Glucose, 2 h | 3 | 30 | 20 | 13 |
| Shredded Wheat (Nabisco Brands Ltd, Canada) ¹⁵ | 83 | 118 ± 6 | Type 1 and 2, 14 | Bread, 3 h | 1 | 30 | 20 | 17 |
| Mean of 2 studies | 75 ± 8 | 107 ± 11 | — | — | — | 30 | 20 | 15 |
| Special K (formulation of this cereal varies in different countries) | | | | | | | | |
| 227 Special K (Kellogg's, Australia) | 54 ± 4 | 77 | Healthy, 8 | Bread, 2 h | 13 | 30 | 21 | 11 |
| 228 Special K (Kellogg's, USA) | 69 ± 5 | 98 ± 7 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 21 | 14 |
| 229 Special K (Kellogg's, France) | 84 ± 12 | 118 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 30 | 24 | 20 |
| 230 Soy Tasty (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia) | 60 ± 5 | 86 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 20 | 12 |
| 231 SoyTana, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber/100 g) (Specialty Cereals, Mt Kuring-gai, Australia) | 49 ± 3 | 70 | Healthy, 10 | Glucose, 2 h | UO ^d | 45 | 25 | 12 |
| 232 Sultana Bran (Kellogg's, Australia) | 73 ± 13 | 104 | Healthy, 7–10 | Bread, 2 h | 8 | 30 | 19 | 14 |
| 233 Sustain (Kellogg's, Australia) ¹³ | 68 | 97 ± 9 | Healthy, 7 | Bread, 3 h | 44 | 30 | 22 | 15 |
| 234 Team (Nabisco Brands Ltd, Canada) ¹⁵ | 82 | 117 ± 9 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 22 | 17 |
| 235 Thank Goodness (Hubbards, New Zealand) | 65 ± 18 | 93 | Healthy, 11 | Glucose, 2 h | 25 | 30 | 23 | 15 |
| 236 Total (General Mills Inc, Canada) ¹⁵ | 76 | 109 ± 6 | Type 1 and 2, 10 | Bread, 3 h | 1 | 30 | 22 | 17 |
| 237 Ultra-bran, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber/100 g) (Specialty Cereals, Australia) | 41 ± 4 | 59 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 13 | 5 |
| 238 Wheat-bites (Uncle Toby's, Australia) | 72 ± 11 | 103 | Healthy, 8 | Bread, 2 h | 13 | 30 | 25 | 18 |
| 239 Wheat biscuits (plain flaked wheat) | | | | | | | | |
| Vita-Brits (Uncle Toby's, Australia) ¹³ | 61 | 87 ± 14 | Healthy, 7 | Bread, 3 h | 44 | 30 | 20 | 12 |
| Vita-Brits (Uncle Toby's, Australia) | 68 ± 6 | 97 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 20 | 13 |
| Weet-Bix (Sanitarium, Australia) | 69 | 99 | Healthy, 12 | Bread, 2 h | UO ^d | 30 | 17 | 12 |
| Weet-Bix (Sanitarium, Australia) | 69 ± 4 | 99 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 17 | 12 |
| Weetabix (Weetabix of Canada Ltd, Thornhill, Canada) ¹⁵ | 74 | 105 ± 8 | Type 1 and 2, 11 | Bread, 3 h | 1 | 30 | 22 | 16 |
| Weetabix (Weetabix of Canada Ltd) | 75 ± 10 | 107 | Healthy, 6 | Glucose, 2 h | 3 | 30 | 22 | 16 |
| Whole-wheat Goldies (Kellogg's, Australia) | 70 ± 4 | 100 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 20 | 14 |
| Mean of 7 studies | 70 ± 2 | 96 ± 4 | — | — | — | 30 | 19 | 13 |
| Wheat biscuits (flaked wheat) with additional ingredients | | | | | | | | |
| 240 Good Start, muesli wheat biscuits (Sanitarium, Australia) | 68 ± 4 | 96 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 20 | 14 |
| 241 Hi-Bran Weet-Bix, wheat biscuits with extra wheat bran (Sanitarium, Australia) | 61 ± 4 | 87 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 17 | 10 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ | |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|--|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) | |
| 242 Hi-Bran Weet-Bix with soy and linseed (Sanitarium, Australia) | 57 ± 3 | 81 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 16 | 9 | |
| 243 Honey Goldies (Kellogg's Australia) | 72 ± 3 | 103 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 21 | 15 | |
| 244 Lite-Bix, plain, no added sugar (Sanitarium, Australia) | 70 ± 3 | 97 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 20 | 14 | |
| 245 Oat bran Weet-Bix (Sanitarium, Australia) | 57 ± 4 | 82 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 20 | 11 | |
| 246 Sultana Goldies (Kellogg's Australia) | 65 ± 6 | 93 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 21 | 13 | |
| BREAKFAST CEREAL BARS | | | | | | | | | |
| 247 Crunchy Nut Cornflakes bar (Kellogg's, Australia) | 72 ± 6 | 102 ± 8 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 26 | 19 | |
| 248 Fibre Plus bar (Uncle Toby's, Australia) | 78 ± 9 | 111 | Healthy, 8 | Bread, 2 h | 13 | 30 | 23 | 18 | |
| 249 Fruity-Bix bar, fruit and nut, wheat biscuit cereal with dried fruit and nuts with yogurt coating (Sanitarium, Australia) | 56 ± 4 | 80 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 19 | 10 | |
| 250 Fruity-Bix bar, wild berry, wheat biscuit cereal with fruit and covered with yogurt coating (Sanitarium, Australia) | 51 ± 4 | 73 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 19 | 9 | |
| 251 K-Time Just Right bar (Kellogg's, Australia) | 72 ± 4 | 103 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 24 | 17 | |
| 252 K-Time Strawberry Crunch bar (Kellogg's, Australia) | 77 ± 5 | 110 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 25 | 19 | |
| 253 Rice Bubble Treat bar (Kellogg's, Australia) | 63 ± 11 | 90 ± 15 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 24 | 15 | |
| 254 Sustain bar (Kellogg's, Australia) | 57 ± 10 | 82 ± 15 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 25 | 14 | |
| CEREAL GRAINS | | | | | | | | | |
| Amaranth | | | | | | | | | |
| 255 Amaranth (<i>Amaranthus esculentum</i>) popped, eaten with milk and nonnutritive sweetener (India) | 97 ± 19 | 139 | Type 2, 6 | Glucose, 3 h | 43 | 30 | 22 | 21 | |
| Barley | | | | | | | | | |
| 256 Pearl barley | | | | | | | | | |
| Barley, pearled (Canada) | 22 | 32 ± 3 | Type 2, 12 | Bread, 3 h | 22 | — | — | — | |
| Barley (Canada) | 22 | 31 | Type 2, 13 | Bread, 3 h | 26 | — | — | — | |
| Barley, pot, boiled in salted water 20 min (Gouda's foods, Concord, Canada) | 25 ± 2 | 36 | Healthy, 10 | Glucose, 2 h | UO ^d | — | — | — | |
| Barley (Canada) | 27 | 39 ± 6 | Type 2, 4 | Bread, 3 h | 10 | — | — | — | |
| Barley, pearled (Canada) | 29 | 41 ± 10 | Type 1, 7 | Bread, 3 h | 22 | — | — | — | |
| Mean of 5 studies | 25 ± 1 | 36 ± 2 | — | — | — | 150 | 42 | 11 | |
| 257 Barley (<i>Hordeum vulgare</i>) (India) | | | | | | | | | |
| Barley (<i>Hordeum vulgare</i>) (India) | 37 | 53 | Type 2, 14 | Bread, 3 h | 50 | — | — | — | |
| Barley (<i>Hordeum vulgare</i>) (India) | 48 | 69 | Healthy, 18 | Bread, 3 h | 50 | — | — | — | |
| Mean of 2 groups of subjects | 43 ± 6 | 61 ± 8 | — | — | — | 150 | 42 | 26 | |
| 258 Barley, cracked (Malthouth, Tunisia) | 50 | 72 ± 7 | Type 1 and 2, 10 | Bread, 3 h | 1 | 150 | 42 | 21 | |
| 259 Barley, rolled (Australia) | 66 ± 5 | 94 | Healthy, 8 | Bread, 2 h | 48 | 50 (dry) | 38 | 25 | |
| 260 Buckwheat | | | | | | | | | |
| Buckwheat (Canada) | 49 | 70 ± 6 | Type 2, 12 | Bread, 3 h | 22 | — | — | — | |
| Buckwheat (Canada) | 51 ± 10 | 73 | Healthy, 5 | Glucose, 2 h | 3 | — | — | — | |
| Buckwheat (Canada) | 63 | 90 ± 8 | Type 1, 6 | Bread, 3 h | 22 | — | — | — | |
| Mean of 3 studies | 54 ± 4 | 78 ± 6 | — | — | — | 150 | 30 | 16 | |
| 261 Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden) | 45 | 64 ± 10 | Healthy, 10 | Bread, 2 h | 16 | 150 | 30 | 13 | |
| Corn and maize | | | | | | | | | |
| 262 Maize (<i>Zea mays</i>), flour made into chapatti (India) | 59 | 85 | Healthy, 18 | Bread, 3 h | 50 | — | — | — | |
| 263 Maize meal porridge, gruel (Kenya) | 109 | 156 ± 15 | Type 2, 13 | Bread, 2.5 h | 40 | — | — | — | |
| 264 Cornmeal | | | | | | | | | |
| Cornmeal, boiled in salted water 2 min (McNair Products Co Ltd, Toronto, Canada) | 68 | 97 ± 5 | Type 1 and 2, 12 | Bread, 3 h | 1 | 150 | 13 | 9 | |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|---------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | | <i>g</i> | <i>g/serving</i> |
| Cornmeal + margarine (McNair Products Co Ltd, Canada) | 69 | 99 ± 10 | Type 1 and 2, 12 | Bread, 3 h | 1 | 150 | 12 | 9 |
| Mean of 2 studies | 69 ± 1 | 98 ± 1 | — | — | — | 150 | 13 | 9 |
| 265 Sweet corn | | | | | | | | |
| Sweet corn, honey and pearl variety (New Zealand) | 37 ± 12 | 53 | Healthy, 9 | Glucose, 2 h | 25 | 150 | 30 | 11 |
| Sweet corn, on the cob, boiled 20 min (Australia) | 48 | 69 | Healthy, 6 | Glucose, 2 h | 47 | 150 | 30 | 14 |
| Sweet corn (Canada) | 59 ± 11 | 84 | Healthy, 5 | Glucose, 2 h | 3 | 150 | 33 | 20 |
| Sweet corn (USA) | 60 | 86 | Healthy, 16 | Bread, 3 h | 51 | 150 | 33 | 20 |
| Sweet corn (USA) | 60 | 85 | Type 2, 5; IGT, 6 ¹⁰ | Bread, 3 h | 28 | 150 | 33 | 20 |
| Sweet corn (South Africa) | 62 ± 5 | 89 | Healthy, 7 | Glucose, 2 h | 29 | 150 | 33 | 20 |
| Mean of 6 studies | 53 ± 4 | 78 ± 6 | — | — | — | 150 | 32 | 17 |
| 266 Sweet corn, whole kernel, canned, diet-pack, drained, featherweight (USA) | 46 | 66 | Type 2, 20 | Bread, 3 h | 52 | 150 | 28 | 13 |
| 267 Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd, Toronto, Canada) | 47 | 67 ± 4 | Type 1 and 2, 9 | Bread, 3 h | 1 | 150 | 33 | 16 |
| 268 Taco shells, cornmeal based, baked (Old El Paso Foods Co, Toronto, Canada) | 68 | 97 ± 9 | Type 1 and 2, 10 | Bread, 3 h | 1 | 20 | 12 | 8 |
| Couscous | | | | | | | | |
| 269 Couscous, boiled 5 min | | | | | | | | |
| Couscous, boiled 5 min (Near East Food Products Co, Leominster, MA, USA) | 61 | 87 ± 7 | Type 1 and 2, 9 | Bread, 3 h | 1 | — | — | — |
| Couscous, boiled 5 min (Tunisia) | 69 | 99 ± 6 | Type 1 and 2, 9 | Bread, 3 h | 1 | — | — | — |
| Mean of 2 studies | 65 ± 4 | 93 ± 6 | — | — | — | 150 | 35 | 23 |
| Millet | | | | | | | | |
| 270 Millet, boiled (Canada) | 71 ± 10 | 101 | Healthy, 5 | Glucose, 2 h | 3 | 150 | 36 | 25 |
| 271 Millet flour porridge (Kenya) | 107 | 153 ± 14 | Type 2, 13 | Bread, 2 h | 40 | — | — | — |
| Rice, white | | | | | | | | |
| 272 Arborio, risotto rice, boiled (Sun Rice brand, Rice Growers Co-Op, Leeton, Australia) | 69 ± 7 | 99 | Healthy, 10 | Glucose 2 h | UO ^d | 150 | 53 | 36 |
| 273 White (<i>Oryza sativa</i>), boiled (India) | 69 ± 15 | 99 | Type 2, 6 | Glucose, 3 h | 43 | 150 | 43 | 30 |
| 274 Rice, boiled white, type NS | | | | | | | | |
| Type NS, eaten alone (France) | 45 | 64 | Type 2, 30 | Glucose, 3 h ¹⁴ | 53 | 150 | 30 | 14 |
| Type NS (India) | 48 | 68 | Healthy, 6 | Wheat chapatti, 2 h ¹⁷ | 54 | 150 | 38 | 18 |
| Type NS (Canada) | 51 | 73 | Diabetic NS | Glucose, time NS | 20 | 150 | 42 | 21 |
| Type NS (France) | 52 | 74 ± 9 | Type 2, 6 | Bread, 3 h | 55 | 150 | 36 | 19 |
| Type NS (Canada) | 56 | 80 ± 5 | Type 2, 6 | Bread, 3 h | 30 | 150 | 42 | 23 |
| Type NS (Pakistan) | 69 | 98 | Type 2, 22 | Wheat chapatti, 3 h ¹⁷ | 56 | 150 | 38 | 26 |
| Type NS (Canada) | 72 ± 9 | 103 | Healthy, 7 | Glucose, 2 h | 3 | 150 | 42 | 30 |
| Type NS, boiled in salted water (India) | 72 | 103 | Healthy, 8 | Bread, 3 h | 57 | 150 | 38 | 27 |
| Type NS, boiled 13 min (Italy) | 102 | 146 | Healthy, 14 | Glucose, 2 h | 58 | 150 | 30 | 31 |
| Type NS (Kenya) | 112 | 160 ± 34 | Type 2, 10 | Bread, 2 h | 40 | 150 | 42 | 47 |
| Type NS, boiled (France) | 43 | 61 | Type 2, 14 | Glucose, 3 h ¹⁴ | 53 | 150 | 30 | 13 |
| Type NS, boiled (France) | 47 | 66 | Type 2, 16 | Glucose, 3 h ¹⁴ | 53 | 150 | 30 | 14 |
| Mean of 12 studies | 64 ± 7 | 91 ± 9 | — | — | — | 150 | 36 | 23 |
| 275 Type NS, boiled in salted water, refrigerated 16–20 h, reheated (India) | 53 | 76 | Healthy, 8 | Bread, 3 h | 57 | 150 | 38 | 20 |
| 276 Type NS, boiled 13 min, then baked 10 min (Italy) | 104 | 149 | Healthy, 14 | Glucose, 2 h | 58 | 150 | 30 | 31 |
| 277 Long grain, boiled | | | | | | | | |
| Long grain, boiled 5 min (Canada) | 41 | 58 ± 4 | Type 2, 13 | Bread, 3 h | 59 | 150 | 40 | 16 |
| Long grain, white, unconverted, boiled 15 min (Mahatma brand; Riviana Foods, Wetherill Park, Australia) | 50 | 71 | Healthy, 6 | Glucose, 2 h | 47 | 150 | 43 | 21 |
| Gem long grain (Dainty Food Inc, Toronto, Canada) | 55 | 79 | Type 2, 10 | Bread, 3 h | 60 | 150 | 40 | 22 |
| Long grain, white (Uncle Bens, Auckland, New Zealand) | 56 ± 7 | 80 | Healthy, 14 | Glucose, 2 h | 25 | 150 | 43 | 24 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | | <i>g</i> | <i>g/serving</i> |
| Long grain, boiled 25 min (Surinam) | 56 ± 2 | 80 | Type 2, 3 | Glucose, 3 h | 9 | 150 | 43 | 24 |
| Gem long grain (Dainty Food Inc, Canada) | 57 | 82 | Type 1, 6 | Bread, 3 h | 60 | 150 | 40 | 23 |
| Long grain, boiled 15 min | 58 | 83 ± 5 | Type 1, 5; type 2, 13 | Bread, 3 h | 59 | 150 | 40 | 23 |
| Gem long grain (Dainty Food Inc, Canada) | 60 | 86 ± 6 | Type 2, 13 | Bread, 3 h | 22 | 150 | 40 | 24 |
| Gem long grain (Dainty Food Inc, Canada) | 60 | 86 ± 11 | Type 1, 6 | Bread, 3 h | 22 | 150 | 40 | 24 |
| Long grain, white, boiled 7 min (Star brand; Gouda foods, Concord, Canada) | 64 ± 3 | 91 | Healthy, 10 | Glucose, 2 h | UO ^d | 150 | 40 | 26 |
| Mean of 10 studies | 56 ± 2 | 80 ± 3 | — | — | — | 150 | 41 | 23 |
| Rice, long grain, quick-cooking varieties | | | | | | | | |
| 278 Long grain, parboiled 10 min cooking time (Uncle Ben's; Masterfoods, Belgium) | 68 ± 6 | 97 | Healthy, 10 | Glucose, 2 h | UO ^d | 150 | 37 | 25 |
| 279 Long grain, parboiled, 20 min cooking time (Uncle Ben's; Masterfoods, Belgium) | 75 ± 7 | 107 | Healthy, 10 | Glucose, 2 h | UO ^d | 150 | 37 | 28 |
| 280 Long grain, white, precooked, microwaved 2 min (Express Rice, plain, Uncle Ben's; King's Lynn, Norfolk, UK) | 52 ± 5 | 74 | Healthy, 10 | Glucose, 2 h | UO ^d | 150 | 37 | 19 |
| Rice, specialty rices | | | | | | | | |
| 281 Cajun Style (Uncle Ben's; Effem Foods Ltd, Bolton, Canada) | 51 | 72 ± 13 | Type 1 and 2, 8 | Bread, 3 h | 1 | 150 | 37 | 19 |
| 282 Garden Style (Uncle Ben's; Effem Foods Ltd, Canada) | 55 | 79 ± 6 | Type 1 and 2, 11 | Bread, 3 h | 1 | 150 | 37 | 21 |
| 283 Long Grain and Wild (Uncle Ben's; Effem Foods Ltd, Canada) | 54 | 77 ± 9 | Type 1 and 2, 8 | Bread, 3 h | 1 | 150 | 37 | 20 |
| 284 Mexican Fast and Fancy (Uncle Ben's; Effem Foods Ltd, Canada) | 58 | 83 ± 7 | Type 1 and 2, 11 | Bread, 3 h | 1 | 150 | 37 | 22 |
| 285 Saskatchewan wild rice (Canada) | 57 | 81 ± 8 | Type 1 and 2, 9 | Bread, 3 h | 1 | 150 | 32 | 18 |
| 286 Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand) | 86 ± 10 | 123 ± 14 | Healthy, 12 | Glucose, 2 h | UO ^d | 150 | 43 | 37 |
| 287 Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand) | 98 ± 7 | 140 ± 10 | Healthy, 12 | Glucose, 2 h | UO ^d | 150 | 32 | 31 |
| 288 Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand) | 109 ± 10 | 156 ± 14 | Healthy, 12 | Glucose, 2 h | UO ^d | 150 | 42 | 46 |
| Rice, white low-amylose | | | | | | | | |
| 289 Calrose, white, medium grain, boiled (Rice Growers Co-op, Australia) | 83 ± 13 | 119 | Healthy, 8 | Bread, 2 h | 48 | 150 | 43 | 36 |
| 290 Sungold, Pelde, parboiled (Rice Growers Co-op, Australia) | 87 ± 7 | 124 | Healthy, 8 | Bread, 2 h | 48 | 150 | 43 | 37 |
| 291 Waxy (0–2% amylose) (Rice Growers Co-op, Australia) | 88 ± 11 | 126 | Healthy, 7 | Bread, 2 h | 48 | 150 | 43 | 38 |
| 292 Pelde, white (Rice Growers Co-op, Australia) | 93 ± 11 | 133 | Healthy, 7 | Bread, 2 h | 48 | 150 | 43 | 40 |
| 293 White, low-amylose, boiled (Turkey) | 139 | 199 | Type 2, 52; healthy, 31 | Glucose, 2 h | 32 | 150 | 43 | 60 |
| Rice, white high-amylose | | | | | | | | |
| 294 Bangladeshi rice variety BR16 | | | | | | | | |
| Bangladeshi rice variety BR16 (28% amylose) | 37 | 53 ± 7 | Type 2, 12 | Bread, 3 h | 61 | 150 | 39 | 14 |
| Bangladeshi rice variety BR16, white, long grain (27% amylose), boiled 17.5 min | 39 | 55 ± 5 | Type 2, 9 | Bread, 3 h | 62 | 150 | 39 | 15 |
| Mean of 2 studies | 38 | 54 ± 1 | — | — | — | 150 | 39 | 15 |
| 295 Doongara, white (Rice Growers Co-op, Australia) | | | | | | | | |
| Doongara, white (Rice Growers Co-op, Australia) | 50 ± 6 | 69 | Healthy, 8 | Bread, 2 h | 63 | — | — | — |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | | GL ³ (per serving) |
|---|--------------------|------------------|---------------------------------|-----------------------------------|-----------------|-----------------|-------------------|-----------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | g/ g/serving | |
| Doongara, white (Rice Growers Co-op, Australia) | 64 ± 9 | 91 | Healthy, 8 | Bread, 2 h | 48 | — | — | — | — |
| Doongara, white (Rice Growers Co-op, Australia) | 54 ± 7 | 75 | Healthy, 9 | Bread, 2 h | 63 | — | — | — | — |
| Mean of 3 studies | 56 ± 4 | 78 ± 7 | — | — | — | 150 | 39 | 22 | |
| 296 Koshikari (Japonica), white, short-grain, boiled 15 min then steamed 10 min (Japan) | 48 ± 8 | 68 | Healthy, 8 | Glucose, 3 h | 64 | 150 | 38 | 18 | |
| 297 Basmati | | | | | | | | | |
| Basmati, white, boiled (Mahatma brand, Sydney, Australia) | 58 ± 8 | 83 | Healthy, 9 | Bread, 2 h | 63 | 150 | 38 | 22 | |
| Precooked basmati rice in pouch, white, reheated in microwave (Uncle Ben's Express; Masterfoods, Kings Lynn, Norfolk, UK) | 57 ± 4 | 81 | Healthy, 10 | Glucose, 2 h | UO ^d | 150 | 41 | 24 | |
| Quick-cooking white basmati, cooked 10 min (Uncle Ben's Superior; Masterfoods Olen, Belgium) | 60 ± 5 | 86 | Healthy, 10 | Glucose, 2 h | UO ^d | 150 | 38 | 23 | |
| 298 Rice, brown | | | | | | | | | |
| Brown (Canada) | 66 ± 5 | 94 | Healthy, 7 | Glucose, 2 h | 3 | 150 | 33 | 21 | |
| Brown, steamed (USA) ⁸ | 50 | 72 | Healthy, 8 | Glucose, 3 h ⁸ | 45 | 150 | 33 | 16 | |
| Brown (<i>Oryza sativa</i>), boiled (South India) ⁸ | 50 ± 19 | 72 | Healthy, 12–15 | Glucose, 3 h ⁸ | 65 | 150 | 33 | 16 | |
| Mean of 3 studies | 55 ± 5 | 79 ± 6 | — | — | — | 150 | 33 | 18 | |
| Calrose brown (Rice Growers Co-op, Australia) | 87 ± 8 | 124 | Healthy, 8 | Bread, 2 h | 48 | 150 | 38 | 33 | |
| Doongara brown, high-amylose (Rice Growers Co-op, Australia) | 66 ± 7 | 94 | Healthy, 8 | Bread, 2 h | 48 | 150 | 37 | 24 | |
| Pelde brown (Rice Growers Co-op, Australia) | 76 ± 6 | 109 | Healthy, 8 | Bread, 2 h | 48 | 150 | 38 | 29 | |
| Parboiled, cooked 20 min (Uncle Ben's Natur-reis; Masterfoods Olen, Belgium) | 64 ± 7 | 91 | Healthy, 10 | Glucose, 2 h | UO ^d | 150 | 36 | 23 | |
| Sunbrown Quick (Rice Growers Co-op, Australia) | 80 ± 7 | 114 | Healthy, 8 | Bread, 2 h | 48 | 150 | 38 | 31 | |
| 299 Instant or puffed rice | | | | | | | | | |
| Instant rice, white, boiled 1 min (Canada) | 46 | 65 ± 5 | Type 2, 13 | Bread, 3 h | 59 | 150 | 42 | 19 | |
| Instant rice, white, cooked 6 min (Trice brand; Australia) | 87 | 124 | Healthy, 6 | Glucose, 2 h | 47 | 150 | 42 | 36 | |
| Puffed, white, cooked 5 min (Uncle Ben's Snabbris; Masterfoods Olen, Belgium) | 74 ± 5 | 106 | Healthy, 10 | Glucose, 2 h | UO ^d | 150 | 42 | 31 | |
| Mean of 3 studies | 69 ± 12 | 98 ± 17 | — | — | — | 150 | 42 | 29 | |
| Instant doongara, white, cooked 5 min (Rice Growers Co-op, Australia) | 94 ± 7 | 132 | Healthy, 9 | Bread, 2 h | 63 | 150 | 42 | 35 | |
| 300 Parboiled rice | | | | | | | | | |
| Parboiled rice (Canada) | 48 | 68 ± 6 | Type 2, 13 | Bread, 3 h | 22 | 150 | 36 | 18 | |
| Parboiled rice (USA) | 72 | 103 | Type 2, 5; IGT, 6 ¹⁰ | Bread, 3 h | 28 | 150 | 36 | 26 | |
| Converted, white (Uncle Ben's; Effem Foods Ltd, Canada) | 45 | 64 ± 7 | Type 1, 5 | Bread, 3 h | 22 | 150 | 36 | 16 | |
| Converted, white, boiled 20–30 min (Uncle Ben's; Masterfoods USA, Vernon, CA) | 38 | 54 | Healthy, 16 | Bread, 3 h | 51 | 150 | 36 | 14 | |
| Converted, white, long grain, boiled 20–30 min (Uncle Ben's; Masterfoods USA) | 50 | 72 | Type 2, 20 | Bread, 3 h | 52 | 150 | 36 | 18 | |
| Boiled, 12 min (Denmark) ⁶ | 39 | 55 ± 10 | Type 2, 7 | Bread, 2 h | 66 | 150 | 36 | 14 | |
| Boiled, 12 min (Denmark) | 42 | 60 ± 8 | Type 2, 7 | Bread, 2 h | 66 | 150 | 36 | 15 | |
| Boiled, 12 min (Denmark) | 43 | 62 ± 9 | Type 2, 11 | Bread, 5 h | 67 | 150 | 36 | 16 | |
| Boiled, 12 min (Denmark) | 46 | 66 ± 5 | Type 2, 12 | Bread, 5 h | 67 | 150 | 36 | 17 | |
| Long grain, boiled 5 min (Canada) | 38 | 54 ± 5 | Type 2, 13 | Bread, 3 h | 59 | 150 | 36 | 14 | |
| Long grain, boiled, 10 min (USA) ⁸ | 61 | 87 | Type 2, 8 | Glucose, 3 h | 4 | 150 | 36 | 22 | |
| Long grain, boiled 15 min (Canada) | 47 | 67 ± 5 | Type 1, 5; type 2, 13 | Bread, 3 h | 59 | 150 | 36 | 17 | |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | Serving size | carbo- hydrate | |
| | | | | | | g | g/serving | |
| Long grain, boiled 25 min (Canada) | 46 | 66 ± 4 | Type 2, 13 | Bread, 3 h | 59 | 150 | 36 | 17 |
| Mean of 13 studies | 47 ± 3 | 68 ± 4 | — | — | — | 150 | 36 | 17 |
| 301 Parboiled rice, eaten as part of a traditional Indian meal (India) ⁸ | 99 | 141 | Type 2, 20 | Glucose, 2 h | 68 | — | — | — |
| 302 Parboiled, low-amylose | | | | | | | | |
| Bangladeshi rice variety BR2, parboiled (12% amylose) | 51 | 73 ± 7 | Type 2, 12 | Bread, 3 h | 61 | 150 | 38 | 19 |
| Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op, Australia) | 87 ± 7 | 124 | Healthy, 8 | Bread, 2 h | 48 | 150 | 39 | 34 |
| 303 Parboiled, high-amylose | | | | | | | | |
| Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op, Australia) | 50 ± 6 | 69 | Healthy, 8 | Bread, 2 h | 63 | 150 | 39 | 19 |
| Bangladeshi rice variety BR16, parboiled (28% amylose) | 35 | 50 ± 7 | Type 2, 12 | Bread, 3 h | 61 | 150 | 37 | 13 |
| Bangladeshi rice variety BR16, traditionally parboiled (27% amylose) | 32 | 46 ± 8 | Type 2, 9 | Bread, 3 h | 62 | 150 | 38 | 12 |
| Bangladeshi rice variety BR16, pressure parboiled (27% amylose) | 27 | 39 ± 6 | Type 2, 9 | Bread, 3 h | 62 | 150 | 41 | 11 |
| Bangladeshi rice variety BR4, parboiled (27% amylose) | 33 | 47 ± 4 | Type 2, 12 | Bread, 3 h | 61 | 150 | 38 | 13 |
| Mean of 5 studies | 35 ± 4 | 50 ± 5 | — | — | — | 150 | 39 | 14 |
| 304 Rye, whole kernels | | | | | | | | |
| Rye, whole kernels (Canada) | 29 | 42 ± 7 | Type 2, 9 | Bread, 3 h | 22 | 50 (dry) | 38 | 11 |
| Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada) | 34 | 47 ± 5 | Type 1, 5; type 2, 9 | Bread, 3 h | 21 | 50 (dry) | 38 | 13 |
| Rye, whole kernels (Canada) | 39 | 56 ± 12 | Type 1, 7 | Bread, 3 h | 22 | 50 (dry) | 38 | 15 |
| Mean of 3 studies | 34 ± 3 | 48 ± 4 | — | — | — | 50 (dry) | 38 | 13 |
| Wheat | | | | | | | | |
| 305 Wheat, whole kernels | | | | | | | | |
| Wheat, whole kernels (<i>Triticum aestivum</i>) (India) ¹¹ | 30 ± 9 | 43 | Healthy, 12–15 | Glucose, 3 h ¹⁸ | 65 | 50 (dry) | 38 | 11 |
| Wheat, whole kernels (Canada) | 42 | 60 ± 8 | Type 2, 11 | Bread, 3 h | 22 | 50 (dry) | 33 | 14 |
| Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada) | 44 | 63 ± 6 | Type 1, 6; type 2, 11 | Bread, 3 h | 21 | 50 (dry) | 33 | 14 |
| Wheat, whole kernels (Canada) | 48 | 69 ± 7 | Type 1, 7 | Bread, 3 h | 22 | 50 (dry) | 33 | 16 |
| Mean of 4 studies | 41 ± 3 | 59 ± 4 | — | — | — | 50 (dry) | 34 | 14 |
| 306 Wheat, type NS (India) | 90 | 129 | Type 2, 20 | Glucose, 2 h | 68 | 50 (dry) | 38 | 34 |
| 307 Wheat, precooked kernels | | | | | | | | |
| Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France) | 52 ± 4 | 74 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 (dry) | 37 | 19 |
| Durum wheat, precooked, cooked 10 min (Ebly, France) | 50 ± 5 | 71 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 (dry) | 33 | 17 |
| Durum wheat, precooked in pouch, reheated in microwave (Ebly Express; Ebly, France) | 40 ± 5 | 57 | Healthy, 10 | Glucose, 2 h | UO ^d | 125 | 39 | 16 |
| Quick cooking (White Wings, Sydney, Australia) | 54 ± 11 | 77 | Healthy, 8 | Glucose, 2 h | 39 | 150 | 47 | 25 |
| 308 Semolina | | | | | | | | |
| Semolina, roasted at 105°C then gelatinized with water (India) | 55 ± 9 | 79 | Type 2, 6 | Glucose, 2 h | 69 | — | — | — |
| Semolina, steamed and gelatinized (India) | 54 ± 13 | 77 | Type 2, 6 | Glucose, 2 h | 69 | — | — | — |
| Mean of 2 studies | 55 ± 1 | 78 ± 1 | — | — | — | 150 | 11 | 6 |
| 309 Cracked wheat (bulgur or bourghul) | | | | | | | | |
| Bulgur, boiled (Canada) | 46 | 66 ± 4 | Type 2, 6 | Bread, 3 h | 10 | — | — | — |
| Bulgur, boiled in 800 mL water 20 min (Canada) | 46 | 65 ± 4 | Type 1, 5; type 2, 12 | Bread, 3 h | 21 | — | — | — |
| Bulgur, boiled 20 min (Canada) | 46 | 65 ± 5 | Type 2, 12 | Bread, 3 h | 22 | — | — | — |
| Bulgur, boiled 20 min (Canada) | 53 | 75 ± 13 | Type 1, 6 | Bread, 3 h | 22 | — | — | — |
| Mean of 4 studies | 48 ± 2 | 68 ± 3 | — | — | — | 150 | 26 | 12 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|--------------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| COOKIES | | | | | | | | |
| Arrowroot | | | | | | | | |
| 310 Arrowroot (McCormick's, Interbare Foods, Toronto, Canada) | 63 | 90 ± 4 | Type 1 and 2, 13 | Bread, 3 h | 1 | 25 | 20 | 13 |
| 311 Arrowroot plus (McCormick's, Canada) | 62 | 88 ± 7 | Type 1 and 2, 9 | Bread, 3 h | 1 | 25 | 18 | 11 |
| 312 Milk Arrowroot (Arnotts, Sydney, Australia) | 69 ± 7 | 99 | Healthy, 8 | Bread, 2 h | 2 | 25 | 18 | 12 |
| Mean of 3 studies | 65 ± 2 | 92 ± 3 | — | — | — | 25 | 19 | 12 |
| 313 Barquette Abricot (LU, Ris, Orangis, France) | 71 ± 6 | 101 | Healthy, 11 | Glucose, 2 h | UO ⁷ | 40 | 32 | 23 |
| 314 Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic) | 57 ± 9 | 81 | Healthy, 11 | Glucose, 2 h | UO ^{7,19} | 50 | 33 | 19 |
| 315 Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic) | 51 ± 9 | 73 | Healthy, 11 | Glucose, 2 h | UO ^{7,19} | 50 | 34 | 17 |
| 316 Bebe Jenne Susenky (Opavia/LU, Czech Republic) | 67 ± 11 | 96 | Healthy, 11 | Glucose, 2 h | UO ^{7,19} | 25 | 20 | 14 |
| 317 Digestives | | | | | | | | |
| Digestives (Canada) | 55 | 79 ± 9 | Type 2, 6 | Bread, 3 h | 30 | — | — | — |
| Digestives (Canada) | 59 ± 7 | 84 | Healthy, 6 | Glucose, 2 h | 3 | — | — | — |
| Digestives, Peak Freans (Nabisco Ltd, Toronto, Canada) | 62 | 88 ± 7 | Type 1 and 2, 13 | Bread, 3 h | 1 | — | — | — |
| Mean of 3 studies | 59 ± 2 | 84 ± 2 | — | — | — | 25 | 16 | 10 |
| 318 Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd, Redish, Stockport, UK) | 58 | 83 ± 14 | Type 2, 11 | Bread, 3 h | 18 | 25 | 17 | 10 |
| 319 Evergreen met Krenten (LU, Netherlands) | 66 ± 12 | 94 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 38 | 21 | 14 |
| 320 Golden Fruit (Griffin's Foods Ltd, Auckland, New Zealand) | 77 ± 25 | 110 | Healthy, 10 | Glucose, 2 h | 25 | 25 | 17 | 13 |
| 321 Graham Wafers (Christie Brown and Co, Toronto, Canada) | 74 | 106 ± 9 | Type 1 and 2, 9 | Bread, 3 h | 1 | 25 | 18 | 14 |
| 322 Gran'Dia Banana, Oats and Honey (LU, Brazil) | 28 ± 5 | 40 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 30 | 23 | 6 |
| 323 Grany en-cas Abricot (LU, France) | 55 ± 6 | 79 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 30 | 16 | 9 |
| 324 Grany en-cas Fruits des bois (LU, France) | 50 ± 5 | 71 | Healthy, 14 | Glucose, 2 h | UO ⁷ | 30 | 14 | 7 |
| 325 Grany Rush Apricot (LU, Netherlands) | 62 ± 3 | 89 | Healthy, 12 | Glucose, 2 h | UO ²⁰ | 30 | 20 | 12 |
| 326 Highland Oatmeal (Westons biscuits, Sydney, Australia) | 55 ± 8 | 79 | Healthy, 7 | Bread, 2 h | 2 | 25 | 18 | 10 |
| 327 Highland Oatcakes (Walker's Shortbread Ltd, Aberlour-on-Spey, Scotland) | 57 | 81 ± 6 | Type 1 and 2, 12 | Bread, 3 h | 1 | 25 | 15 | 8 |
| 328 LU P'tit Déjeuner Chocolat (LU, France) | 42 ± 5 | 60 | Healthy, 13 | Glucose, 2 h | UO ⁷ | 50 | 34 | 14 |
| 329 LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France) | 45 ± 5 | 64 | Healthy, 14 | Glucose, 2 h | UO ⁷ | 50 | 35 | 16 |
| LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France) | 52 ± 3 | 74 | Healthy, 12 | Glucose, 2 h | UO ²⁰ | 50 | 35 | 18 |
| LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France) | 49 ± 8 | 70 | Healthy, 11 | Glucose, 2 h | UO ^{7,19} | 50 | 35 | 18 |
| Mean of 3 studies | 49 ± 2 | 69 ± 3 | — | — | — | 50 | 35 | 17 |
| 330 Maltmeal wafer (Griffin's Foods Ltd, New Zealand) | 50 ± 10 | 71 | Healthy, 10 | Glucose, 2 h | 25 | 25 | 17 | 9 |
| 331 Morning Coffee (Arnotts, Australia) | 79 ± 6 | 113 | Healthy, 8 | Bread, 2 h | 2 | 25 | 19 | 15 |
| 332 Nutrigrain Fruits des bois (Kellogg's, France) | 57 ± 4 | 81 | Healthy, 12 | Glucose, 2 h | UO ²⁰ | 35 | 23 | 13 |
| 333 Oatmeal (Canada) | 54 ± 4 | 77 | Healthy, 6 | Glucose, 2 h | 3 | 25 | 17 | 9 |
| 334 Oro (Saiwa, Italy) | | | | | | | | |
| Oro (Saiwa, Italy) | 61 ± 9 | 87 | Healthy, 11 | Glucose, 2 h | UO ⁷ | 40 | 32 | 20 |
| Oro (Saiwa, Italy) | 67 ± 17 | 96 | Healthy, 13 | Glucose, 2 h | UO ²¹ | 40 | 32 | 21 |
| Mean of 2 studies | 64 ± 3 | 92 ± 5 | — | — | — | 40 | 32 | 20 |
| 335 Petit LU Normand (LU, France) | 51 ± 3 | 73 | Healthy, 12 | Glucose, 2 h | UO ²⁰ | 25 | 19 | 10 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|------------------|----------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | <i>g</i> | <i>g/serving</i> | |
| 336 Petit LU Roussillon (LU, France) | 48 ± 4 | 69 | Healthy, 12 | Glucose, 2 h | UO ²⁰ | 25 | 18 | 9 |
| 337 Prince Energie+ (LU, France) | 73 ± 5 | 104 | Healthy, 12 | Glucose, 2 h | UO ²⁰ | 25 | 17 | 13 |
| 338 Prince fourré chocolat (LU, France) | | | | | | | | |
| Prince fourré chocolat (LU, France) | 53 ± 5 | 76 | Healthy, 13 | Glucose, 2 h | UO ⁷ | — | — | — |
| Prince fourré chocolat (LU, France) | 50 ± 5 | 71 | Healthy, 12 | Glucose, 2 h | UO ⁷ | — | — | — |
| Mean of 2 studies | 52 ± 2 | 74 | — | — | — | 45 | 30 | 16 |
| 339 Prince Meganana Chocolate (LU, Spain) | 49 ± 12 | 70 | Healthy, 11 | Glucose, 2 h | UO ⁷ | 50 | 36 | 18 |
| 340 Prince Petit Déjeuner Vanille (LU, France and Spain) | 45 ± 6 | 64 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 50 | 36 | 16 |
| 341 Rich Tea (Canada) | 55 ± 4 | 79 | Healthy, 6 | Glucose, 2 h | 3 | 25 | 19 | 10 |
| 342 Sablé des Flandres (LU, France) | 57 ± 10 | 81 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 20 | 15 | 8 |
| 343 Shortbread (Arnotts, Australia) | 64 ± 8 | 91 | Healthy, 8 | Glucose, 2 h | 39 | 25 | 16 | 10 |
| 344 Shredded Wheatmeal (Arnotts, Australia) | 62 ± 4 | 89 | Healthy, 7 | Bread, 2 h | 2 | 25 | 18 | 11 |
| 345 Snack Right Fruit Slice (97% fat-free) (Arnott's, Australia) | 45 ± 3 | 64 | Healthy, 10 | Glucose, 2 h | UO ^d | 25 | 19 | 9 |
| 346 Thé (LU, France) | 41 ± 7 | 57 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 20 | 16 | 6 |
| 347 Vanilla Wafers (Christie Brown and Co, Canada) | 77 | 110 ± 4 | Type 1 and 2, 8 | Bread, 3 h | 1 | 25 | 18 | 14 |
| 348 Véritable Petit Beurre (LU, France) | 51 ± 8 | 73 | Healthy, 10 | Glucose, 2 h | UO ⁷ | 25 | 18 | 9 |
| CRACKERS | | | | | | | | |
| 349 Breton wheat crackers (Dare Foods Ltd, Kitchener, Canada) | 67 | 96 ± 4 | Type 1 and 2, 10 | Bread, 3 h | 1 | 25 | 14 | 10 |
| 350 Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, Australia) | 87 ± 10 | 124 | Healthy, 10 | Glucose, 2 h | UO ^d | 25 | 20 | 18 |
| 351 Cream Cracker (LU Triumfo, Brazil) | 65 ± 11 | 93 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 25 | 17 | 11 |
| 352 High-calcium cracker (Danone, Malaysia) | 52 ± 8 | 74 | Healthy, 12 | Glucose, 2 h | UO ⁷ | 25 | 17 | 9 |
| 353 Jatz, plain salted craker biscuits (Arnotts, Australia) | 55 ± 5 | 79 | Healthy, 8 | Bread, 2 h | 2 | 25 | 17 | 10 |
| 354 Puffed Crispbread (Westons, Australia) | 81 ± 9 | 116 | Healthy, 8 | Glucose, 2 h | 39 | 25 | 19 | 15 |
| 355 Puffed rice cakes | | | | | | | | |
| Puffed rice cakes, white (Rice Growers Co-op, Australia) | 82 ± 11 | 117 | Healthy, 6 | Bread, 2 h | 48 | 25 | 21 | 17 |
| Rice cakes, Calrose rice (low-amylose) (Rice Growers Co-op, Australia) | 91 ± 7 | 128 | Healthy, 9 | Bread, 2 h | 63 | 25 | 21 | 19 |
| Rice cakes, Doongara rice (high-amylose) (Rice Growers Co-op, Australia) | 61 ± 5 | 85 | Healthy, 9 | Bread, 2 h | 63 | 25 | 21 | 13 |
| Mean of 3 studies | 78 ± 9 | 110 ± 13 | — | — | — | 25 | 21 | 17 |
| 356 Rye crispbread | | | | | | | | |
| Rye crispbread (Canada) | 63 | 90 | Type 2, number NS | Glucose, time NS | 23 | 25 | 16 | 10 |
| Ryvita (Canada) | 69 ± 10 | 99 | Healthy, 7 | Glucose, 2 h | 3 | 25 | 16 | 11 |
| High-fiber rye crispbread (Ryvita Company Ltd, Poole, Dorset, UK) | 59 | 84 ± 7 | Type 1 and 2, 9 | Bread, 3 h | 1 | 25 | 15 | 9 |
| Rye crispbread (Ryvita Company Ltd, UK) | 63 | 90 ± 4 | Type 1 and 2, 12 | Bread, 3 h | 1 | 25 | 18 | 11 |
| Mean of 4 studies | 64 ± 2 | 91 ± 3 | — | — | — | 25 | 16 | 11 |
| 357 Kavli Norwegian Crispbread (Players Biscuits, Sydney, Australia) | 71 ± 7 | 101 | Healthy, 8 | Bread, 2 h | 13 | 25 | 16 | 12 |
| 358 Sao, plain square crackers (Arnotts, Australia) | 70 ± 9 | 100 | Healthy, 8 | Bread, 2 h | 2 | 25 | 17 | 12 |
| 359 Stoned Wheat Thins (Christie Brown and Co, Canada) | 67 | 96 ± 4 | Type 1 and 2, 11 | Bread, 3 h | 1 | 25 | 17 | 12 |
| 360 Water cracker | | | | | | | | |
| Water cracker (Canada) | 63 ± 9 | 90 | Healthy, 6 | Glucose, 2 h | 3 | 25 | 18 | 11 |
| Water cracker (Arnotts, Australia) | 78 ± 11 | 111 | Healthy, 8 | Glucose, 2 h | 39 | 25 | 18 | 14 |
| Mean of 2 studies | 71 ± 8 | 101 ± 11 | — | — | — | 25 | 18 | 13 |
| 361 Premium Soda Crackers (Christie Brown and Co, Canada) | 74 | 106 ± 5 | Type 1 and 2, 10 | Bread, 3 h | 1 | 25 | 17 | 12 |
| 362 Vita-wheat, original, crispbread (Arnott's Australia) | 55 ± 4 | 79 | Healthy, 10 | Glucose, 2 h | UO ^d | 25 | 19 | 10 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| DAIRY PRODUCTS AND ALTERNATIVES | | | | | | | | |
| Custard | | | | | | | | |
| 363 No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Australia) | 35 ± 2 | 50 ± 3 | Healthy, 10 | Glucose, 2 h | UO ^d | 100 | 17 | 6 |
| 364 Custard, home made from milk, wheat starch, and sugar (Australia) | 43 ± 10 | 61 | Healthy, 8 | Glucose, 2 h | 39 | 100 | 17 | 7 |
| 365 TRIM, reduced-fat custard (Pauls Ltd, South Brisbane, Australia) | 37 ± 4 | 52 ± 6 | Healthy, 10 | Bread, 2 h | UO ^d | 100 | 15 | 6 |
| Mean of 3 studies | 38 ± 2 | 54 ± 3 | — | — | — | 100 | 16 | 6 |
| 366 Ice cream, regular, NS | | | | | | | | |
| Ice cream, NS (Canada) | 36 ± 8 | 51 | Healthy, 5 | Glucose, 2 h | 3 | — | — | — |
| Ice cream (half vanilla, half chocolate) (Italy) | 57 | 82 ± 40 | Healthy, 7 | Bread, 2 h | 70 | — | — | — |
| Ice cream, NS (USA) | 62 | 89 | Type 2, 7 | Glucose, 5 h ²² | 6 | — | — | — |
| Ice cream, chocolate flavored (USA) | 68 ± 15 | 97 | Type 2, 12 | Glucose, 3 h | 71 | — | — | — |
| Ice cream (half vanilla, half chocolate) (Italy) | 80 | 114 ± 31 | Type 2, 14 | Bread, 2 h | 70 | — | — | — |
| Mean of 5 studies | 61 ± 7 | 87 ± 10 | — | — | — | 50 | 13 | 8 |
| 367 Ice cream, reduced- or low-fat | | | | | | | | |
| Ice cream, low-fat, vanilla (Light; Peter's, Sydney, Australia) | 50 ± 8 | 71 | Healthy, 8 | Bread, 2 h | 2 | 50 | 6 | 3 |
| Ice-cream, low-fat (1.2% fat) (Prestige Light rich vanilla; Norco, Lismore, Australia) ⁶ | 47 ± 5 | 67 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 10 | 5 |
| Ice-cream, low-fat (1.4% fat) (Prestige Light traditional toffee; Norco, Australia) ⁶ | 37 ± 4 | 53 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 14 | 5 |
| Ice-cream, reduced-fat (7.1% fat) (Prestige golden macadamia; Norco, Australia) ⁶ | 39 ± 3 | 55 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 12 | 5 |
| 368 Ice cream, premium (high-fat) | | | | | | | | |
| Ice cream, premium, ultra chocolate, 15% fat (Sara Lee, Gosford, Australia) | 37 ± 3 | 53 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 9 | 4 |
| Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia) | 38 ± 3 | 54 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 9 | 3 |
| 369 Milk, full-fat | | | | | | | | |
| Full-fat (Italy) | 11 | 15 ± 8 | Healthy, 7 | Bread, 2 h | 70 | — | — | — |
| Full-fat (3% fat; Skånemejerier, Malmö, Sweden) ⁶ | 21 | 30 ± 4 | Healthy, 10 | Bread, 2 h | 72 | — | — | — |
| Full-fat (Italy) | 24 | 34 ± 9 | Type 2, 14 | Bread, 2 h | 70 | — | — | — |
| Full-fat cow milk, fresh (Dairy Farmers, Australia) | 31 ± 2 | 44 ± 2 | Healthy, 10 | Bread, 2 h | UO ^d | — | — | — |
| Full-fat (Canada) | 34 ± 6 | 49 | Healthy, 6 | Glucose, 2 h | 3 | — | — | — |
| Full-fat (USA) | 40 | 57 | Type 2, 7 | Glucose, 5 h ²³ | 6 | — | — | — |
| Mean of 5 studies | 27 ± 4 | 38 ± 6 | — | — | — | 250 | 12 | 3 |
| 370 Fermented cow milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden) ⁶ | 11 | 15 ± 3 | Healthy, 10 | Bread, 2 h | 72 | — | — | — |
| 371 Fermented cow milk (filmjök, 3% fat) (Skånemejerier, Malmö, Sweden) ⁶ | 11 | 15 ± 3 | Healthy, 10 | Bread, 2 h | 72 | — | — | — |
| Mean of 2 foods | 11 | 15 | — | — | — | — | — | — |
| 372 Milk, full-fat, plus bran | | | | | | | | |
| Full-fat + 20 g wheat bran (Italy) | 25 | 35 ± 11 | Type 2, 14 | Bread, 2 h | 70 | — | — | — |
| Full-fat + 20 g wheat bran (Italy) | 28 | 40 ± 27 | Healthy, 7 | Bread, 2 h | 70 | — | — | — |
| Mean of 2 studies | 27 ± 2 | 38 ± 3 | — | — | — | 250 | 12 | 3 |
| 373 Milk, skim (Canada) | 32 ± 5 | 46 | Healthy, 6 | Glucose, 2 h | 3 | 250 | 13 | 4 |
| 374 Milk, condensed, sweetened (Nestlé, Australia) | 61 ± 6 | 87 ± 9 | Healthy, 12 | Glucose, 2 h | 73 | 250 | 136 | 83 |
| 375 Milk, low-fat, chocolate, with aspartame (Lite White; Dairy Farmers, Australia) | 24 ± 6 | 34 | Healthy, 8 | Bread, 2 h | 2 | 250 | 15 | 3 |
| 376 Milk, low-fat, chocolate, with sugar (Lite White; Dairy Farmers, Australia) | 34 ± 4 | 49 | Healthy, 8 | Bread, 2 h | 2 | 250 | 26 | 9 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | | <i>g</i> | <i>g/serving</i> |
| 377 Mousse, reduced-fat, prepared from | | | | | | | | |
| commerical mousse mix with water | | | | | | | | |
| Butterscotch, 1.9% fat (Nestlé, Australia) | 36 ± 4 | 51 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 10 | 4 |
| Chocolate, 2% fat (Nestlé, Australia) | 31 ± 4 | 44 ± 6 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 11 | 3 |
| Hazelnut, 2.4% fat (Nestlé, Australia) | 36 ± 4 | 51 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 10 | 4 |
| Mango, 1.8% fat (Nestlé, Australia) | 33 ± 5 | 47 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 11 | 4 |
| Mixed berry, 2.2% fat (Nestlé, Australia) | 36 ± 5 | 51 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 10 | 4 |
| Strawberry, 2.3% fat (Nestlé, Australia) | 32 ± 3 | 46 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 10 | 3 |
| Mean of 6 foods | 34 ± 1 | 48 ± 1 | — | — | — | 50 | 10 | 4 |
| 378 Pudding | | | | | | | | |
| Instant, chocolate, made from powder and whole milk (White Wings, Australia) | 47 ± 4 | 67 | Healthy, 10 | Glucose, 2 h | UO ^d | 100 | 16 | 7 |
| Instant, vanilla, made from powder and whole milk (White Wings, Australia) | 40 ± 4 | 57 | Healthy, 10 | Glucose, 2 h | UO ^d | 100 | 16 | 6 |
| Mean of 2 foods | 44 ± 4 | 62 ± 5 | — | — | — | 100 | 16 | 7 |
| 379 Yogurt | | | | | | | | |
| Yogurt, NS (Canada) | 36 ± 4 | 51 | Healthy, 5 | Glucose, 2 h | 3 | 200 | 9 | 3 |
| 380 Low-fat yogurt | | | | | | | | |
| Low-fat, fruit, aspartame (Ski; Dairy Farmers, Australia) | 14 ± 4 | 20 | Healthy, 7 | Bread, 2 h | 2 | 200 | 13 | 2 |
| Low-fat, fruit, sugar (Ski; Dairy Farmers, Australia) | 33 ± 7 | 47 | Healthy, 8 | Bread, 2 h | 2 | 200 | 31 | 10 |
| Low-fat (0.9%), fruit, wild strawberry (Ski d'Lite; Dairy Farmers, Australia) | 31 ± 14 | 44 | Healthy, 9 | Glucose, 2 h | UO ^d | 200 | 30 | 9 |
| 381 Nonfat yogurt, sweetened with acesulfame K and Splenda | | | | | | | | |
| Diet Vaalia, exotic fruits (Pauls Ltd, Australia) ⁶ | 23 ± 2 | 33 | Healthy, 10 | Glucose, 2 h | UO ^d | 200 | 16 | 4 |
| Diet Vaalia, mango (Pauls Ltd, Australia) ⁶ | 23 ± 2 | 33 | Healthy, 10 | Glucose, 2 h | UO ^d | 200 | 14 | 3 |
| Diet Vaalia, mixed berry (Pauls Ltd, Australia) ⁶ | 25 ± 3 | 36 | Healthy, 10 | Glucose, 2 h | UO ^d | 200 | 13 | 3 |
| Diet Vaalia, strawberry (Pauls Ltd, Australia) ⁶ | 23 ± 2 | 33 | Healthy, 10 | Glucose, 2 h | UO ^d | 200 | 13 | 3 |
| Diet Vaalia, vanilla (Pauls Ltd, Australia) ⁶ | 23 ± 2 | 33 | Healthy, 10 | Glucose, 2 h | UO ^d | 200 | 13 | 3 |
| Mean of 5 foods | 24 ± 1 | 34 ± 1 | — | — | — | 200 | 14 | 3 |
| 382 Reduced-fat yogurt | | | | | | | | |
| Reduced-fat, Vaalia, apricot and mango (Pauls Ltd, Australia) ⁶ | 26 ± 4 | 38 ± 6 | Healthy, 10 | Bread, 2 h | UO ^d | 200 | 30 | 8 |
| Reduced-fat, Vaalia, french vanilla (Pauls Ltd, Australia) ⁶ | 26 ± 4 | 38 ± 5 | Healthy, 10 | Bread, 2 h | UO ^d | 200 | 10 | 3 |
| Reduced-fat, strawberry (Extra-Lite; Pauls Ltd, Australia) ⁶ | 28 ± 4 | 40 ± 6 | Healthy, 10 | Bread, 2 h | UO ^d | 200 | 33 | 9 |
| Mean of 3 foods | 27 ± 1 | 39 ± 1 | — | — | — | 200 | 24 | 7 |
| 383 Yogurt drink, reduced-fat, Vaalia, tropical passion fruit (Pauls Ltd, Australia)⁶ | | | | | | | | |
| 38 ± 4 | 54 ± 6 | Healthy, 10 | Bread, 2 h | UO ^d | 200 | 29 | 11 | |
| Soy-based dairy product alternatives | | | | | | | | |
| 384 Soy milks (containing maltodextrin) | | | | | | | | |
| Soy milk, full-fat (3%), 0 mg Cal, Original (So Natural Foods, Australia) ⁶ | 44 ± 5 | 63 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 | 17 | 8 |
| Soy milk, full-fat (3%), 120 mg Cal, Calciforte (So Natural Foods, Australia) ⁶ | 36 ± 4 | 51 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 | 18 | 6 |
| Soy milk, reduced-fat (1.5%), 120 mg Cal, Light (So Natural Foods, Australia) ⁶ | 44 ± 3 | 63 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 | 17 | 8 |
| 385 Soy milk drinks | | | | | | | | |
| Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia) ⁶ | 30 ± 3 | 43 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 | 22 | 7 |
| Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia) ⁶ | 34 ± 3 | 49 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 | 25 | 8 |
| Mean of 2 drinks | 32 ± 2 | 46 ± 3 | — | — | — | 250 | 23 | 7 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|--|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | <i>g</i> | <i>g/serving</i> | |
| Up and Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium, Australia) ⁶ | 43 ± 5 | 61 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 | 26 | 11 |
| Up and Go, original malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium, Australia) ⁶ | 46 ± 5 | 66 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 | 24 | 11 |
| Mean of 2 drinks | 45 ± 2 | 64 ± 3 | — | — | — | 250 | 25 | 11 |
| Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) (So Natural Foods, Australia) ⁶ | 39 ± 2 | 56 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 | 34 | 13 |
| 386 Soy yogurt | | | | | | | | |
| Soy yogurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia) ⁶ | 50 ± 3 | 71 | Healthy, 10 | Glucose, 2 h | UO ^d | 200 | 26 | 13 |
| 387 Tofu-based frozen dessert, chocolate with high fructose (24%) corn syrup (USA) | 115 ± 14 | 164 | Type 2, 12 | Glucose, 3 h | 71 | 50 | 9 | 10 |
| FRUIT AND FRUIT PRODUCTS | | | | | | | | |
| 388 Apples, raw | | | | | | | | |
| Apple, NS (Denmark) | 28 | 40 ± 11 | Type 2, 8 | Bread, 3 h | 74 | 120 | 13 | 4 |
| Apple, braeburn (New Zealand) ⁶ | 32 ± 4 | 46 | Type 2, IGT, 15 ¹⁰ | Glucose, 3 h | 75 | 120 | 13 | 4 |
| Apple, NS (Canada) | 34 | 48 | Type 2, number NS | Glucose, time NS | 23 | 120 | 16 | 5 |
| Apple, golden delicious (Canada) | 39 ± 3 | 56 | Healthy, 6 | Glucose, 2 h | 3 | 120 | 16 | 6 |
| Apple, NS (USA) | 40 | 57 | Type 2, 7 | Glucose, 5 h ²³ | 6 | 120 | 16 | 6 |
| Apple, NS (Italy) | 44 | 63 ± 3 | Type 2, 7 | Bread, 3 h | 76 | 120 | 13 | 6 |
| Mean of 6 studies | 38 ± 2 | 52 ± 3 | — | — | — | 120 | 15 | 6 |
| 389 Apple juice | | | | | | | | |
| Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, Australia) | 39 ± 5 | 55 ± 7 | Healthy, 10 | Bread, 2 h | UO ^d | 250 mL | 25 | 10 |
| Apple juice, unsweetened (USA) | 40 | 57 | Type 2, 7 | Glucose, 5 h ²³ | 6 | 250 mL | 29 | 12 |
| Apple juice, unsweetened (Allens, Toronto, Canada) | 41 | 59 ± 8 | Type 2, 6 | Bread, 3 h | 7 | 250 mL | 30 | 12 |
| Mean of 3 studies | 40 ± 1 | 57 ± 2 | — | — | — | 250 mL | 28 | 11 |
| 390 Apple, dried (Australia) | 29 ± 5 | 41 ± 7 | Healthy, 10 | Bread, 2 h | UO ^d | 60 | 34 | 10 |
| Apricots | | | | | | | | |
| 391 Apricots, raw, NS (Italy) | 57 | 82 ± 3 | Type 2, 7 | Bread, 3 h | 75 | 120 | 9 | 5 |
| 392 Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada) | 64 | 91 ± 6 | Type 2, 9 | Bread, 3 h | 7 | 120 | 19 | 12 |
| 393 Apricots, dried | | | | | | | | |
| Apricots, dried (Australia) | 30 ± 7 | 43 | Healthy, 8 | Bread, 2 h | 2 | 60 | 27 | 8 |
| Apricots, dried (Wasco foods, Montreal, Canada) | 32 | 46 ± 7 | Type 2, 9 | Bread, 3 h | 7 | 60 | 30 | 10 |
| Mean of 2 studies | 31 ± 1 | 44 ± 2 | — | — | — | 60 | 28 | 9 |
| 394 Apricot fruit bar, puréed dried apricot filling in whole-meal pastry (Mother Earth, Auckland, New Zealand) | 50 ± 8 | 71 | Healthy, 10 | Glucose, 2 h | 25 | 50 | 34 | 17 |
| 395 Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, Australia) | 55 ± 7 | 78 ± 10 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 13 | 7 |
| 396 Apricot Fruity Bitz, vitamin and mineral enriched dried fruit snack (Blackmores Ltd, Balgowlah, Australia) | 42 ± 3 | 61 | Healthy, 10 | Glucose, 2 h | UO ^d | 15 | 12 | 5 |
| 397 Banana, raw | | | | | | | | |
| Banana (Canada) | 46 | 66 | Diabetic, number NS | Glucose, time NS | 20 | 120 | 25 | 12 |
| Banana (Italy) | 58 | 83 ± 3 | Type 2, 8 | Bread, 3 h | 76 | 120 | 23 | 13 |
| Banana (Canada) | 58 | 83 ± 7 | Type 2, 6 | Bread, 3 h | 30 | 120 | 25 | 15 |
| Banana (Canada) | 62 ± 9 | 89 | Healthy, 6 | Glucose, 2 h | 3 | 120 | 25 | 16 |
| Banana (South Africa) | 70 ± 5 | 100 | Healthy, 8 | Glucose, 2 h | 29 | 120 | 23 | 16 |
| Banana, ripe, all yellow (USA) | 51 | 73 | Type 2, 7 | Glucose, 5 h ²⁴ | 77 | 120 | 25 | 13 |
| Banana, underripe (Denmark) | 30 | 43 ± 10 | Type 2, 10 | Bread, 4 h | 78 | 120 | 21 | 6 |
| Banana, slightly underripe, yellow with green sections (USA) | 42 | 60 | Type 2, 7 | Glucose, 5 h ²⁴ | 77 | 120 | 25 | 11 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|----------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| Banana, overripe, yellow flecked with brown (USA) | 48 | 69 | Type 2, 7 | Glucose, 5 h ²⁴ | 77 | 120 | 25 | 12 |
| Banana, overripe (Denmark) | 52 | 74 ± 9 | Type 2, 10 | Bread, 4 h | 78 | 120 | 20 | 11 |
| Mean of 10 studies | 52 ± 4 | 74 ± 5 | — | — | — | 120 | 24 | 12 |
| 398 Banana, processed fruit fingers, Heinz Kidz (H J Heinz, Malvern, Australia) | 61 ± 11 | 87 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 20 | 12 |
| 399 Breadfruit (<i>Artocarpus altilis</i>), raw (Australia) ⁶ | 68 | 97 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | 120 | 27 | 18 |
| 400 Cherries, raw, NS (Canada) | 22 | 32 | Type 2, number NS | Glucose, time NS | 23 | 120 | 12 | 3 |
| 401 Chico (<i>Zapota zapotilla coville</i>), raw (Philippines) ⁶ | 40 | 57 | Type 2, 10 | Bread, 3 h | 80 | 120 | 29 | 12 |
| 402 Cranberry juice | | | | | | | | |
| Cranberry juice cocktail (Ocean Spray, Australia) | 52 ± 3 | 74 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 31 | 16 |
| Cranberry juice cocktail (Ocean Spray Inc, USA) | 68 ± 3 | 97 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 35 | 24 |
| Cranberry juice drink (Ocean Spray; Gerber Ltd, Bridgewater, Somerset, UK) | 56 ± 4 | 80 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 29 | 16 |
| 403 Custard apple, raw, flesh only (Australia) | 54 ± 2 | 77 ± 3 | Healthy, 12 | Glucose, 2 h | 73 | 120 | 19 | 10 |
| 404 Dates, dried (Australia) | 103 ± 21 | 147 ± 30 | Healthy, 10 | Bread, 2 h | UO ^d | 60 | 40 | 42 |
| 405 Figs, dried, tenderized, Dessert Maid brand (Ernest Hall and Sons, Sydney, Australia) | 61 ± 6 | 87 | Healthy, 10 | Glucose, 2 h | UO ^d | 60 | 26 | 16 |
| 406 Fruit Cocktail, canned (Delmonte Canadian Cannery Ltd, Hamilton, Canada) | 55 | 79 ± 5 | Type 2, 8 | Bread, 3 h | 7 | 120 | 16 | 9 |
| 407 Grapefruit, raw (Canada) | 25 | 36 | Type 2, number NS | Glucose, time NS | 23 | 120 | 11 | 3 |
| 408 Grapefruit juice, unsweetened (Sunpac, Toronto, Canada) | 48 | 69 ± 5 | Type 2, 13 | Bread, 3 h | 7 | 250 mL | 20 | 9 |
| 409 Grapes, raw | | | | | | | | |
| Grapes, NS (Canada) | 43 | 62 | Type 2, number NS | Glucose, time NS | 23 | 120 | 17 | 7 |
| Grapes, NS (Italy) | 49 | 70 ± 3 | Type 2, 9 | Bread, 3 h | 76 | 120 | 19 | 9 |
| Mean of 2 studies | 46 ± 3 | 66 ± 4 | — | — | — | 120 | 18 | 8 |
| Grapes, black, Waltham Cross (Australia) | 59 | 84 | Healthy, 11 | Bread, 2 h | UO ^d | 120 | 18 | 11 |
| 410 Kiwi fruit, raw | | | | | | | | |
| Kiwi fruit, Hayward (New Zealand) ⁶ | 47 ± 4 | 68 | Type 2 and IGT, 15 ¹⁰ | Glucose, 3 h | 75 | 120 | 12 | 5 |
| Kiwi fruit (Australia) ⁶ | 58 ± 7 | 83 | Healthy, 7 | Bread, 2 h | 2 | 120 | 12 | 7 |
| Mean of 2 studies | 53 ± 6 | 75 ± 8 | — | — | — | 120 | 12 | 6 |
| 411 Lychee, canned in syrup and drained, Narcissus brand (China) | 79 ± 8 | 113 ± 11 | Healthy, 12 | Glucose, 2 h | 73 | 120 | 20 | 16 |
| 412 Mango, raw | | | | | | | | |
| Mango (<i>Mangifera indica</i>) (Philippines) ⁶ | 41 | 59 | Type 2, 10 | Bread, 3 h | 80 | 120 | 20 | 8 |
| Mango (<i>Mangifera indica</i>) (Australia) ⁶ | 51 ± 3 | 73 | Healthy, 7 | Bread, 2 h | 2 | 120 | 15 | 8 |
| Mango, ripe (<i>Mangifera indica</i>) (India) ¹¹ | 60 ± 16 | 86 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 120 | 15 | 9 |
| Mean of 3 studies | 51 ± 5 | 73 ± 8 | — | — | — | 120 | 17 | 8 |
| 413 Mango, low-fat frozen fruit dessert (Frutia; Weis Frozen Foods, Toowong, Australia) | 42 ± 3 | 60 | Normal, 10 | Glucose, 2 h | UO ^d | 100 | 23 | 10 |
| 414 Marmalade, orange (Australia) | 48 ± 9 | 69 ± 12 | Healthy, 9 | Bread, 2 h | UO ^d | 30 | 20 | 9 |
| 415 Oranges, raw | | | | | | | | |
| Oranges, NS (Denmark) | 31 | 44 ± 13 | Type 2, 8 | Bread, 3 h | 74 | 120 | 11 | 3 |
| Oranges, NS (South Africa) | 33 ± 6 | 47 | Healthy, 6 | Glucose, 2 h | 29 | 120 | 10 | 3 |
| Oranges, NS (Canada) | 40 ± 3 | 57 | Healthy, 6 | Glucose, 2 h | 3 | 120 | 11 | 4 |
| Oranges, NS (Italy) | 48 | 68 ± 2 | Type 2, 8 | Bread, 3 h | 76 | 120 | 11 | 5 |
| Oranges (Sunkist, Van Nuys, CA, USA) | 48 | 69 ± 11 | Type 2, 10 | Bread, 3 h | 7 | 120 | 11 | 5 |
| Oranges NS (Canada) | 51 | 73 | Type 2, number NS | Glucose, time NS | 23 | 120 | 11 | 6 |
| Mean of 6 studies | 42 ± 3 | 60 ± 5 | — | — | — | 120 | 11 | 5 |
| 416 Orange juice | | | | | | | | |
| Orange Juice (Canada) | 46 ± 6 | 66 | Healthy, 6 | Glucose, 2 h | 3 | 250 mL | 26 | 12 |
| Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd, Australia) | 53 ± 6 | 76 | Healthy, 8 | Bread, 2 h | 2 | 250 mL | 18 | 9 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subject (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) |
|---|--------------------|------------------|-----------------------------------|-----------------------------------|-----------------|-----------------|--------------------------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | Serving size | carbo- hydrate g/serving | |
| Orange juice, reconstituted from frozen concentrate (USA) | 57 ± 6 | 81 ± 8 | Type 2, 7 | Glucose, 5 h ²³ | 6 | 250 mL | 26 | 15 |
| Mean of 3 studies | 52 ± 3 | 74 ± 4 | — | — | — | 250 mL | 23 | 12 |
| 417 Paw paw and papaya, raw | | | | | | | | |
| Paw paw (<i>Carica papaya</i>) (Australia) ⁶ | 56 ± 6 | 80 | Healthy, 7 | Bread, 2 h | 2 | 120 | 8 | 5 |
| Paw paw (papaya), ripe (India) ¹¹ | 60 ± 16 | 86 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 120 | 29 | 17 |
| Papaya (<i>Carica papaya</i>) (Philippines) ⁶ | 60 | 86 | Type 2, 10 | Bread, 3 h | 80 | 120 | 15 | 9 |
| Mean of 3 studies | 59 ± 1 | 84 ± 2 | — | — | — | 120 | 17 | 10 |
| Peaches | | | | | | | | |
| 418 Peach, raw | | | | | | | | |
| Peach, raw (Canada) | 28 | 40 | Type 2, number NS | Glucose, time NS | 23 | 120 | 13 | 4 |
| Peach, raw (Italy) | 56 | 80 ± 3 | Type 2, 7 | Bread, 3 h | 76 | 120 | 8 | 5 |
| Mean of 2 studies | 42 ± 14 | 60 ± 20 | — | — | — | 120 | 11 | 5 |
| 419 Peach, canned in natural juice | | | | | | | | |
| Peach, canned in natural juice (Goulburn Valley, Ardmona Foods, Mooroopna, Australia) | 30 ± 4 | 43 | Healthy, 8 | Bread, 2 h | 2 | 120 | 11 | 3 |
| Peach, canned in natural juice (SPC Ltd, Shepparton, Australia) | 45 ± 6 | 64 | Healthy, 7–10 | Bread, 2 h | 8 | 120 | 11 | 5 |
| Mean of 2 studies | 38 ± 8 | 54 ± 11 | — | — | — | 120 | 11 | 4 |
| 420 Peach, canned in heavy syrup (Letona Foods, Hawthorn East, Australia) | 58 ± 11 | 83 | Healthy, 8 | Bread, 2 h | 2 | 120 | 15 | 9 |
| 421 Peach, canned in light syrup (Delmonte, Canadian Cannery Ltd) | 52 | 74 ± 7 | Type 2, 11 | Bread, 3 h | 7 | 120 | 18 | 9 |
| 422 Peach, canned in reduced-sugar syrup (SPC Lite; SPC Ltd, Australia) | 62 ± 9 | 89 | Healthy, 7–10 | Bread, 2 h | 8 | 120 | 17 | 11 |
| Pears | | | | | | | | |
| 423 Pear, raw, NS (Canada) | 33 | 47 | Type 2, number NS | Glucose, time NS | 23 | 120 | 13 | 4 |
| 424 Pear, winter Nellis, raw (New Zealand) ⁶ | 34 ± 4 | 49 | Type 2, and IGT, 15 ¹⁰ | Glucose, 3 h | 75 | 120 | 12 | 4 |
| 425 Pear, Bartlett, raw (Canada) | 41 | 58 ± 7 | Type 2, 13 | Bread, 3 h | 7 | 120 | 8 | 3 |
| 426 Pear, raw, NS (Italy) | 42 | 60 ± 2 | Type 2, 8 | Bread, 3 h | 76 | 120 | 11 | 4 |
| Mean of 4 studies | 38 ± 2 | 54 ± 3 | — | — | — | 120 | 11 | 4 |
| 427 Pear halves, canned in reduced-sugar syrup (SPC Lite; SPC Ltd, Australia) | 25 ± 6 | 36 | Healthy, 7–10 | Bread, 2 h | 8 | 120 | 14 | 4 |
| 428 Pear halves, canned in natural juice (SPC Ltd, Australia) | 43 ± 15 | 61 | Healthy, 7–10 | Bread, 2 h | 8 | 120 | 13 | 5 |
| 429 Pear, canned in pear juice, Bartlett (Delmonte Canadian Cannery Ltd) | 44 | 63 ± 6 | Type 2, 10 | Bread, 3 h | 7 | 120 | 11 | 5 |
| Pineapple | | | | | | | | |
| 430 Pineapple (<i>Ananas comosus</i>), raw | | | | | | | | |
| Pineapple, raw (Australia) ⁶ | 66 ± 7 | 94 | Healthy, 8 | Bread, 2 h | 2 | 120 | 10 | 6 |
| Pineapple, raw (Philippines) ⁶ | 51 | 73 | Type 2, 10 | Bread, 3 h | 80 | 120 | 16 | 8 |
| Mean of 2 studies | 59 ± 8 | 84 ± 11 | — | — | — | 120 | 13 | 7 |
| 431 Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada) | 46 | 66 ± 3 | Type 2, 13 | Bread, 3 h | 7 | 250 mL | 34 | 15 |
| Plums | | | | | | | | |
| 432 Plum, raw, NS | | | | | | | | |
| Plum, raw, NS (Canada) | 24 | 34 | Type 2, number NS | Glucose, time NS | 23 | 120 | 14 | 3 |
| Plum, raw, NS (Italy) | 53 | 75 ± 3 | Type 2, 7 | Bread, 3 h | 76 | 120 | 11 | 6 |
| Mean of 2 studies | 39 ± 15 | 55 ± 21 | — | — | — | 120 | 12 | 5 |
| 433 Prunes, pitted (Sunsweet Growers Inc, Yuba City, CA, USA) | 29 ± 4 | 41 | Healthy, 10 | Glucose, 2 h | UO ^d | 60 | 33 | 10 |
| 434 Raisins (Canada) | 64 ± 11 | 91 | Healthy, 6 | Glucose, 2 h | 3 | 60 | 44 | 28 |
| 435 Rockmelon/Cantaloupe, raw (Australia) ⁶ | 65 ± 9 | 93 | Healthy, 8 | Bread, 2 h | 2 | 120 | 6 | 4 |
| 436 Strawberries, fresh, raw (Australia) ⁶ | 40 ± 7 | 57 | Healthy, 10 | Glucose, 2 h | UO ^d | 120 | 3 | 1 |
| 437 Strawberry jam | 51 ± 10 | 73 ± 14 | Healthy, 9 | Bread, 2 h | UO ^d | 30 | 20 | 10 |
| 438 Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia) | 90 ± 12 | 129 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 26 | 23 |
| 439 Sultanas | 56 ± 11 | 80 | Healthy, 8 | Bread, 2 h | 2 | 60 | 45 | 25 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) | |
|---|--------------------|------------------|------------------------------------|-----------------------------------|-----------------|-----------------|--------------------------------|-------------------------------------|--|
| | (Glucose = 100) | (Bread = 100) | | | | Serving size | carbo- hydrate g/serving | | |
| 440 Tomato juice, no added sugar (Berri Ltd, Australia) ⁶ | 38 ± 4 | 54 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 9 | 4 | |
| 441 Tropical Fruity Bitz, vitamin and mineral enriched dried fruit snack (Blackmores Ltd, Australia) | 41 ± 3 | 58 | Healthy, 10 | Glucose, 2 h | UO ^d | 15 | 11 | 5 | |
| 442 Vitari, wild berry, nondairy, frozen fruit dessert (Nestlé, Australia) | 59 ± 8 | 85 ± 11 | Healthy, 10 | Bread, 2 h | UO ^d | 100 | 21 | 12 | |
| 443 Watermelon, raw (Australia) ⁶ | 72 ± 13 | 103 | Healthy, 8 | Bread, 2 h | 2 | 120 | 6 | 4 | |
| 444 Wild Berry Fruity Bitz, vitamin- and mineral-enriched dried fruit snack (Blackmores Ltd, Australia) | 35 ± 4 | 50 | Healthy, 10 | Glucose, 2 h | UO ^d | 15 | 12 | 4 | |
| INFANT FORMULA AND WEANING FOODS | | | | | | | | | |
| 445 Formula | | | | | | | | | |
| Infasoy, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, Australia) ⁶ | 55 ± 6 | 78 | Healthy, 11 (adults) | Glucose, 2 h | UO ^d | 100 mL | 7 | 4 | |
| Karicare gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand) ⁶ | 35 ± 5 | 50 | Healthy, 10 (adults) | Glucose, 2 h | UO ^d | 100 mL | 7 | 2 | |
| Nan-1 infant formula with iron (Nestlé, Sydney, Australia) ⁶ | 30 ± 6 | 73 | Healthy, 9 (adults) | Glucose, 2 h | UO ^d | 100 mL | 8 | 2 | |
| S-26 infant formula (Wyeth Nutritionals, Australia) ⁶ | 36 ± 6 | 52 | Healthy, 10 (adults) | Glucose, 2 h | UO ^d | 100 mL | 7 | 3 | |
| Weaning foods | | | | | | | | | |
| 446 Farex baby rice (Heinz Wattie's Ltd, Malvern, Australia) ⁶ | 95 ± 13 | 136 | Healthy, 11 (adults) | Glucose, 2 h | UO ^d | 87 | 6 | 6 | |
| 447 Robinsons First Tastes from 4 months (Nutricia, Wells, UK) | | | | | | | | | |
| Apple, apricot and banana cereal ⁶ | 56 ± 8 | 80 | Healthy, 11 (adults) | Glucose, 2 h | UO ^d | 75 | 13 | 11 | |
| Creamed porridge ⁶ | 59 ± 8 | 84 | Healthy, 11 (adults) | Glucose, 2 h | UO ^d | 75 | 9 | 5 | |
| Rice pudding ⁶ | 59 ± 6 | 84 | Healthy, 11 (adults) | Glucose, 2 h | UO ^d | 75 | 11 | 6 | |
| 448 Heinz for Baby from 4 months (Heinz Wattie's Ltd, Australia) | | | | | | | | | |
| Chicken and noodles with vegetables (strained) ⁶ | 67 ± 11 | 96 | Healthy, 10 (adults) | Glucose, 2 h | UO ^d | 120 | 7 | 5 | |
| Sweetcorn and rice ⁶ | 65 ± 13 | 93 | Healthy, 11 (adults) | Glucose, 2 h | UO ^d | 120 | 15 | 10 | |
| LEGUMES AND NUTS | | | | | | | | | |
| 449 Baked beans | | | | | | | | | |
| Baked beans, canned (Canada) | 40 ± 3 | 57 | Healthy, 7 | Glucose, 2 h | 3 | — | — | — | |
| Baked beans, canned haricot and navy beans in tomato sauce (Libby, McNeill and Libby, Chatham, Canada) | 56 | 80 ± 8 | Type 2, 7 | Bread, 3 h | 81 | — | — | — | |
| Mean of 2 studies | 48 ± 8 | 69 ± 12 | — | — | — | 150 | 15 | 7 | |
| 450 Beans, dried, boiled | | | | | | | | | |
| Beans, dried, type NS (Italy) | 36 | 52 ± 25 | Healthy, 7 | Bread, 2 h | 70 | 150 | 30 | 11 | |
| Beans, dried, type NS (Italy) | 20 | 28 ± 14 | Type 2, 14 | Bread, 2 h | 70 | 150 | 30 | 6 | |
| Mean of 2 studies | 29 ± 9 | 40 ± 12 | — | — | — | 150 | 30 | 9 | |
| 451 Black-eyed beans and peas (Cowpeas), boiled | | | | | | | | | |
| Black-eyed beans (Canada) | 50 | 71 ± 5 | Type 2, 6 | Bread, 3 h | 30 | 150 | 30 | 15 | |
| Black-eyed beans (Canada) | 33 ± 4 | 47 | Healthy, 6 | Glucose, 2 h | 3 | 150 | 30 | 10 | |
| Mean of 2 studies | 42 ± 9 | 59 ± 12 | — | — | — | 150 | 30 | 13 | |
| 452 Butter beans | | | | | | | | | |
| Butter beans (South Africa) | 28 ± 7 | 40 | Healthy, 8 | Glucose, 2 h | 29 | 150 | 20 | 5 | |
| Butter beans, dried, cooked 1.25 h (South Africa) | 29 ± 8 | 41 | Type 2, 21; type 1, 8; healthy, 11 | Glucose, 2 h | 82 | 150 | 20 | 6 | |
| Butter beans (Canada) | 36 ± 4 | 51 | Healthy, 6 | Glucose, 2 h | 3 | 150 | 20 | 7 | |
| Mean of 3 studies | 31 ± 3 | 44 ± 3 | — | — | — | 150 | 20 | 6 | |
| Butter beans, dried, boiled + 5 g sucrose (South Africa) | 30 ± 2 | 43 | Type 2, 21; type 1, 8; healthy, 11 | Glucose, 2 h | 82 | 150 | 20 | 6 | |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|---|--------------------|------------------|------------------------------------|-----------------------------------|----------------|----------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | <i>g</i> | <i>g/serving</i> | |
| Butter beans, dried, boiled + 10 g sucrose (South Africa) | 31 ± 2 | 44 | Type 2, 21; type 1, 8; healthy, 11 | Glucose, 2 h | 82 | 150 | 20 | 6 |
| Butter beans, dried, boiled + 15 g sucrose (South Africa) | 54 ± 4 | 77 | Type 2, 21; type 1, 8; healthy, 11 | Glucose, 2 h | 82 | 150 | 20 | 11 |
| 453 Chickpeas (Garbanzo beans, Bengal gram), boiled | | | | | | | | |
| Chickpeas (<i>Cicer arietinum</i> Linn), dried, soaked, boiled 35 min (Philippines) | 10 | 14 ± 3 | Healthy, 11 | Bread, 1h | 83 | 150 | 30 | 3 |
| Chickpeas, dried, boiled (Canada) | 31 | 44 ± 8 | Type 2, 6 | Bread, 3 h | 81 | 150 | 30 | 9 |
| Chickpeas (Canada) | 33 | 47 ± 9 | Type 2, 7 | Bread, 3 h | 30 | 150 | 30 | 10 |
| Chickpeas (Canada) | 36 ± 5 | 51 | Healthy, 6 | Glucose, 2 h | 3 | 150 | 30 | 11 |
| Mean of 4 studies | 28 ± 6 | 39 ± 8 | — | — | — | 150 | 30 | 8 |
| 454 Chickpeas, canned in brine (Lancia-Bravo Foods Ltd, Toronto, Canada) | 42 | 60 ± 7 | Type 2, 11 | Bread, 3 h | 81 | 150 | 22 | 9 |
| 455 Chickpeas, curry, canned (Canasia Foods Ltd, Scarborough, Canada) | 41 | 58 ± 7 | Type 1 and 2, 7 | Bread, 3 h | 1 | 150 | 16 | 7 |
| 456 Haricot and navy beans | | | | | | | | |
| Haricot and navy beans, pressure cooked (15 psi) 25 min (King Grains, Toronto, Canada) | 29 | 41 ± 5 | Type 2, 7 | Bread, 3 h | 84 | 150 | 33 | 9 |
| Haricot and navy beans, dried, boiled (Canada) | 30 | 43 ± 5 | Type 2, 7 | Bread, 3 h | 81 | 150 | 30 | 9 |
| Haricot and navy beans, boiled (Canada) | 31 ± 6 | 44 | Healthy, 6 | Glucose, 2 h | 3 | 150 | 30 | 9 |
| Haricot and navy beans (King Grains, Canada) | 39 | 56 ± 16 | Healthy, 6 | Bread, 1 h | 60 | 150 | 30 | 12 |
| Haricot and navy beans, pressure cooked (15 psi) 25 min (King Grains, Canada) | 59 | 84 ± 10 | Type 1, 6 | Bread, 3 h | 84 | 150 | 33 | 19 |
| Mean of 5 studies | 38 ± 6 | 54 ± 8 | — | — | — | 150 | 31 | 12 |
| 457 Kidney beans | | | | | | | | |
| Kidney/white bean (<i>Phaseolus vulgaris</i> Linn), soaked, boiled 17 min (Philippines) | 13 | 19 ± 5 | Healthy, 11 | Bread, 1 h | 83 | 150 | 25 | 3 |
| Kidney beans (<i>Phaseolus vulgaris</i>) (India) | 19 | 27 | Healthy, 6 | Glucose, 2 h | 54 | 150 | 25 | 5 |
| Kidney beans (USA) ⁸ | 23 | 33 | Type 2, 8 | Glucose, 3 h | 4 | 150 | 25 | 6 |
| Kidney beans, dried, boiled (France) | 23 ± 1 | 33 | Type 2, 3 | Glucose, 3 h | 9 | 150 | 25 | 6 |
| Kidney beans (<i>Phaseolus vulgaris</i> Linn), red, soaked 20 min, boiled 70 min (Sweden) | 25 | 36 ± 6 | Healthy, 10 | Bread, 1.5 h | 19 | 150 | 25 | 6 |
| Kidney beans (Canada) | 29 ± 8 | 41 | Healthy, 6 | Glucose, 2 h | 3 | 150 | 25 | 7 |
| Kidney beans, dried, boiled (Canada) | 42 | 60 ± 6 | Type 2, 8 | Bread, 3 h | 81 | 150 | 25 | 10 |
| Kidney beans (Canada) | 46 | 66 ± 7 | Type 2, 7 | Bread, 3 h | 30 | 150 | 25 | 11 |
| Mean of 8 studies | 28 ± 4 | 39 ± 6 | — | — | — | 150 | 25 | 7 |
| 458 Kidney beans (<i>Phaseolus vulgaris</i> Linn), autoclaved | 34 | 49 ± 5 | Healthy, 10 | Bread, 1.5 h | 19 | 150 | 25 | 8 |
| 459 Kidney beans, canned (Lancia-Bravo Foods Ltd, Canada) | 52 | 74 ± 8 | Type 2, 11 | Bread, 3 h | 81 | 150 | 17 | 9 |
| 460 Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India) ¹¹ | 70 ± 11 | 100 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 150 | 25 | 17 |
| 461 Black bean (<i>Phaseolus vulgaris</i> Linn), soaked overnight, cooked 45 min (Philippines) | 20 | 28 ± 4 | Healthy, 11 | Bread, 1 h | 83 | 150 | 25 | 5 |
| 462 Lentils, type NS | | | | | | | | |
| Lentils, type NS (USA) | 28 | 40 | Type 2, 8 | Glucose, 3 h | 4 | — | — | — |
| Lentils, type NS (Canada) | 29 ± 3 | 41 | Healthy, 7 | Glucose, 2 h | 3 | — | — | — |
| Mean of 2 studies | 29 ± 1 | 41 ± 1 | — | — | — | 150 | 18 | 5 |
| 463 Lentils, green | | | | | | | | |
| Lentils, green, dried, boiled (Canada) | 22 | 31 ± 5 | Type 2, 11 | Bread, 3 h | 81 | 150 | 18 | 4 |
| Lentils, green, dried, boiled (France) | 30 ± 15 | 43 | Type 2, 3 | Glucose, 3 h | 9 | 150 | 18 | 6 |
| Lentils, green, dried, boiled (Australia) | 37 ± 3 | 53 | Healthy, 7 | Glucose, 2 h | 85 | 150 | 14 | 5 |
| Mean of 3 studies | 30 ± 4 | 42 ± 6 | — | — | — | 150 | 17 | 5 |
| 464 Lentils, green, canned in brine (Lancia-Bravo Foods Ltd, Canada) | 52 | 74 ± 5 | Type 2, 11 | Bread, 3 h | 81 | 150 | 17 | 9 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| 465 Lentils, red | | | | | | | | |
| Lentils, red, dried, boiled (Canada) | 18 | 25 | Healthy, 3 | Bread, 1 h | 86 | 150 | 18 | 3 |
| Lentils, red, dried, boiled (Canada) | 21 | 30 ± 4 | Type 2, 14 | Bread, 3 h | 22 | 150 | 18 | 4 |
| Lentils, red, dried, boiled (Canada) | 31 | 44 ± 7 | Type 2, 7 | Bread, 3 h | 30 | 150 | 18 | 6 |
| Lentils, red, dried, boiled (Canada) | 32 | 45 ± 9 | Type 1, 11 | Bread, 3 h | 22 | 150 | 18 | 6 |
| Mean of 4 studies | 26 ± 4 | 36 ± 5 | — | — | — | 150 | 18 | 5 |
| 466 Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada) | 32 | 46 ± 13 | Type 1 and 2, 5 | Bread, 3 h | 1 | 150 | 30 | 10 |
| 467 Marrowfat peas | | | | | | | | |
| Marrowfat peas, dried, boiled (USA) | 31 | 44 | Type 2, number NS | Glucose, time NS | 4 | — | — | — |
| Marrowfat peas, dried, boiled (Canada) | 47 ± 3 | 68 | Healthy, 6 | Glucose, 2 h | 3 | — | — | — |
| Mean of 2 studies | 39 ± 8 | 56 ± 12 | — | — | — | 150 | 19 | 7 |
| 468 Mung beans | | | | | | | | |
| Mung bean (<i>Phaseolus aureus</i> Roxb.), soaked, boiled 20 min (Philippines) | 31 | 44 ± 6 | Healthy, 11 | Bread, 1 h | 83 | 150 | 17 | 5 |
| Mung bean, fried (Australia) | 53 ± 8 | 76 ± 11 | Healthy, 10 | Bread, 2 h | UO ^d | — | — | — |
| Mung bean, germinated (Australia) | 25 ± 4 | 36 ± 5 | Healthy, 10 | Bread, 2 h | UO ^d | 150 | 17 | 4 |
| Mung bean, pressure cooked (Australia) | 42 ± 5 | 60 ± 7 | Healthy, 10 | Bread, 2 h | UO ^d | 150 | 17 | 7 |
| 469 Peas, dried, boiled (Australia) | 22 | 32 | Type 2, number NS | Glucose, time NS | 85 | 150 | 9 | 2 |
| 470 Pigeon Pea (<i>Cajanus cajan</i> Linn Huth.), soaked, boiled 45 min (Philippines) | 22 | 31 ± 4 | Healthy, 11 | Bread, 1 h | 83 | 150 | 20 | 4 |
| 471 Pinto beans | | | | | | | | |
| Pinto beans, dried, boiled (Canada) | 39 | 55 ± 6 | Type 2, 9 | Bread, 3 h | 81 | 150 | 26 | 10 |
| Pinto beans, canned in brine (Lancia-Bravo Foods Ltd, Canada) | 45 | 64 ± 6 | Type 2, 9 | Bread, 3 h | 81 | 150 | 22 | 10 |
| 472 Romano beans (Canada) | 46 | 65 ± 7 | Type 2, 6 | Bread, 3 h | 30 | 150 | 18 | 8 |
| 473 Soya beans | | | | | | | | |
| Soya beans, dried, boiled (Canada) | 15 ± 5 | 21 | Healthy, 7 | Glucose, 2 h | 3 | 150 | 6 | 1 |
| Soya beans, dried, boiled (Australia) | 20 ± 3 | 29 | Healthy, 7 | Glucose, 2 h | 85 | 150 | 6 | 1 |
| Mean of 2 studies | 18 ± 3 | 25 ± 4 | — | — | — | 150 | 6 | 1 |
| Soya beans, canned (Canada) | 14 ± 2 | 20 | Healthy, 7 | Glucose, 2 h | 3 | 150 | 6 | 1 |
| 474 Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada) | 32 | 45 ± 4 | Type 1 and 2, 8 | Bread, 3 h | 1 | 150 | 19 | 6 |
| MEAL-REPLACEMENT PRODUCTS | | | | | | | | |
| 475 Hazelnut and apricot bar (Dietworks, South Yarra, Australia) | 42 ± 7 | 60 ± 10 | Healthy, 10 | Bread, 2 h | UO ^d | 50 | 22 | 9 |
| 476 L.E.A.N products (Usana Inc, Salt Lake City, UT, US) | | | | | | | | |
| L.E.A.N Fibergy bar, harvest oat | 45 ± 4 | 64 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 29 | 13 |
| Nutrimeal, drink powder, dutch chocolate | 26 ± 3 | 37 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 | 13 | 3 |
| L.E.A.N (Life long) Nutribar, peanut crunch | 30 ± 4 | 43 | Healthy, 10 | Glucose, 2 h | UO ^d | 40 | 19 | 6 |
| L.E.A.N (Life long) Nutribar, chocolate crunch | 32 ± 4 | 46 | Healthy, 10 | Glucose, 2 h | UO ^d | 40 | 19 | 6 |
| Mean of 2 Nutribars | 31 ± 1 | 45 ± 2 | — | — | — | 40 | 19 | 6 |
| Worldwide Sport Nutrition reduced- carbohydrate products (Worldwide Sport Nutritional Supplements Inc, Largo, FL, US) | | | | | | | | |
| 477 Designer chocolate, sugar-free ⁶ | 14 ± 3 | 20 | Healthy, 10 | Glucose, 2 h | UO ^d | 35 | 22 | 3 |
| 478 Burn-it bars | | | | | | | | |
| Chocolate deluxe ⁶ | 29 ± 3 | 41 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 8 | 2 |
| Peanut butter ⁶ | 23 ± 3 | 33 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 6 | 1 |
| 479 Pure-protein bars | | | | | | | | |
| Chewy choc-chip ⁶ | 30 ± 4 | 43 | Healthy, 10 | Glucose, 2 h | UO ^d | 80 | 14 | 4 |
| Chocolate deluxe ⁶ | 38 ± 4 | 54 | Healthy, 10 | Glucose, 2 h | UO ^d | 80 | 13 | 5 |
| Peanut butter ⁶ | 22 ± 4 | 31 | Healthy, 10 | Glucose, 2 h | UO ^d | 80 | 9 | 2 |
| Strawberry shortcake ⁶ | 43 ± 4 | 61 | Healthy, 10 | Glucose, 2 h | UO ^d | 80 | 13 | 6 |
| White chocolate mousse ⁶ | 40 ± 4 | 57 | Healthy, 10 | Glucose, 2 h | UO ^d | 80 | 15 | 6 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) |
|--|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|--------------------------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | Serving size | carbo- hydrate g/serving | |
| 480 Pure-protein cookies | | | | | | | | |
| Choc-chip cookie dough ⁶ | 25 ± 3 | 36 | Healthy, 10 | Glucose, 2 h | UO ^d | 55 | 11 | 3 |
| Coconut ⁶ | 42 ± 5 | 60 | Healthy, 10 | Glucose, 2 h | UO ^d | 55 | 9 | 4 |
| Peanut butter ⁶ | 37 ± 7 | 53 | Healthy, 10 | Glucose, 2 h | UO ^d | 55 | 9 | 3 |
| 481 Ultra pure-protein shakes | | | | | | | | |
| Cappuccino ⁶ | 47 ± 6 | 67 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 1 | 1 |
| Frosty chocolate ⁶ | 37 ± 6 | 53 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 3 | 1 |
| Strawberry shortcake ⁶ | 42 ± 4 | 60 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 1 | 1 |
| Vanilla ice cream ⁶ | 32 ± 5 | 46 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 3 | 1 |
| MIXED MEALS AND CONVENIENCE FOODS | | | | | | | | |
| 482 Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Torongga, Australia) | 46 ± 4 | 66 | Healthy, 10 | Glucose, 2 h | UO ^d | 100 | 16 | 7 |
| 483 Fish fingers (Canada) | 38 ± 6 | 54 | Healthy, 5 | Glucose, 2 h | 3 | 100 | 19 | 7 |
| 484 Greek lentil stew with a bread roll, homemade (Australia) | 40 ± 5 | 57 | Healthy, 8 | Glucose, 2 h | 87 | 360 | 37 | 15 |
| 485 Kugel (Polish dish containing egg noodles, sugar, cheese, and raisins) (Israel) | 65 ± 6 | 93 | Type 2, 7; healthy, 7 | Glucose, 3 h ¹⁴ | 88 | 150 | 48 | 31 |
| 486 Lean Cuisine, French style chicken with rice, reheated (Nestlé, Australia) ⁶ | 36 ± 6 | 51 | Healthy, 8 | Glucose, 2 h | UO ^d | 400 | 68 | 24 |
| 487 Pies, beef, party size (Farmland Grocery Holdings, Australia) | 45 ± 6 | 64 | Healthy, 9 | Glucose, 2 h | UO ^d | 100 | 27 | 12 |
| 488 Pizza | | | | | | | | |
| Pizza, cheese (Pillsbury Canada Ltd, Toronto, Canada) | 60 | 86 ± 5 | Type 1 and 2, 12 | White bread, 3 h | 1 | 100 | 27 | 16 |
| Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy) | 80 | 114 ± 14 | Type 2, 17 | White bread, 3 h | 31 | 100 | 27 | 22 |
| Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, Australia) | 36 ± 6 | 51 | Healthy, 10 | Glucose, 2 h | UO ^d | 100 | 24 | 9 |
| Pizza, Super Supreme, thin and crispy (13.2% fat) (Pizza Hut, Australia) | 30 ± 4 | 43 | Healthy, 10 | Glucose, 2 h | UO ^d | 100 | 22 | 7 |
| Pizza, Vegetarian Supreme, thin and crispy (7.8% fat) (Pizza Hut, Australia) ⁶ | 49 ± 6 | 70 | Healthy, 10 | Glucose, 2 h | UO ^d | 100 | 25 | 12 |
| 489 Sausages, NS (Canada) | 28 ± 6 | 40 | Healthy, 5 | Glucose, 2 h | 3 | 100 | 3 | 1 |
| 490 Sirloin chop with mixed vegetables and mashed potato, homemade (Australia) | 66 ± 12 | 94 | Healthy, 8 | Glucose, 2 h | 87 | 360 | 53 | 35 |
| 491 Spaghetti bolognaise, homemade (Australia) | 52 ± 9 | 74 | Healthy, 8 | Glucose, 2 h | 87 | 360 | 48 | 25 |
| 492 Stir-fried vegetables with chicken and boiled white rice, homemade (Australia) | 73 ± 17 | 104 | Healthy, 8 | Glucose, 2 h | 87 | 360 | 75 | 55 |
| 493 Sushi | | | | | | | | |
| Sushi, salmon (I Love Sushi, Sydney, Australia) ⁶ | 48 ± 8 | 69 | Healthy, 10 | Glucose, 2 h | UO ^d | 100 | 36 | 17 |
| Sushi, roasted sea algae, vinegar and rice (Japan) | 55 | 79 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | 100 | 37 | 20 |
| Mean of 2 studies | 52 ± 4 | 74 ± 5 | — | — | — | 100 | 37 | 19 |
| 494 White boiled rice, grilled beefburger, cheese, and butter (France) | 27 | 38 | Type 2, 16 | Glucose, 3 h ¹⁴ | 53 | 440 | 50 | 14 |
| White boiled rice, grilled beefburger, cheese, and butter (France) | 22 | 32 | Type 2, 14 | Glucose, 3 h ¹⁴ | 53 | 440 | 50 | 11 |
| Mean of 2 groups of subjects | 25 ± 2 | 35 ± 3 | — | — | — | 440 | 50 | 13 |
| White bread with toppings | | | | | | | | |
| 495 White-wheat-flour bread, butter, cheese, regular cow milk, and fresh cucumber (Sweden) ⁶ | 55 | 79 ± 10 | Healthy, 10 | Bread, 2 h | 72 | 200 | 68 | 38 |
| 496 White-wheat-flour bread, butter, yogurt, and pickled cucumber (Sweden) ⁶ | 39 | 55 ± 7 | Healthy, 10 | Bread, 2 h | 72 | 200 | 28 | 11 |
| 497 White bread with butter (Canada) | 59 | 84 ± 10 | Type 2, 6 | Bread, 3 h | 84 | 100 | 48 | 29 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) |
|--|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|--------------------------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | Serving size | carbo- hydrate g/serving | |
| 498 White bread with skim milk cheese (Canada) | 55 | 79 ± 10 | Type 2, 6 | Bread, 3 h | 84 | 100 | 47 | 26 |
| 499 White bread with butter and skim milk cheese (Canada) | 62 | 89 ± 9 | Type 2, 5 | Bread, 3 h | 84 | 100 | 38 | 23 |
| 500 White and whole-meal wheat bread with peanut butter (Canada) | 51 | 73 ± 6 | Type 1, 6 | Bread, 3 h | 84 | 100 | 44 | 23 |
| White and whole-meal wheat bread with peanut butter (Canada) | 67 | 95 ± 9 | Type 1, 6 | Bread, 3 h | 84 | 100 | 44 | 30 |
| Mean of 2 studies | 59 ± 8 | 84 ± 11 | — | — | — | 100 | 44 | 26 |
| NUTRITIONAL-SUPPORT PRODUCTS | | | | | | | | |
| 501 Choice _{dm} , vanilla (Mead Johnson Nutritionals, Evansville, IN, US) | 23 ± 4 | 33 | Healthy, 7–10 | Bread, 2 h | 8 | 237 mL | 24 | 6 |
| 502 Enercal Plus, made from powder (Wyeth-Ayerst International Inc, Madison, NJ, US) | 61 ± 13 | 87 | Healthy, 12 | Glucose, 5 h ²⁷ | 90 | 237 mL | 40 | 19 |
| 503 Ensure (Abbott Australasia, Kurnell, Australia) | 50 ± 8 | 71 | Healthy, 7–10 | Bread, 2 h | 8 | 237 mL | 40 | 19 |
| 504 Ensure, vanilla (Abbott Australasia) | 48 ± 3 | 69 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 34 | 16 |
| 505 Ensure bar, chocolate fudge brownie (Abbott Australasia) | 43 ± 3 | 61 | Healthy, 10 | Glucose, 2 h | UO ^d | 38 | 20 | 8 |
| 506 Ensure Plus, vanilla (Abbott Australasia) | 40 ± 4 | 57 | Healthy, 10 | Glucose, 2 h | UO ^d | 237 mL | 47 | 19 |
| 507 Ensure Pudding, old-fashioned vanilla (Abbott Laboratories Inc, Ashland, OH, USA) | 36 ± 4 | 51 | Healthy, 10 | Glucose, 2 h | UO ^d | 113 | 26 | 9 |
| 508 Glucerna, vanilla (Abbott Laboratories Inc, USA) ⁶ | 31 ± 2 | 44 | Healthy, 10 | Glucose, 2 h | UO ^d | 237 mL | 23 | 7 |
| 509 Jevity (Abbott Australasia) | 48 ± 3 | 69 | Healthy, 10 | Glucose, 2 h | UO ^d | 237 mL | 36 | 17 |
| 510 Resource Diabetic, French vanilla (Novartis Nutrition Corp, Young America, MN, USA) ⁶ | 34 ± 3 | 49 | Healthy, 10 | Glucose, 2 h | UO ^d | 237 mL | 23 | 8 |
| 511 Resource Diabetic, Swiss chocolate (Novartis, Auckland, New Zealand) | 16 ± 4 | 23 | Healthy, 11 | Glucose, 2 h | 25 | 237 mL | 41 | 19 |
| 512 Resource thickened orange juice, honey consistency (Novartis, New Zealand) | 47 ± 9 | 67 | Healthy, 11 | Glucose, 2 h | 25 | 237 mL | 39 | 21 |
| 513 Resource thickened orange juice, nectar consistency (Novartis, New Zealand) | 54 ± 7 | 77 | Healthy, 11 | Glucose, 2 h | 25 | 237 mL | 36 | 14 |
| 514 Resource fruit beverage, peach flavor (Novartis, New Zealand) | 40 ± 8 | 57 | Healthy, 11 | Glucose, 2 h | 25 | 237 mL | 41 | 13 |
| 515 Sustagen, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, Australia) | 31 ± 4 | 44 ± 6 | Healthy, 10 | Bread, 2 h | UO ^d | 250 mL | 41 | 13 |
| 516 Sustagen Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia) | 33 ± 4 | 47 ± 6 | Healthy, 10 | Bread, 2 h | UO ^d | 250 mL | 44 | 15 |
| 517 Sustagen Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia) | 27 ± 3 | 38 ± 4 | Healthy, 10 | Bread, 2 h | UO ^d | 250 | 47 | 13 |
| 518 Ultracal with fiber (Mead Johnson, USA) | 40 | 55 ± 16 | Healthy, 8 | Bread, 2 h | UO ^d | 237 mL | 29 | 12 |
| PASTA AND NOODLES | | | | | | | | |
| 519 Capellini (Primo Foods Ltd, Toronto, Canada) | 45 | 64 ± 8 | Type 1 and 2, 8 | Bread, 3 h | 1 | 180 | 45 | 20 |
| 520 Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Australia) | 78 ± 10 | 111 | Healthy, 10 | Glucose, 2 h | UO ^d | 180 | 42 | 32 |
| 521 Fettucine, egg | | | | | | | | |
| Fettucine, egg | 32 ± 4 | 46 | Healthy, 7 | Glucose, 2 h | 91 | 180 | 46 | 15 |
| Fettucine, egg (Mother Earth Fine Foods, Rowville, Australia) | 47 ± 6 | 67 | Healthy, 14 | Glucose, 2 h | 25 | 180 | 46 | 22 |
| Mean of 2 studies | 40 ± 8 | 57 ± 11 | — | — | — | 180 | 46 | 18 |
| 522 Gluten-free pasta, maize starch, boiled 8 min (UK) | 54 | 77 ± 18 | Healthy, 8 | Bread, 2 h | 18 | 180 | 42 | 22 |
| 523 Gnocchi, NS (Latina, Pillsbury Australia Ltd, Mt Waverley, Australia) | 68 ± 9 | 97 | Healthy, 8 | Bread, 2 h | 13 | 180 | 48 | 33 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size g | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|----------------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| 524 Instant noodles | | | | | | | | |
| Instant two-minute noodles, Maggi (Nestlé, Australia) | 46 ± 5 | 66 | Healthy, 8 | Bread, 2 h | 13 | — | — | — |
| Instant two-minute noodles, Maggi (Nestlé, New Zealand) | 48 ± 8 | 69 | Healthy, 15 | Glucose, 2 h | 25 | — | — | — |
| Instant noodles (Mr Noodle, Vancouver, Canada) | 47 | 67 ± 8 | Type 1 and 2, 10 | Bread, 3 h | 1 | — | — | — |
| Mean of 3 studies | 47 ± 1 | 67 ± 2 | — | — | — | 180 | 40 | 19 |
| 525 Linguine | | | | | | | | |
| Thick, durum wheat, white, fresh (Sweden) | 43 | 62 ± 11 | Healthy, 10 | Bread, 1.5 h | 19 | 180 | 48 | 21 |
| Thick, fresh, durum wheat flour, 0.6% (by wt) monoglycerides, boiled 8 min (Sweden) | 48 | 68 ± 13 | Healthy, 9 | Bread, 2 h | 92 | 180 | 48 | 23 |
| Mean of 2 studies | 46 ± 3 | 65 ± 3 | — | — | — | 180 | 48 | 22 |
| Thin, durum wheat (Sweden) | 49 | 70 ± 9 | Healthy, 10 | Bread, 1.5 h | 19 | 180 | 48 | 23 |
| Thin, fresh, durum wheat flour, 0.6% (by wt) monoglycerides, boiled 3 min (Sweden) | 61 | 87 ± 13 | Healthy, 9 | Bread, 2 h | 92 | 180 | 48 | 29 |
| Thin, fresh, durum wheat with 39% (by wt) egg, (Sweden) | 45 | 64 ± 11 | Healthy, 10 | Bread, 1.5 h | 19 | 180 | 41 | 18 |
| Thin, fresh, with 0.6% (by wt) monoglycerides and 30% (by wt) egg, boiled 3 min (Sweden) | 53 | 76 ± 13 | Healthy, 9 | Bread, 2 h | 92 | 180 | 41 | 22 |
| Mean of 4 studies | 52 ± 3 | 74 ± 5 | — | — | — | 180 | 45 | 23 |
| 526 Mung bean noodles | | | | | | | | |
| Lungkow bean-thread noodles (National Cereals, Oils and Foodstuffs, Qingdao and Guangdong, China) | 26 | 37 ± 6 | Type 1 and 2, 9 | Bread, 3 h | 1 | 180 | 45 | 12 |
| Mung bean noodles (Longkou bean thread), dried, boiled (Yantai cereals, China) | 39 ± 9 | 56 ± 13 | Healthy, 12 | Glucose, 2 h | 73 | 180 | 45 | 18 |
| Mean of 2 studies | 33 ± 7 | 47 ± 10 | — | — | — | — | — | — |
| 527 Macaroni | | | | | | | | |
| Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd, Canada) | 45 | 64 ± 8 | Type 1 and 2, 13 | Bread, 3 h | 93 | 180 | 49 | 22 |
| Macaroni, plain, boiled (Turkey) | 48 | 69 | Type 2, 52; type 1, 31 | Glucose, 2 h | 32 | 180 | 49 | 23 |
| Mean of 2 studies | 47 ± 2 | 67 ± 3 | — | — | — | 180 | 48 | 23 |
| Macaroni and cheese, boxed (Kraft General Foods Canada Inc, Don Mills, Canada) | 64 | 92 ± 5 | Type 1 and 2, 9 | Bread, 3 h | 1 | 180 | 51 | 32 |
| 528 Ravioli, durum wheat flour, meat-filled, boiled (Australia) | | | | | | | | |
| 39 ± 1 | 56 | Healthy, 6 | Glucose, 2 h | 91 | 180 | 38 | 15 | |
| 529 Rice noodles and pasta | | | | | | | | |
| Rice noodles, dried, boiled (Thai World, Bangkok, Thailand) | 61 ± 6 | 87 ± 9 | Healthy, 12 | Glucose, 2 h | 73 | 180 | 39 | 23 |
| Rice noodles, freshly made, boiled (Australia) | 40 ± 4 | 57 ± 6 | Healthy, 12 | Glucose, 2 h | 73 | 180 | 39 | 15 |
| Rice pasta, brown, boiled 16 min (Rice Grower's Co-op, Australia) | 92 ± 8 | 131 | Healthy, 6 | Bread, 2 h | 48 | 180 | 38 | 35 |
| Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Australia) | 76 ± 6 | 109 | Healthy, 9 | Glucose, 2 h | UO ^d | 180 | 49 | 37 |
| Rice vermicelli, Kongmoon (National Cereals, Oils and Foodstuffs, China) | 58 | 83 ± 5 | Type 1 and 2, 9 | Bread, 3 h | 1 | 180 | 39 | 22 |
| Spaghetti | | | | | | | | |
| 530 Spaghetti, gluten-free, rice and split pea, canned in tomato sauce (Orgran Foods, Australia) | 68 ± 9 | 97 | Healthy, 10 | Glucose, 2 h | UO ^d | 220 | 27 | 19 |
| 531 Spaghetti, protein enriched, boiled 7 min (Catelli Plus; Catelli Ltd, Montreal, Canada) | 27 | 38 ± 4 | Type 1 and 2, 13 | Bread, 3 h | 93 | 180 | 52 | 14 |
| 532 Spaghetti, white, boiled 5 min Boiled 5 min (Lancia-Bravo Foods Ltd, Canada) | 32 | 45 ± 6 | Type 1 and 2, 13 | Bread, 3 h | 93 | 180 | 48 | 15 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | | <i>g</i> | <i>g/serving</i> |
| Boiled 5 min (Canada) | 34 | 49 ± 7 | Type 2, 11 | Bread, 3 h | 22 | 180 | 48 | 16 |
| Boiled 5 min (Canada) | 40 | 57 ± 8 | Type 1, 6 | Bread, 3 h | 93 | 180 | 48 | 19 |
| Boiled 5 min (Middle East) | 44 | 63 ± 9 | Type 1, 7 | Bread, 3 h | 22 | 180 | 48 | 21 |
| Mean of 4 studies | 38 ± 3 | 54 ± 4 | — | — | — | 180 | 48 | 18 |
| 533 Spaghetti, white or type NS, boiled 10–15 min | | | | | | | | |
| White, durum wheat, boiled 10 min in salty water (Barilla, Parma, Italy) ¹² | 58 | 83 ± 16 | Healthy, 8 | Bread, 2.8 h | 37 | 180 | 48 | 28 |
| White, durum wheat flour, boiled 12 min (Starhushålls; Kungsörnen AB, Järna, Sweden) | 47 | 67 ± 10 | Healthy, 10 | Bread, 2 h | 19 | 180 | 48 | 23 |
| White, durum wheat flour, 0.6% (by wt) monoglycerides, boiled 12 min (Sweden) | 53 | 76 ± 12 | Healthy, 9 | Bread, 2 h | 92 | 180 | 48 | 25 |
| Boiled 15 min (Lancia-Bravo Foods Ltd, Canada) | 32 | 46 ± 5 | Type 1 and 2, 13 | Bread, 3 h | 93 | 180 | 48 | 15 |
| Boiled 15 min (Lancia-Bravo Foods Ltd, Canada) | 36 | 52 ± 7 | Type 2, 7 | Bread, 3 h | 22 | 180 | 48 | 17 |
| Boiled 15 min (Canada) | 41 | 59 ± 11 | Type 1, 4 | Bread, 3 h | 22 | 180 | 48 | 20 |
| White, boiled 15 min in salted water (Unico, Concord, Canada) | 44 ± 3 | 63 | Healthy, 10 | Glucose, 2 h | UO ^d | 180 | 48 | 21 |
| Mean of 7 studies | 44 ± 3 | 64 ± 5 | — | — | — | 180 | 48 | 21 |
| 534 Spaghetti, white or type NS, boiled 20 min | | | | | | | | |
| White, durum wheat, boiled 20 min (Australia) | 58 ± 7 | 83 | Healthy, 6 | Bread, 2 h | 48 | 180 | 44 | 26 |
| Durum wheat, boiled 20 min (USA) | 64 ± 15 | 91 | Type 2, 3 | Glucose, 3 h | 9 | 180 | 43 | 27 |
| Mean of 2 studies | 61 ± 3 | 87 ± 4 | — | — | — | 180 | 44 | 27 |
| 535 Spaghetti, white, boiled | | | | | | | | |
| White (Denmark) | 33 | 47 ± 9 | Type 2, 6 | Bread, 3 h | 94 | 180 | 48 | 16 |
| White, durum wheat (Catelli Ltd, Montreal Canada) | 34 | 48 ± 5 | Type 2, 9 | Bread, 3 h | 38 | 180 | 48 | 16 |
| White (Australia) | 38 | 54 ± 13 | Type 2, 10 | Bread, 3 h | 41 | 180 | 44 | 17 |
| White (Canada) | 42 | 60 ± 9 | Type 2, 6 | Bread, 3 h | 30 | 180 | 48 | 20 |
| White (Canada) | 48 | 68 | Diabetic, number NS | Glucose, time NS | 20 | 180 | 48 | 23 |
| White (Vetta, Greens Foods, Glendenning, Australia) | 49 ± 7 | 70 ± 10 | Healthy, 12 | Bread, 2 h | UO ^d | 180 | 44 | 22 |
| White (Canada) | 50 ± 8 | 71 | Healthy, 6 | Glucose, 2 h | 3 | 180 | 48 | 24 |
| Mean of 7 studies | 42 ± 3 | 60 ± 4 | — | — | — | 180 | 47 | 20 |
| 536 Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France) | | | | | | | | |
| Boiled in 0.7% salted water for 11 min | 59 ± 15 | 84 | Healthy, 12 | Glucose, 3 h | 95 | 180 | 48 | 28 |
| Boiled in 0.7% salted water for 16.5 min | 65 ± 15 | 93 | Healthy, 12 | Glucose, 3 h | 95 | 180 | 48 | 31 |
| Boiled in 0.7% salted water for 22 min | 46 ± 10 | 66 | Healthy, 12 | Glucose, 3 h | 95 | 180 | 48 | 22 |
| Mean of 3 cooking times | 57 ± 6 | 81 ± 8 | — | — | — | 180 | 48 | 27 |
| 537 Spaghetti, whole meal, boiled | | | | | | | | |
| Whole meal (USA) | 32 | 46 ± 7 | Type 2, 10 | Bread, 3 h | 41 | 180 | 44 | 14 |
| Whole meal (Canada) | 42 ± 4 | 60 | Healthy, 6 | Glucose, 2 h | 3 | 180 | 40 | 17 |
| Mean of 2 studies | 37 ± 5 | 53 ± 7 | — | — | — | 180 | 42 | 16 |
| 538 Spirali, durum wheat, white, boiled to al denté texture (Australia) | 43 ± 10 | 61 | Healthy, 8 | Glucose, 2 h | 91 | 180 | 44 | 19 |
| 539 Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia) | 29 ± 6 | 41 | Healthy, 9 | Glucose, 2 h | UO ^d | 180 | 31 | 9 |
| 540 Star Pastina, white, boiled 5 min (Lancia-Bravo Foods Ltd, Canada) | 38 | 54 ± 6 | Type 1 and 2, 13 | Bread, 3 h | 93 | 180 | 48 | 18 |
| 541 Tortellini, cheese (Stouffer; Nestlé, Don Mills, Canada) | 50 | 71 ± 5 | Type 1 and 2, 8 | Bread, 3 h | 1 | 180 | 21 | 10 |
| 542 Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, Australia) ⁶ | 62 ± 8 | 43 | Healthy, 10 | Glucose, 2 h | UO ^d | 180 | 48 | 30 |
| 543 Vermicelli, white, boiled (Australia) | 35 ± 7 | 50 | Healthy, 7 | Glucose, 2 h | 91 | 180 | 44 | 16 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|--|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|---------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| SNACK FOODS AND CONFECTIONERY | | | | | | | | |
| 544 Burger Rings, barbeque-flavored (Smith's Snack Food Co, Chatswood, Australia) | 90 ± 16 | 129 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 31 | 28 |
| 545 Chocolate, milk, plain | | | | | | | | |
| Chocolate, milk, plain with sucrose (Belgium) ⁶ | 34 ± 5 | 49 | Healthy, 8 | Glucose, 3 h | 96 | 50 | 22 | 7 |
| Chocolate, milk (Cadbury's Confectionery, Ringwood, Australia) | 49 ± 6 | 70 | Healthy, 8 | Bread, 2 h | 2 | 50 | 30 | 14 |
| Chocolate, milk (Dove; Mars Confectionery, Ballarat, Australia) | 45 ± 8 | 64 | Healthy, 10–12 | Bread, 2 h | 17 | 50 | 30 | 13 |
| Chocolate, milk (Nestlé, Sydney, Australia) | 42 ± 8 | 60 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 31 | 13 |
| Mean of 4 studies | 43 ± 3 | 61 ± 4 | — | — | — | 50 | 28 | 12 |
| Chocolate, milk, plain, low-sugar with maltitol (Belgium) ⁶ | 35 ± 16 | 50 | Healthy, 8 | Glucose, 3 h | 96 | 50 | 22 | 8 |
| 546 Chocolate, white (Milky Bar; Nestlé, Australia) | 44 ± 6 | 63 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 29 | 13 |
| 547 Corn chips | | | | | | | | |
| Corn chips, plain, salted (Doritos original; Smith's Snack Food Co, Australia, 1998) | 42 ± 4 | 60 ± 5 | Healthy, 10 | Bread, 2 h | UO ^d | 50 | 25 | 11 |
| Corn chips, plain, salted (Doritos original; Smith's Snack Food Co, Australia, 1985) | 72 | 103 | Healthy, 6 | Glucose, 2 h | 47 | 50 | 25 | 18 |
| Nachips (Old El Paso Foods Co, Canada) | 74 | 106 ± 8 | Type 1 and 2, 9 | Glucose, 2 h | 1 | 50 | 29 | 21 |
| Mean of 3 studies | 63 ± 10 | 90 ± 15 | — | — | — | 50 | 26 | 17 |
| 548 Fruit bars | | | | | | | | |
| Apricot filled fruit bar (puréed dried apricot filling in whole-meal pastry) (Mother Earth, New Zealand) | 50 ± 8 | 71 | Healthy, 10 | Glucose, 2 h | 25 | 50 | 34 | 17 |
| Heinz Kidz Fruit Fingers, banana (HJ Heinz, Australia) | 61 ± 11 | 87 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 20 | 12 |
| Real Fruit Bars, strawberry (Uncle Toby's, Wahgunyah, Australia) | 90 ± 12 | 129 | Healthy, 10 | Glucose, 2 h | UO ^d | 30 | 26 | 23 |
| Roll-Ups, fruit leather-type snack (Uncle Toby's, Australia) | 99 ± 12 | 142 ± 18 | Healthy, 10 | Bread, 2 h | UO ^d | 30 | 25 | 24 |
| 549 Fruity Bitz, vitamin- and mineral-enriched dried fruit snacks | | | | | | | | |
| Fruity Bitz, apricot (Blackmores Ltd, Australia) | 42 ± 3 | 61 | Healthy, 10 | Glucose, 2 h | UO ^d | 15 | 12 | 5 |
| Fruity Bitz, berry (Blackmores Ltd, Australia) | 35 ± 4 | 50 | Healthy, 10 | Glucose, 2 h | UO ^d | 15 | 12 | 4 |
| Fruity Bitz, tropical (Blackmores Ltd, Australia) | 41 ± 3 | 58 | Healthy, 10 | Glucose, 2 h | UO ^d | 15 | 11 | 5 |
| Mean of 3 flavors | 39 ± 2 | 56 ± 3 | — | — | — | 15 | 12 | 4 |
| 550 Jelly beans | | | | | | | | |
| Jelly beans, assorted colors (Allen's; Nestlé, Australia) | 80 ± 8 | 114 | Healthy, 8 | Bread, 2 h | 2 | — | — | — |
| Jelly beans, assorted colors (Savings, Grocery Holdings, Tooronga, Australia) | 76 ± 6 | 109 | Healthy, 12 | Bread, 2 h | UO ^d | — | — | — |
| Mean of 2 studies | 78 ± 2 | 112 ± 3 | — | — | — | 30 | 28 | 22 |
| 551 Kudos Whole-Grain Bars, chocolate chip (M & M/Mars, Hackettstown, NJ, USA) | 62 ± 8 | 89 | Healthy, 10–12 | Bread, 2 h | 17 | 50 | 32 | 20 |
| 552 Life Savers, peppermint candy (Nestlé, Australia) | 70 ± 6 | 100 | Healthy, 8 | Bread, 2 h | 2 | 30 | 30 | 21 |
| 553 M & M's, peanut (Mars Confectionery, Australia) | 33 ± 3 | 47 | Healthy, 10–12 | Bread, 2 h | 17 | 30 | 17 | 6 |
| 554 Mars Bar | | | | | | | | |
| Mars Bar (Mars Confectionery, Australia) | 62 ± 8 | 89 | Healthy, 10–12 | Bread, 2 h | 17 | 60 | 40 | 25 |
| Mars Bar (M & M/Mars, USA) | 68 ± 12 | 97 | Healthy, 6 | Glucose, 2 h | 3 | 60 | 40 | 27 |
| Mean of 2 studies | 65 ± 3 | 93 ± 4 | — | — | — | 60 | 40 | 26 |
| 555 Muesli bar containing dried fruit (Uncle Toby's, Australia) | 61 ± 7 | 87 | Healthy, 7 | Bread, 2 h | 2 | 30 | 21 | 13 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|----------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | <i>g</i> | <i>g/serving</i> | |
| 556 Nougat, Jijona (La Fama, Spain) | 32 | 46 | Healthy, 7 | Bread, 2 h | 97 | 30 | 12 | 4 |
| 557 Nutella, chocolate hazelnut spread (Ferrero Australia, Milson's Point, Australia) | 33 ± 4 | 47 | Healthy, 10–12 | Bread, 2 h | 17 | 20 | 12 | 4 |
| Nuts | | | | | | | | |
| 558 Cashew nuts, salted (Coles Supermarkets, Australia) ⁶ | 22 ± 5 | 31 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 13 | 3 |
| 559 Peanuts | | | | | | | | |
| Peanuts, crushed (South Africa) ⁶ | 7 ± 4 | 10 | Healthy, 6 | Glucose, 2 h | 29 | 50 | 4 | 0 |
| Peanuts (Canada) ⁶ | 13 ± 6 | 19 | Healthy, 5 | Glucose, 2 h | 3 | 50 | 7 | 1 |
| Peanuts (Mexico) ⁶ | 23 | 33 ± 17 | Healthy, 21; type 2, 27 | Bread, 3 h | 98 | 50 | 7 | 2 |
| Mean of 3 studies | 14 ± 8 | 21 ± 12 | — | — | — | 50 | 6 | 1 |
| 560 Popcorn | | | | | | | | |
| Popcorn, plain, cooked in microwave oven (Green's Foods, Australia) | 55 ± 7 | 79 | Healthy, 8 | Bread, 2 h | 13 | 20 | 11 | 6 |
| Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia) | 89 | 127 | Healthy, 12 | Bread, 2 h | UO ^d | 20 | 11 | 10 |
| Mean of 2 studies | 72 ± 17 | 103 ± 24 | — | — | — | 20 | 11 | 8 |
| 561 Pop Tarts, double chocolate (Kellogg's, Australia) | 70 ± 2 | 100 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 35 | 24 |
| 562 Potato crisps | | | | | | | | |
| Potato crisps, plain, salted (Arnott's, Homebush, Australia) | 57 | 81 | Healthy, 6 | Glucose, 2 h | 47 | 50 | 18 | 10 |
| Potato crisps, plain, salted (Canada) | 51 ± 7 | 73 | Healthy, 7 | Glucose, 2 h | 3 | 50 | 24 | 12 |
| Mean of 2 studies | 54 ± 3 | 77 ± 4 | — | — | — | 50 | 21 | 11 |
| 563 Pretzels, oven-baked, traditional wheat flavor (Parker's, Smith's Snack Food Co, Australia) | 83 ± 9 | 119 | Healthy, 8 | Bread, 2 h | 13 | 30 | 20 | 16 |
| 564 Skittles (Mars Confectionery, Australia) | 70 ± 5 | 100 | Healthy, 10–12 | Bread, 2 h | 17 | 50 | 45 | 32 |
| 565 Snack bars | | | | | | | | |
| Snack bar, apple cinnamon (Con Agra Inc, USA) | 40 ± 8 | 57 ± 11 | Healthy, 10 | Bread, 2 h | UO ^d | 50 | 29 | 12 |
| Snack bar, peanut butter and choc-chip (Con Agra Inc, USA) | 37 ± 6 | 53 ± 9 | Healthy, 10 | Bread, 2 h | UO ^d | 50 | 27 | 10 |
| 566 Snickers Bar | | | | | | | | |
| Snickers Bar (Mars Confectionery, Australia) | 41 ± 5 | 59 | Healthy, 10–12 | Bread, 2 h | 17 | 60 | 36 | 15 |
| Snickers Bar (M & M/Mars, USA) | 68 | 97 | Healthy, 12 | Bread, 2 h | 99 | 60 | 34 | 23 |
| Mean of 2 studies | 55 ± 14 | 78 ± 19 | — | — | — | 60 | 35 | 19 |
| 567 Twisties, cheese-flavored, extruded snack, rice and corn (Smith's Snackfood Co, Australia) | 74 ± 5 | 106 | Healthy, 10 | Glucose, 2 h | UO ^d | 50 | 29 | 22 |
| 568 Twix Cookie Bar, caramel (M & M/Mars, USA) | 44 ± 6 | 63 | Healthy, 10–12 | Bread, 2 h | 17 | 60 | 39 | 17 |
| SPORTS BARS | | | | | | | | |
| 569 Power Bar (Powerfood Inc, Berkeley, CA, USA) | | | | | | | | |
| Power Bar, chocolate | 58 ± 5 | 83 ± 7 | Healthy, 10 | Bread, 2 h | 17 | — | — | — |
| Power Bar, chocolate | 53 | 75 | Healthy, 12 | Bread, 2 h | 99 | — | — | — |
| Mean of 2 studies | 56 ± 3 | 79 ± 4 | — | — | — | 65 | 42 | 24 |
| 570 Ironman PR bar, chocolate (PR Nutrition, San Diego, CA, USA) | 39 | 55 | Healthy, 12 | Bread, 2 h | 99 | 65 | 26 | 10 |
| SOUPS | | | | | | | | |
| 571 Black bean (Wil-Pack Foods, San Pedro, CA, USA) | 64 | 92 ± 9 | Type 1 and 2, 6 | Bread, 3 h | 1 | 250 mL | 27 | 17 |
| 572 Green pea, canned (Campbell Soup Co Ltd, Toronto, Canada) | 66 | 94 ± 7 | Type 1 and 2, 10 | Bread, 3 h | 1 | 250 mL | 41 | 27 |
| 573 Lentil, canned (Unico, Canada) | 44 | 63 ± 6 | Type 1 and 2, 9 | Bread, 3 h | 1 | 250 mL | 21 | 9 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) |
|---|--------------------|------------------|---------------------------------|-----------------------------------|-----------------|-----------------|---------------------------------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | Serving size | carbo- hydrate g/-serving | |
| 574 Minestrone, Traditional, Country Ladle (Campbell's Soups, Homebush, Australia) ⁶ | 39 ± 3 | 56 | Healthy, 10 | Glucose, 2 h | UO ^d | 250 mL | 18 | 7 |
| 575 Noodle soup (traditional Turkish soup with stock and noodles) | 1 | 1 | Healthy, 31; type 2, 52 | Glucose, 2 h | 32 | 250 mL | 9 | 0 |
| 576 Split pea (Wil-Pak Foods, USA) | 60 | 86 ± 12 | Type 1 and 2, 5 | Bread, 3 h | 1 | 250 mL | 27 | 16 |
| 577 Tarhana soup (traditional Turkish soup with wheat flour, yogurt, tomato, and peppers) | 20 | 29 | Healthy, 31; type 2, 52 | Glucose, 2 h | 32 | | | |
| 578 Tomato soup (Canada) | 38 ± 9 | 54 | Healthy, 5 | Glucose, 2 h | 3 | 250 mL | 17 | 6 |
| SUGARS AND SUGAR ALCOHOLS | | | | | | | | |
| 579 Blue agave cactus nectar, high-fructose Organic agave cactus nectar, light, 90% fructose (Western Commerce Corp, City of Industry, CA, USA) ⁶ | 11 ± 1 | 16 ± 1 | Healthy, 9 | Bread, 2 h | UO ^d | 10 | 8 | 1 |
| Organic agave cactus nectar, light, 97% fructose (Western Commerce Corp, USA) ⁶ | 10 ± 1 | 14 ± 1 | Healthy, 9 | Bread, 2 h | UO ^d | 10 | 8 | 1 |
| 580 Fructose | | | | | | | | |
| 25-g portion (Sweeten Less, Maximum Nutrition Inc, Toronto, Canada) ⁶ | 11 | 16 ± 5 | Healthy, 8 | Bread, 2 h | 100 | — | — | — |
| 50-g portion (Sweeten Less, Maximum Nutrition Inc, Canada) | 12 | 16 ± 6 | Healthy, 8 | Bread, 2 h | 100 | — | — | — |
| 50-g portion | 20 ± 5 | 29 | Healthy, 5 | Glucose, 2 h | 3 | — | — | — |
| 50-g portion | 21 | 30 | Type 2, number NS | Glucose, time NS | 23 | — | — | — |
| 50-g portion (Sigma Chemical Company, St Louis, MO, USA) | 24 | 34 | Type 2, 7 | Glucose, 5 h ²³ | 6 | — | — | — |
| 25-g portion fed with oats ²⁸ | 25 | 35 ± 12 | Type 2, 6 | Bread, 3 h | 49 | — | — | — |
| Mean of 6 studies | 19 ± 2 | 27 ± 4 | — | — | — | 10 | 10 | 2 |
| 581 Glucose | | | | | | | | |
| 50-g portion (dextrose) | 85 | 121 | Type 2, 20 | Bread, 3 h | 52 | — | — | — |
| 25-g portion, fed with oats ²⁸ | 92 | 131 ± 13 | Type 2, 6 | Bread, 3 h | 49 | — | — | — |
| 50-g portion | 93 | 132 | Type 2, 5; IGT, 6 ¹⁰ | Bread, 3 h | 28 | — | — | — |
| 50-g portion (dextrose) | 96 | 137 | Healthy, 16 | Bread, 3 h | 51 | — | — | — |
| 50-g portion | 96 | 137 | Diabetic, number NS | Glucose, time NS | 20 | — | — | — |
| 50-g portion (Bio-Health; Dawson Traders Ltd, Toronto, Canada) | 96 | 137 ± 22 | Healthy, 8 | Bread, 2 h | 100 | — | — | — |
| 50-g portion | 100 | 143 | Healthy, 35 | Glucose, 2 h | 3 | — | — | — |
| 50-g portion (Glucodex glucose tablets; Boots, North Ryde, Australia) | 102 ± 9 | 146 | Healthy, 7 | Bread, 2 h | 2 | — | — | — |
| 25-g portion (Bio-Health, Canada) ⁶ | 103 | 147 ± 18 | Healthy, 8 | Bread, 2 h | 100 | — | — | — |
| 50-g portion (dextrose) | 111 | 158 | Healthy, 6 | Wheat, 2 h | 54 | — | — | — |
| 100-g portion (Bio-Health, Canada) ¹² | 114 | 163 ± 28 | Healthy, 8 | Bread, 2 h | 100 | — | — | — |
| Mean of 11 studies | 99 ± 3 | 141 ± 4 | — | — | — | 10 | 10 | 10 |
| Glucose consumed with American ginseng (Panax quinquefolius L.) | | | | | | | | |
| 582 25 g glucose (Glucodex solution; Rougier Inc, Chambly, Quebec) with 3 g dried ginseng ⁸ | 78 | 112 | Type 2, 9 | Glucose, 2 h | 101 | 10 | 10 | 8 |
| 583 Glucodex | | | | | | | | |
| 25 g glucose (Glucodex) 40 min after 3 g dried ginseng ⁸ | 80 | 115 | Type 2, 9 | Glucose, 2 h | 101 | — | — | — |
| 25 g glucose (Glucodex) 40 min before 3 g dried ginseng ⁸ | 76 | 109 | Healthy, 10 | Glucose, 1.5 h | 101 | — | — | — |
| Mean of 2 groups of subjects | 78 ± 2 | 112 ± 3 | — | — | — | 10 | 10 | 8 |
| 584 Glucose consumed with gum fiber | | | | | | | | |
| 46 g Glucose + 15 g apple and orange fiber extract (FITA, Chatswood, Australia) (total carbohydrate content of drink = 50 g) | 79 ± 3 | 113 | Healthy, 10 | Glucose, 2 h | UO ^d | 10 | 8 | 6 |
| 50 g Glucose + 14.5 g guar gum | 62 | 88 | Healthy, 10 | Glucose, 2 h | 102 | 10 | 10 | 6 |
| 50 g Glucose + 14.5 g oat gum (78% oat β-glucan) | 57 | 82 | Healthy, 9 | Glucose, 2 h | 102 | 10 | 10 | 6 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|--|--------------------|------------------|--|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | | <i>g</i> | <i>g/serving</i> |
| 100 g Glucose + 20 g acacia gum ⁷ | 85 | 121 | Healthy, 12 | Glucose, 2.5 h ¹² | 103 | 10 | 10 | 9 |
| 585 Glucose consumed with a mixed meal | | | | | | | | |
| 30 g glucose with 150 g grilled beefburger, 30 g cheese, and 10 g butter (total meal contained 50 g carbohydrate) (France) | 55 | 79 | Type 2, 16 (sulfonylureas not taken) | Glucose, 3 h ¹⁴ | 53 | — | — | — |
| 30 g glucose with 150 g grilled beefburger, 30 g cheese, and 10 g butter (total meal contained 50 g carbohydrate) (France) | 57 | 81 | Type 2, 14 (sulfonylureas taken) | Glucose, 3 h ¹⁴ | 53 | — | — | — |
| Mean of 2 groups of subjects | 56 ± 1 | 80 ± 1 | — | — | — | 250 | 35 | 20 |
| 586 Honey | | | | | | | | |
| Locust honey (Romania) ⁶ | 32 | 46 | Type 2, 32 | Glucose, 2 h | 104 | 25 | 21 | 7 |
| Yellow box, 46% fructose (Australia) ⁶ | 35 ± 4 | 50 | Healthy, 10 | Glucose, 2 h | UO ^d | 25 | 18 | 6 |
| Stringy bark, 52% fructose (Australia) ⁶ | 44 ± 4 | 63 | Healthy, 9 | Glucose, 2 h | UO ^d | 25 | 21 | 9 |
| Red gum, 35% fructose (Australia) ⁶ | 46 ± 3 | 66 | Healthy, 9 | Glucose, 2 h | UO ^d | 25 | 18 | 8 |
| Iron bark, 34% fructose (Australia) ⁶ | 48 ± 3 | 69 | Healthy, 10 | Glucose, 2 h | UO ^d | 25 | 15 | 7 |
| Yapunya, 42% fructose (Australia) ⁶ | 52 ± 5 | 74 | Healthy, 9 | Glucose, 2 h | UO ^d | 25 | 17 | 9 |
| Pure (Capilano Honey Ltd, Richlands, Australia) | 58 ± 6 | 83 | Healthy, 8 | Bread, 2 h | UO ^d | 25 | 21 | 12 |
| Commercial blend, 38% fructose (WA blend; Capilano Honey Ltd, Australia) ⁶ | 62 ± 3 | 89 | Healthy, 9 | Glucose, 2 h | UO ^d | 25 | 18 | 11 |
| Salvation Jane, 32% fructose (Australia) ⁶ | 64 ± 5 | 91 | Healthy, 10 | Glucose, 2 h | UO ^d | 25 | 15 | 10 |
| Commercial blend, 28% fructose (NSW blend; Capilano Honey Ltd, Australia) ⁶ | 72 ± 6 | 103 | Healthy, 9 | Glucose, 2 h | UO ^d | 25 | 13 | 9 |
| Honey, NS (Canada) ⁶ | 87 ± 8 | 124 | Healthy, 6 | Glucose, 2 h | 3 | 25 | 21 | 18 |
| Mean of 11 types of honey | 55 ± 5 | 78 ± 7 | — | — | — | 25 | 18 | 10 |
| 587 Lactose | | | | | | | | |
| 50 g lactose (Sigma Chemical Co, USA) | 43 | 61 | Type 2, 7 | Glucose, 5 h ²³ | 6 | — | — | — |
| 25 g lactose (BDH, Poole, UK) ⁶ | 48 | 68 ± 8 | Healthy, 10 | Bread, 2 h | 72 | — | — | — |
| 25 g lactose ²⁸ | 48 | 69 ± 10 | Type 2, 6 | Bread, 3 h | 49 | — | — | — |
| Mean of 3 studies | 46 ± 2 | 66 ± 3 | — | — | — | 10 | 10 | 5 |
| 588 50 g maltose | 105 ± 12 | 150 | Healthy, 6 | Glucose, 2 h | 3 | 10 | 10 | 11 |
| 589 Sucrose | | | | | | | | |
| 50 g sucrose (Sigma Chemical Co, USA) ⁸ | 58 | 83 | Type 2, 7 | Glucose, 5 h ²³ | 6 | — | — | — |
| 50 g sucrose (Redpath Sugars, Toronto, Canada) | 58 | 83 ± 15 | Healthy, 8 | Bread, 2 h | 100 | — | — | — |
| 50 g sucrose | 59 ± 10 | 84 | Healthy, 5 | Glucose, 2 h | 3 | — | — | — |
| 50 g sucrose | 60 | 86 | Type 2, number NS | Glucose, time NS | 23 | — | — | — |
| 25 g sucrose (Redpath Sugars, Canada) ⁶ | 60 | 86 ± 9 | Healthy, 8 | Bread, 2 h | 100 | — | — | — |
| 25 g sucrose ^{6,28} | 64 | 91 ± 18 | Type 2, 6 | Bread, 3 h | 49 | — | — | — |
| 50 g sucrose | 65 ± 9 | 93 | Healthy, 7 | Glucose, 2 h | 29 | — | — | — |
| 100 g sucrose (Redpath Sugars, Canada) ¹² | 65 | 94 ± 14 | Healthy, 8 | Bread, 2 h | 99 | — | — | — |
| 30 g sucrose ²⁹ | 82 | 117 ± 22 | Type 2, 14 | Bread, 2 h | 70 | — | — | — |
| 25 g sucrose ⁶ | 110 ± 21 | 157 | Healthy, 8 | Glucose, 3 h | 96 | — | — | — |
| Mean of 10 studies | 68 ± 5 | 97 ± 7 | — | — | — | 10 | 10 | 7 |
| Sugar alcohols and sugar-replacement compounds | | | | | | | | |
| 590 Lactitol | | | | | | | | |
| 25 g lactitol ³⁰ | -1 ± 7 | -1 | Healthy, 8 | Glucose, 3 h | 105 | — | — | — |
| 25 g lactitol MC (Danisco Sweeteners, Redhill, Surrey, UK) ³⁰ | 3 ± 1 | 4 | Healthy, 10 | Glucose, 2 h | UO ^d | — | — | — |
| Mean of 2 studies | 2 ± 3 | 3 ± 4 | — | — | — | 10 | 10 | 0 |
| 591 Litesse | | | | | | | | |
| 25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ³⁰ | 7 ± 2 | 5 | Healthy, 10 | Glucose, 2 h | UO ^d | 10 | 10 | 1 |
| 25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ³⁰ | 4 ± 2 | 6 | Healthy, 10 | Glucose, 2 h | UO ^d | 10 | 10 | 0 |
| 592 Maltitol-based sweeteners or bulking agents (Ceresstar, Vilvoorde, Belgium) ³⁰ | | | | | | | | |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|--|--------------------|------------------|---------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | <i>g</i> | <i>g/serving</i> | |
| 25 g Malbit CR (87% maltitol) | 30 ± 12 | 43 | Healthy, 8 | Glucose, 3 h | 96 | 10 | 10 | 3 |
| 25 g Maltidex 100 (>72% maltitol) | 44 ± 11 | 63 | Healthy, 8 | Glucose, 3 h | 96 | 10 | 10 | 4 |
| 25 g Malbit CH (99% maltitol) | 73 ± 29 | 104 | Healthy, 8 | Glucose, 3 h | 96 | 10 | 10 | 7 |
| 25 g Maltidex 200 (50% maltitol) | 89 ± 28 | 127 | Healthy, 8 | Glucose, 3 h | 96 | 10 | 10 | 9 |
| 593 Xylitol (Danisco Sweeteners, UK) ³⁰ | | | | | | | | |
| 25 g Xylitol | 7 ± 7 | 10 | Healthy, 8 | Glucose, 3 h | 105 | — | — | — |
| 25 g Xylitol C | 8 ± 2 | 12 | Healthy, 10 | Glucose, 2 h | UO ^d | — | — | — |
| Mean of 2 studies | 8 ± 1 | 11 ± 1 | — | — | — | 10 | 10 | 1 |
| VEGETABLES | | | | | | | | |
| 594 Broad beans (Canada) ⁶ | 79 ± 16 | 113 | Healthy, 6 | Glucose, 2 h | 3 | 80 | 11 | 9 |
| 595 Green peas | | | | | | | | |
| Pea, frozen, boiled (Canada) ⁶ | 39 | 55 | Type 2, number NS | Glucose, time NS | 20 | 80 | 7 | 3 |
| Pea, frozen, boiled (Canada) ⁶ | 51 ± 6 | 73 | Healthy, 6 | Glucose, 2 h | 3 | 80 | 7 | 4 |
| Pea, green (<i>Pisum sativum</i>) (India) ¹¹ | 54 ± 14 | 77 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 80 | 7 | 4 |
| Mean of 3 studies | 48 ± 5 | 68 ± 7 | — | — | — | 80 | 7 | 3 |
| 596 Pumpkin (South Africa) | 75 ± 9 | 107 | Healthy, 6 | Glucose, 2 h | 29 | 80 | 4 | 3 |
| 597 Sweet corn | | | | | | | | |
| Sweet corn, honey and pearl variety (New Zealand) | 37 ± 12 | 53 | Healthy, 9 | Glucose, 2 h | 25 | 80 | 16 | 6 |
| Sweet corn on the cob, boiled 20 min (Australia) | 48 | 69 | Healthy, 6 | Glucose, 2 h | 47 | 80 | 16 | 8 |
| Sweet corn (Canada) | 59 ± 11 | 84 | Healthy, 5 | Glucose, 2 h | 3 | 80 | 18 | 11 |
| Sweet corn, boiled (USA) | 60 | 86 | Healthy, 16 | Bread, 3 h | 51 | 80 | 18 | 11 |
| Sweet corn, boiled (USA) | 60 | 85 | Type 2, 5; IGT, 6 ¹⁰ | Bread, 3 h | 28 | 80 | 18 | 11 |
| Sweet corn (South Africa) | 62 ± 5 | 89 | Healthy, 7 | Glucose, 2 h | 29 | 80 | 18 | 11 |
| Mean of 6 studies | 54 ± 4 | 78 ± 6 | — | — | — | 80 | 17 | 9 |
| Sweet corn, whole-kernel, diet-pack, Featherweight, canned, drained, heated (USA) | 46 | 66 | Type 2, 20 | Bread, 3 h | 52 | 80 | 14 | 7 |
| Sweet corn, frozen, heated in microwave (Green Giant; Pillsbury Canada Ltd, Toronto, Canada) | 47 | 67 ± 4 | Type 1 and 2, 9 | Bread, 3 h | 1 | 80 | 15 | 7 |
| Root vegetables | | | | | | | | |
| 598 Beetroot (Canada) ⁶ | 64 ± 16 | 91 | Healthy, 5 | Glucose, 2 h | 3 | 80 | 7 | 5 |
| 599 Carrots | | | | | | | | |
| Carrots, raw (Romania) ^{6,8} | 16 | 23 | Type 2, 30 | Glucose, 2 h | 104 | 80 | 8 | 1 |
| Carrots, peeled, boiled (Australia) ⁶ | 32 ± 5 | 46 | Healthy, 8 | Glucose, 2 h | UO ^d | 80 | 5 | 1 |
| Carrots, peeled, boiled (Sydney, Australia) ⁶ | 49 ± 2 | 70 | Healthy, 7 | Glucose, 2 h | 85 | 80 | 5 | 2 |
| Carrots, NS (Canada) ⁶ | 92 ± 20 | 131 | Healthy, 5 | Glucose, 2 h | 3 | 80 | 6 | 5 |
| Mean of 4 studies | 47 ± 16 | 68 ± 23 | — | — | — | 80 | 6 | 3 |
| 600 Cassava, boiled, with salt (Kenya, Africa) | 46 | 65 ± 12 | Type 2, 14 | Bread, 2.5 h | 40 | 100 | 27 | 12 |
| 601 Parsnips (Canada) ⁶ | 97 ± 19 | 139 | Healthy, 5 | Glucose, 2 h | 3 | 80 | 12 | 12 |
| Potato | | | | | | | | |
| 602 Baked potato | | | | | | | | |
| Ontario, white, baked in skin (Canada) | 60 | 85 ± 4 | Type 1 and 2, 16 | Bread, 3 h | 1 | 150 | 30 | 18 |
| 603 Baked, russet Burbank potatoes | | | | | | | | |
| Russet, baked without fat (Canada) | 56 | 80 ± 5 | Diabetic, 7 | Bread, time NS | 106 | — | — | — |
| Russet, baked without fat, 45–60 min (USA) | 78 | 112 | Type 2, 20 | Bread, 3 h | 52 | — | — | — |
| Russet, baked without fat (USA) | 94 | 134 | Type 2, 5; IGT, 6 ¹⁰ | Bread, 3 h | 28 | — | — | — |
| Russet, baked without fat (USA) | 111 | 158 | Healthy, 16 | Bread, 3 h | 51 | — | — | — |
| Mean of 4 studies | 85 ± 12 | 121 ± 16 | — | — | — | 150 | 30 | 26 |
| 604 Boiled potato | | | | | | | | |
| Desiree, peeled, boiled 35 min (Australia) | 101 ± 15 | 144 ± 22 | Healthy, 10 | Bread, 2 h | 107 | 150 | 17 | 17 |
| Nardine (New Zealand) | 70 ± 17 | 100 | Healthy, 8 | Glucose, 2 h | 25 | 150 | 25 | 18 |
| Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada) | 58 | 83 ± 5 | Type 1 and 2, 16 | Bread, 3 h | 1 | 150 | 27 | 16 |
| Pontiac, peeled, boiled whole for 30 min (Australia) | 56 | 80 | Healthy, 6 | Glucose, 2 h | 47 | 150 | 26 | 14 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| Pontiac, peeled, boiled 35 min (Australia) | 88 ± 9 | 125 ± 13 | Healthy, 10 | Bread, 2 h | 107 | 150 | 18 | 16 |
| Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada) | 63 | 90 ± 7 | Type 1 and 2, 12 | Bread, 3 h | 1 | 150 | 18 | 11 |
| Sebago, peeled, boiled 35 min (Australia) | 87 ± 7 | 124 ± 10 | Healthy, 10 | Bread, 2 h | 107 | 150 | 17 | 14 |
| 605 Boiled or cooked, white or type NS | | | | | | | | |
| Type NS (Kenya, Africa) | 24 | 34 ± 9 | Type 2, 14 | Bread, 2.5 h | 40 | 150 | 28 | 7 |
| White, cooked (Romania) ⁶ | 41 | 59 | Type 2, 30 | Glucose, 2 h | 104 | 150 | 30 | 12 |
| White, boiled (Canada) | 54 | 77 ± 8 | Diabetic NS, 7 | Bread, time NS | 106 | 150 | 27 | 15 |
| Type NS, boiled (Australia) | 56 | 80 ± 9 | Type 2, 6 | Bread, 3 h | 108 | 150 | 19 | 11 |
| Type NS, boiled in salted water (India) | 76 | 108 | Healthy, 9 | Bread, 3 h | 57 | 150 | 34 | 26 |
| Mean of 5 studies | 50 ± 9 | 72 ± 12 | — | — | — | 150 | 28 | 14 |
| Type NS, boiled in salted water, refrigerated, reheated (India) | 23 | 33 | Healthy, 9 | Bread, 3 h | 57 | 150 | 34 | 8 |
| 606 Canned potatoes | | | | | | | | |
| Prince Edward Island, canned, heated in microwave (Avon; Cobi Foods Inc, Port Williams, Canada) | 61 | 87 ± 8 | Type 1 and 2, 9 | Bread, 3 h | 1 | 150 | 18 | 11 |
| New, canned, heated in microwave 3 min (Mint Tiny Taters; Edgell's, Cheltenham, Australia) | 65 ± 9 | 93 ± 13 | Healthy, 10 | Bread, 2 h | 107 | 150 | 18 | 12 |
| Mean of 2 studies | 63 ± 2 | 90 ± 3 | — | — | — | 150 | 18 | 11 |
| 607 French fries | | | | | | | | |
| French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada) | 75 | 107 ± 6 | Type 1 and 2, 6 | Bread, 3 h | 1 | 150 | 29 | 22 |
| 608 Instant mashed potato | | | | | | | | |
| Instant (France) | 74 ± 12 | 106 | Type 2, 3 | Glucose, 3 h | 9 | — | — | — |
| Instant (Canada) | 80 ± 13 | 114 | Healthy, 8 | Glucose, 2 h | 3 | — | — | — |
| Instant (Edgell's Potato Whip, Edgell's, Australia) | 86 | 123 | Healthy, 6 | Glucose, 2 h | 47 | — | — | — |
| Instant (Carnation Foods Co Ltd, Manitoba, Canada) | 86 | 123 ± 5 | Type 1 and 2, 16 | Bread, 3 h | 1 | — | — | — |
| Instant (Canada) | 88 | 126 ± 6 | Diabetic NS, 7 | Bread, time NS | 106 | — | — | — |
| Instant mashed potato (Idahoan Foods, Lewisville, ID, USA) | 97 ± 6 | 139 | Healthy, 10 | Glucose, 2 h | UO ⁴ | — | — | — |
| Mean of 6 studies | 85 ± 3 | 122 ± 5 | — | — | — | 150 | 20 | 17 |
| 609 Mashed potato | | | | | | | | |
| Type NS (Canada) | 67 | 96 ± 7 | Diabetic, 7 | Bread, time NS | 106 | — | — | — |
| Type NS (South Africa) | 71 ± 10 | 101 | Healthy, 7 | Glucose, 2 h | 29 | — | — | — |
| Type NS (France) | 83 | 118 ± 12 | Healthy, 12 | Bread, 3 h | 55 | — | — | — |
| Mean of 3 studies | 74 ± 5 | 105 ± 7 | — | — | — | 150 | 20 | 15 |
| Prince Edward Island, peeled, cubed, boiled 15 min, mashed (Canada) | 73 | 104 ± 4 | Type 1 and 2, 14 | Bread, 3 h | 1 | 150 | 18 | 13 |
| Pontiac, peeled, cubed, boiled 15 min, mashed (Australia) | 91 ± 9 | 130 ± 13 | Healthy, 10 | Bread, 2 h | 107 | 150 | 20 | 18 |
| 610 Microwaved potato | | | | | | | | |
| Pontiac, peeled and microwave on high for 6–7.5 min (Australia) | 79 ± 9 | 112 ± 13 | Healthy, 10 | Bread, 2 h | 107 | 150 | 18 | 14 |
| Type NS, microwaved (USA) | 82 | 117 | Type 2, 8 | Glucose, 3 h ⁶ | 4 | 150 | 33 | 27 |
| 611 New potato | | | | | | | | |
| New (Canada) | 47 | 67 | Diabetic, number NS | Glucose, time NS | 20 | — | — | — |
| New (Canada) | 54 | 77 ± 11 | Type 2, 6 | Bread, 3 h | 30 | — | — | — |
| New (Canada) | 70 ± 8 | 100 | Healthy, 8 | Glucose, 2 h | 3 | — | — | — |
| Mean of 3 studies | 57 ± 7 | 81 ± 10 | — | — | — | 150 | 21 | 12 |
| New, unpeeled and boiled 20 min (Australia) | 78 ± 12 | 112 ± 17 | Healthy, 10 | Bread, 2 h | 107 | 150 | 21 | 16 |
| 612 Steamed potato | | | | | | | | |
| Potato, peeled, steamed 1 h (<i>Solanum tuberosum</i>) (India) ¹¹ | 65 ± 11 | 93 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 150 | 27 | 18 |
| Potato dumplings (white-wheat flour, white potatoes, boiled in salted water (Italy) | 52 | 74 ± 12 | Type 2, 17 | White bread, 3 h | 31 | 150 | 45 | 24 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|----------------|--------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| 613 Sweet potato | | | | | | | | |
| Sweet potato (<i>Ipomoea batatas</i>) (Australia) | 44 | 63 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | 150 | 25 | 11 |
| Sweet potato, NS (Canada) | 48 ± 6 | 69 | Healthy, 5 | Glucose, 2 h | 3 | 150 | 34 | 16 |
| Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada) | 59 | 84 ± 5 | Type 1 and 2, 13 | Bread, 3 h | 1 | 150 | 30 | 18 |
| Sweet potato, kumara (New Zealand) | 77 ± 12 | 110 | Healthy, 9 | Glucose, 2 h | 25 | 150 | 25 | 19 |
| Sweet potato, kumara (New Zealand) | 78 ± 6 | 111 | Type 2, 14 | Glucose, 2 h | 25 | 150 | 25 | 20 |
| Mean of 5 studies | 61 ± 7 | 87 ± 10 | — | — | — | 150 | 28 | 17 |
| 614 Swede | | | | | | | | |
| Swede (rutabaga) (Canada) ⁶ | 72 ± 8 | 103 | Healthy, 5 | Glucose, 2 h | 3 | 150 | 10 | 7 |
| 615 Tapioca | | | | | | | | |
| Tapioca boiled with milk (General Mills Canada Inc, Etobicoke, Canada) | 81 | 115 ± 9 | Type 1 and 2, 10 | Bread, 3 h | 1 | 250 | 18 | 14 |
| Tapioca (<i>Manihot utilissima</i>), steamed 1 h (India) ¹¹ | 70 ± 10 | 100 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 250 | 18 | 12 |
| 616 Taro | | | | | | | | |
| Taro (<i>Colocasia esculenta</i>) peeled, boiled (Australia) | 54 | 77 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | — | — | — |
| Taro, peeled, boiled (New Zealand) | 56 ± 12 | 80 | Healthy, 9 | Glucose, 2 h | 25 | — | — | — |
| Mean of 2 studies | 55 ± 1 | 79 ± 2 | — | — | — | 150 | 8 | 4 |
| 617 Yam | | | | | | | | |
| Yam, peeled, boiled (New Zealand) | 25 ± 4 | 36 | Type 2, 13 | Glucose, 2 h | 25 | — | — | — |
| Yam, peeled, boiled (New Zealand) | 35 ± 5 | 50 | Healthy, 14 | Glucose, 2 h | 25 | — | — | — |
| Yam (Canada) | 51 ± 12 | 73 | Healthy, 5 | Glucose, 2 h | 3 | — | — | — |
| Mean of 3 studies | 37 ± 8 | 53 ± 11 | — | — | — | 150 | 36 | 13 |
| INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS | | | | | | | | |
| African | | | | | | | | |
| 618 Brown beans (South Africa) | 24 ± 8 | 34 | Healthy, 7 | Glucose, 2 h | 29 | 50 (dry) | 25 | 6 |
| 619 Gram dhal (South Africa) | 5 ± 3 | 7 | Healthy, 7 | Glucose, 2 h | 29 | 50 (dry) | 29 | 1 |
| 620 Maize meal porridge, unrefined, maize meal:water (1:3) (South Africa) | 71 ± 6 | 101 | Healthy, 8 | Glucose, 2 h | 29 | 50 (dry) | 36 | 25 |
| Maize meal porridge, refined, maize-meal:water (1:3) (South Africa) | 74 ± 7 | 106 | Healthy, 8 | Glucose, 2 h | 29 | 50 (dry) | 40 | 30 |
| Maize meal porridge or gruel (Kenya) | 109 | 156 ± 15 | Type 2, 13 | Bread, 2.5 h | 40 | 50 (dry) | 38 | 41 |
| 621 M'fino or Morogo, wild greens (South Africa) | 68 ± 8 | 97 | Healthy, 6 | Glucose, 2 h | 29 | 120 | 50 | 34 |
| 622 Cassava, boiled, with salt (Kenya) | 46 | 65 ± 12 | Type 2, 14 | Bread, 2.5 h | 40 | 100 | 27 | 12 |
| 623 Millet flour porridge or gruel (Kenya) | 107 | 153 ± 14 | Type 2, 13 | Bread, 2.5 h | 40 | — | — | — |
| 624 Ga kenkey, prepared from fermented cornmeal (<i>Zea mays</i>) (Ghana) ³¹ | 12 ± 1 | 17 | Healthy, 10 | Glucose, 2 h ³² | 109 | 150 | 13 | 7 |
| 625 Gari, roasted cassava dough (<i>Manihot utilissima</i>) (Ghana) ³¹ | 56 ± 3 | 80 | Healthy, 10 | Glucose, 2 h ³² | 109 | 100 | 27 | 15 |
| 626 Unripe plantain (<i>Musa paradisiaca</i>) (Ghana) ³¹ | 40 ± 4 | 57 | Healthy, 10 | Glucose, 2 h ³² | 109 | 120 (raw) | 34 | 13 |
| 627 Yam (<i>Dioscorea</i>) (Ghana) ³¹ | 66 | 94 | Healthy, 10 | Glucose, 2 h ³² | 109 | 150 | 36 | 23 |
| Arabic and Turkish | | | | | | | | |
| 628 Hummus (chickpea salad dip) | 6 ± 4 | 9 | Healthy, 12 | Glucose, 2 h | 42 | 30 | 5 | 0 |
| 629 Kibbeh saynieh (made with lamb and burghul) | 61 ± 16 | 87 | Healthy, 12 | Glucose, 2 h | 42 | 120 | 15 | 9 |
| 630 Lebanese bread (white, unleaved), hummus, falafel and tabbouleh | 86 ± 12 | 123 | Healthy, 8 | Glucose, 2 h | 82 | 120 | 45 | 39 |
| 631 Majadra (Syrian, lentils and rice) | 24 ± 5 | 34 | Type 2, 9; healthy, 9 | Glucose, 3 h ¹⁴ | 88 | 250 | 41 | 10 |
| 632 Moroccan couscous (stew of semolina, chickpeas, and vegetables) | 58 ± 9 | 83 | Type 2, 8; healthy, 8 | Glucose, 3 h ¹⁴ | 88 | 250 | 29 | 17 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|----------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | <i>g</i> | <i>g/serving</i> | |
| 633 Stuffed grapevine leaves (rice and lamb stuffing with tomato sauce) | 30 ± 11 | 43 | Healthy, 12 | Glucose, 2 h | 42 | 100 | 15 | 5 |
| 634 Tarhana soup (wheat flour, yogurt, tomato, and green pepper) | 20 | 29 | Type 2, 52; healthy, 31 | Glucose, 2 h | 32 | — | — | — |
| 635 Turkish bread, white-wheat flour | 87 | 124 | Type 2, 52; healthy, 31 | Glucose, 2 h | 32 | 30 | 17 | 15 |
| 636 Turkish bread, whole wheat | 49 | 70 | Type 2, 52; healthy, 31 | Glucose, 2 h | 32 | 30 | 16 | 8 |
| 637 Turkish noodle soup | 1 | 1 | Type 2, 52; healthy, 31 | Glucose, 2 h | 32 | 250 mL | 9 | 0 |
| Asian | | | | | | | | |
| 638 Broken rice, white, cooked in rice cooker (Lion Foods, Thailand) | 86 ± 10 | 123 | Healthy, 12 | Glucose, 2 h | 73 | 150 | 43 | 37 |
| 639 Butter rice, warm white rice and butter (Japan) | 79 | 113 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | 150 | 51 | 40 |
| 640 Curry rice (Japan) | 67 | 96 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | 150 | 61 | 41 |
| 641 Curry rice with cheese (Japan) | 55 | 79 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | 150 | 49 | 27 |
| 642 Glutinous rice | | | | | | | | |
| Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co, Bangkok, Thailand) | 98 ± 7 | 140 | Healthy, 12 | Glucose, 2 h | 73 | 150 | 32 | 31 |
| Glutinous rice NS (Esubi Shokuhin, Japan) | 86 | 123 | Healthy, 6 | Rice, 2 h ²⁶ | 89 | 150 | 65 | 55 |
| Mean of 2 studies | 92 ± 6 | 132 ± 9 | — | — | — | 150 | 48 | 44 |
| 643 Glutinous rice ball with cut glutinous cake (mochi) (Japan) | 48 | 69 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | 75 | 28 | 14 |
| 644 Glutinous rice cake with dried sea algae (Japan) | 83 | 119 | Healthy, 8 | Rice, 2 h ²⁶ | 89 | 75 | 39 | 32 |
| 645 Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan) | 65 | 93 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | 100 | 41 | 27 |
| 646 Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand) | 109 ± 10 | 156 | Healthy, 12 | Glucose, 2 h | 73 | 150 | 42 | 46 |
| 647 Low-protein white rice with dried sea algae (Japan) | 70 | 100 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | 150 | 60 | 42 |
| 648 Lungkow bean thread (National Cereals, Oils and Foodstuffs, China) | 26 | 37 ± 6 | Type 1 and 2, 9 | Bread, 3 h | 1 | 180 | 45 | 12 |
| 649 Lychee, canned in syrup, drained (Narcissus brand, China) | 79 ± 8 | 113 | Healthy, 12 | Glucose, 2 h | 73 | 120 | 20 | 16 |
| 650 Mung bean noodles, dried, boiled (China) | 39 ± 9 | 56 | Healthy, 12 | Glucose, 2 h | 73 | 180 | 45 | 18 |
| 651 Nonglutaminous rice flour, served warm with drink (Yamato Nousan, Japan) | 68 | 97 | Healthy, 8 | Rice, 2 h ²⁶ | 89 | 100 | 50 | 34 |
| 652 Rice cracker, plain (Sakada, Japan) | 91 | 130 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | 30 | 25 | 23 |
| 653 Rice gruel with dried algae (Satou Co Ltd, Japan) | 81 | 116 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | 250 | 19 | 15 |
| 654 Rice noodles, dried, boiled (Thai World, Bangkok, Thailand) | 61 ± 6 | 87 | Healthy, 12 | Glucose, 2 h | 73 | 180 | 39 | 23 |
| 655 Rice noodles, fresh, boiled (Australia) | 40 ± 4 | 57 | Healthy, 12 | Glucose, 2 h | 73 | 180 | 39 | 15 |
| 656 Rice vermicelli, Kongmoon (National Cereals, China) | 58 | 83 ± 5 | Type 1 and 2, 9 | Bread, 3 h | 1 | 180 | 39 | 22 |
| 657 Roasted rice ball (Satou Co Ltd, Japan) | 77 | 110 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | 75 | 27 | 21 |
| 658 Salted rice ball (Satou Co Ltd, Japan) | 80 | 114 | Healthy, 7 | Rice, 2 h ²⁶ | 89 | 75 | 26 | 20 |
| 659 Soba noodles, instant, reheated in hot water, served with soup (Japan) | 46 | 66 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | 180 | 49 | 22 |
| 660 Stir-fried vegetables, chicken and rice, homemade (Australia) | 73 ± 17 | 104 | Healthy, 8 | Glucose, 2 h | 87 | 360 | 75 | 55 |
| 661 Sushi | | | | | | | | |
| Sushi, salmon (I Love Sushi; Australia) ⁶ | 48 ± 8 | 69 | Healthy, 10 | Glucose, 2 h | UO ^f | 100 | 36 | 17 |
| Sushi, roasted sea algae, vinegar and rice (Japan) | 55 | 79 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | 100 | 37 | 20 |
| Mean of 2 studies | 52 ± 4 | 74 ± 5 | — | — | — | 100 | 37 | 19 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|-----------------|-------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| 662 Udon noodles | | | | | | | | |
| Udon noodles, fresh, reheated (Fantastic, Windsor Gardens, Australia) ⁶ | 62 ± 8 | 89 | Healthy, 10 | Glucose, 2 h | UO ^d | 180 | 48 | 30 |
| Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan) | 48 | 69 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | 180 | 47 | 23 |
| Mean of 2 studies | 55 ± 7 | 79 ± 10 | — | — | — | 180 | 48 | 26 |
| 663 White rice, dried sea algae and milk | | | | | | | | |
| White rice, dried sea algae and milk, eaten together (Japan) | 57 | 81 | Healthy, 7 | Rice, 2 h ²⁶ | 89 | — | — | — |
| White rice, dried sea algae and milk (milk eaten before rice) (Japan) | 56 | 80 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | — | — | — |
| White rice, dried sea algae and milk (milk eaten after rice) (Japan) | 55 | 79 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | — | — | — |
| Mean of 3 types | 56 ± 1 | 80 ± 1 | — | — | — | 300 | 47 | 26 |
| 664 White rice with dried fish strip (okaka) (Japan) | 79 | 113 | Healthy, 6 | Rice, 2 h ²⁶ | 89 | 150 | 50 | 40 |
| 665 White rice with fermented soybean (natto) (Japan) | 56 | 80 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | 150 | 43 | 24 |
| 666 White rice with instant miso soup (soybean paste soup) (Japan) | 61 | 87 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | 150 | 47 | 29 |
| 667 White rice with low-fat milk (Japan) | 69 | 99 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | 300 | 47 | 32 |
| 668 White rice and nonsugar yogurt | | | | | | | | |
| White rice and nonsugar yogurt eaten before rice (Japan) | 59 | 84 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | — | — | — |
| White rice and nonsugar yogurt eaten together (Japan) | 58 | 83 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | — | — | — |
| Mean of 2 types | 59 ± 1 | 84 ± 1 | — | — | — | 150 | 32 | 19 |
| 669 White rice with pickled vinegar and cucumber | | | | | | | | |
| White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan) | 63 | 90 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | — | — | — |
| White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan) | 61 | 87 | Healthy, 11 | Rice, 2 h ²⁶ | 89 | — | — | — |
| Mean of 2 types | 62 ± 1 | 89 ± 2 | — | — | — | 150 | 43 | 27 |
| 670 White rice topped with raw egg and soy sauce (Japan) | 72 | 103 | Healthy, 6 | Rice, 2 h ²⁶ | 89 | 150 | 36 | 26 |
| 671 White rice with roasted ground soybean (Japan) | 56 | 80 | Healthy, 9 | Rice, 2 h ²⁶ | 89 | 150 | 51 | 29 |
| 672 White rice with salted dried plum (umeboshi) (Japan) | 80 | 114 | Healthy, 10 | Rice, 2 h ²⁶ | 89 | 150 | 49 | 39 |
| 673 White rice with sea algae rolled in sheet of toasted sea algae (Japan) | 77 | 110 | Healthy, 7 | Rice, 2 h ²⁶ | 89 | 150 | 51 | 39 |
| Asian Indian | | | | | | | | |
| 674 Amaranth (<i>Amaranthus esculentum</i>), popped, eaten with milk and nonnutritive sweetener | 97 ± 19 | 139 | Type 2, 6 | Glucose, 3 h ²² | 43 | 30 | 19 | 18 |
| 675 Bajra | | | | | | | | |
| Bajra (<i>Pennisetum typhoideum</i>), eaten as roasted bread made from bajra flour | 55 ± 13 | 79 | Type 2, 6 | Glucose, 2 h | 110 | — | — | — |
| Bajra (<i>Pennisetum typhoideum</i>) | 49 | 70 | Healthy, 18 | Bread, 3 h | 50 | — | — | — |
| Bajra (<i>Pennisetum typhoideum</i>) | 67 | 96 | Type 2, 6 | Bread, 3 h | 50 | — | — | — |
| Mean of 3 studies | 57 ± 5 | 82 ± 8 | — | — | — | 75 (dry) | 50 | 29 |
| 676 Banana (<i>Musa sapientum</i>), Nendra variety, unripe, steamed 1 h ¹¹ | 70 ± 11 | 100 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 120 | 45 | 31 |
| 677 Barley | | | | | | | | |
| Barley (<i>Hordeum vulgare</i>) | 48 | 69 | Healthy, 8 | Bread, 3 h | 50 | — | — | — |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|--|--------------------|------------------|-------------------------------|-----------------------------------|----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| Barley (<i>Hordeum vulgare</i>) | 37 | 53 | Type 2, 6 | Bread, 3 h | 50 | — | — | — |
| Mean of 2 groups of subjects | 43 ± 6 | 61 ± 8 | — | — | — | 150 | 37 | 16 |
| 678 Bengal gram dhal, chickpea | 11 | 16 | Healthy, 6 | Glucose, 2 h | 54 | 150 | 36 | 4 |
| 679 Black gram (<i>Phaseolus mungo</i>), soaked 12 h, stored moist 24 h, steamed 1 h ¹¹ | 43 ± 10 | 61 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 150 | 18 | 8 |
| Chapatti | | | | | | | | |
| 680 Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry | 66 ± 10 | 94 | Type 2, 6 | Glucose, 3 h ²² | 43 | 60 | 30 | 20 |
| 681 Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd and tomato curry | 76 ± 20 | 108 | Type 2, 6 | Glucose, 3 h ²² | 43 | 60 | 30 | 23 |
| 682 Chapatti, baisen | 27 | 39 | Type 2, 11 | Wheat chapatti, 3 h ¹⁷ | 56 | — | — | — |
| 683 Chapatti, bajra | 67 | 96 | Type 2, 14 | Bread, 3 h | 50 | — | — | — |
| Chapatti, bajra | 49 | 70 | Healthy, 18 | Bread, 3 h | 50 | — | — | — |
| Mean of 2 groups of subjects | 58 ± 9 | 83 ± 13 | — | — | — | — | — | — |
| 684 Chapatti, barley | | | | | | | | |
| Chapatti, barley | 37 | 53 | Type 2, 14 | Bread, 3 h | 50 | — | — | — |
| Chapatti, barley | 48 | 69 | Healthy, 18 | Bread, 3 h | 50 | — | — | — |
| Mean of 2 groups of subjects | 42 ± 5 | 61 ± 8 | — | — | — | — | — | — |
| 685 Chapatti maize (<i>Zea mays</i>) | | | | | | | | |
| Chapatti maize (<i>Zea mays</i>) | 64 | 92 | Type 2, 14 | Bread, 3 h | 50 | — | — | — |
| Chapatti maize (<i>Zea mays</i>) | 59 | 85 | Healthy, 18 | Bread, 3 h | 50 | — | — | — |
| Mean of 2 groups of subjects | 62 ± 3 | 89 ± 4 | — | — | — | — | — | — |
| 686 Chapatti, wheat, served with bottle gourd and tomato curry | 66 ± 9 | 94 | Type 2, 6 | Glucose, 3 h ²² | 43 | 60 | 32 | 21 |
| 687 Chapatti, flour from malted wheat, moth bean (<i>Phaseolus aconitifolius</i>) and bengal gram (<i>Cicer arietinum</i>) | 66 ± 9 | 94 | Healthy, 7 | Glucose, 2 h | 111 | 60 | 38 | 25 |
| 688 Chapatti, flour made from popped wheat, moth bean and bengal gram | 40 ± 8 | 58 | Healthy, 7 | Glucose, 2 h | 111 | 60 | 36 | 14 |
| 689 Chapatti, flour from roller dried wheat, moth bean and bengal gram | 60 ± 9 | 85 | Healthy, 7 | Glucose, 2 h | 111 | 60 | 38 | 23 |
| 690 Chapatti | | | | | | | | |
| Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal | 81 ± 4 | 116 | Type 2, 8 | Glucose, 2 h | 112 | 200 | 50 | 41 |
| Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal | 44 ± 3 | 63 | Healthy, 11 | Glucose, 2 h | 112 | 200 | 50 | 22 |
| Mean of 2 groups of subjects | 63 ± 19 | 90 ± 27 | — | — | — | 200 | 50 | 32 |
| Cheela (thin savory pancake made from legume flour batter) | | | | | | | | |
| 691 Cheela, bengal gram (<i>Cicer arietinum</i>) | 42 ± 1 | 60 | Healthy, 15 | Glucose, 2 h ³² | 113 | 150 | 28 | 12 |
| Cheela, bengal gram (<i>Cicer arietinum</i>), fermented batter | 36 ± 1 | 51 | Healthy, 15 | Glucose, 2 h ³² | 113 | 150 | 28 | 10 |
| 692 Cheela, green gram (<i>Phaseolus aureus</i>) | 45 ± 1 | 64 | Healthy, 15 | Glucose, 2 h ³² | 113 | 150 | 26 | 12 |
| Cheela, green gram (<i>Phaseolus aureus</i>), fermented batter | 38 ± 1 | 54 | Healthy, 15 | Glucose, 2 h ³² | 113 | 150 | 26 | 10 |
| 693 Dhokla | | | | | | | | |
| Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina | 35 ± 4 | 50 | Healthy, 5 | Glucose, 2 h | 114 | — | — | — |
| Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina | 31 ± 6 | 44 | Type 2, 5 | Glucose, 2 h | 114 | — | — | — |
| Mean of 2 groups of subjects | 33 ± 2 | 47 ± 3 | — | — | — | 100 | 20 | 6 |
| 694 Dosai | | | | | | | | |
| Dosai (parboiled and raw rice, soaked, ground, fermented, and fried) with chutney | 77 ± 3 | 110 | Type 2, 9 | Glucose, 2 h | 112 | 150 | 39 | 30 |
| Dosai (parboiled and raw rice, soaked, ground, fermented, and fried) with chutney | 55 ± 2 | 79 | Healthy, 6 | Glucose, 2 h | 112 | 150 | 39 | 22 |
| Mean of 2 groups of subjects | 66 ± 11 | 95 ± 16 | — | — | — | 150 | 39 | 26 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving size | Available | GL ³ |
|---|--------------------|------------------|-------------------------------|-----------------------------------|----------------|-----------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| 695 Green gram (<i>Phaseolus aureus</i>), soaked 12 h, stored moist 24 h, steamed 1 h ¹¹ | 38 ± 14 | 54 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 150 | 17 | 6 |
| 696 Green gram, whole with varagu (<i>Paspalum scorbiculatum</i>), pressure cooked | 57 ± 6 | 81 | Type 2, 6 | Glucose, 2 h | 110 | 80 | 50 | 29 |
| 697 Green gram dhal with varagu (<i>Paspalum scorbiculatum</i>), pressure cooked | 78 ± 12 | 111 | Type 2, 6 | Glucose, 2 h | 110 | 78 | 50 | 39 |
| 698 Horse gram (<i>Dolichos biflorus</i>) soaked 12 h, stored moist 24 h, steamed 1 h ¹¹ | 51 ± 11 | 73 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 150 | 29 | 15 |
| 699 Idli | | | | | | | | |
| Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, and steamed) with chutney | 77 ± 2 | 110 | Type 2, 10 | Glucose, 2 h | 112 | 250 | 52 | 40 |
| Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, and steamed) with chutney | 60 ± 2 | 86 | Healthy, 11 | Glucose, 2 h | 112 | 250 | 52 | 31 |
| Mean of 2 groups of subjects | 69 ± 9 | 98 ± 12 | — | — | — | 250 | 52 | 36 |
| 700 Jowar, roasted bread made from Jowar flour (<i>Sorghum vulgare</i>) | 77 ± 8 | 110 | Type 2, 6 | Glucose, 2 h | 110 | 70 | 50 | 39 |
| 701 Laddu | | | | | | | | |
| Laddu (popped amaranth, foxtail millet, roasted legume powder, and fenugreek seeds) in hot sweet syrup | 24 ± 4 | 34 | Healthy, 5 females | Glucose, 2 h | 114 | — | — | — |
| Laddu (popped amaranth, foxtail millet, roasted legume powder, and fenugreek seeds) in hot sweet syrup | 29 ± 4 | 41 | Type 2, 5 males | Glucose, 2 h | 114 | — | — | — |
| Mean of 2 groups of subjects | 27 ± 3 | 38 ± 4 | — | — | — | 50 | 31 | 8 |
| 702 Lentil and cauliflower curry with rice (Australia) | 60 ± 10 | 86 | Healthy, 8 | Glucose, 2 h | 87 | 360 | 51 | 31 |
| 703 Millet/Ragi (<i>Eleusine coracana</i>), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h ¹¹ | 68 ± 10 | 97 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 150 | 34 | 23 |
| 703 Millet/Ragi | | | | | | | | |
| Millet/Ragi (<i>Eleusine coracana</i>) ¹¹ | 84 | 120 | Type 2, 20 | Glucose, 2 h | 68 | 70 | 50 | 42 |
| Millet/Ragi (<i>Eleusine coracana</i>) flour eaten as roasted bread | 104 ± 13 | 149 | Type 2, 6 | Glucose, 2 h | 110 | 70 | 50 | 52 |
| Mean of 2 studies | 94 ± 10 | 135 ± 15 | — | — | — | — | — | — |
| 705 Pongal | | | | | | | | |
| Pongal (rice and roasted green gram dhal, pressure cooked) | 90 ± 3 | 129 | Type 2, 10 | Glucose, 2 h | 112 | — | — | — |
| Pongal (rice and roasted green gram dhal, pressure cooked) | 45 ± 2 | 64 | Healthy, 8 | Glucose, 2 h | 112 | — | — | — |
| Mean of 2 groups of subjects | 68 ± 23 | 97 ± 33 | — | — | — | 250 | 52 | 35 |
| 706 Pooori | | | | | | | | |
| Pooori (deep-fried wheat-flour dough) with potato palya (mashed potato) | 82 ± 2 | 117 | Type 2, 8 | Glucose, 2 h | 112 | — | — | — |
| Pooori (deep-fried wheat-flour dough) with potato palya (mashed potato) | 57 ± 1 | 81 | Healthy, 8 | Glucose, 2 h | 112 | — | — | — |
| Mean of 2 groups of subjects | 70 ± 13 | 99 ± 18 | — | — | — | 150 | 41 | 28 |
| 707 Rajmah (<i>Phaseolus vulgaris</i>) | 19 | 27 | Healthy, 6 | Glucose, 2 h | 54 | 150 | 30 | 6 |
| 708 Rice (<i>Oryza sativa</i>) boiled served with bottle gourd and tomato curry | 69 ± 15 | 99 | Type 2, 6 | Glucose, 3 h ²² | 43 | 150 | 38 | 26 |
| 709 Semolina | | | | | | | | |
| Semolina (<i>Triticum aestivum</i>), steamed | 55 ± 9 | 79 | Type 2, 30 | Glucose, 2 h ³² | 69 | 67 | 50 | 28 |
| Semolina (<i>Triticum aestivum</i>), preroasted | 76 ± 6 | 109 | Type 2, 30 | Glucose, 2 h ³² | 69 | 67 | 50 | 38 |
| Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>) | 46 ± 12 | 66 | Type 2, 30 | Glucose, 2 h ³² | 69 | 71 | 50 | 23 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Serving | Available | GL ³ |
|--|--------------------|------------------|-------------------------------|-----------------------------------|----------------|-------------|-------------------|------------------|
| | (Glucose = 100) | (Bread = 100) | | | | size | carbo- hydrate | (per serving) |
| | | | | | | g | g/serving | |
| Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>) | 62 ± 20 | 89 | Type 2, 30 | Glucose, 2 h ³² | 69 | 71 (dry) | 50 | 31 |
| Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietum</i>) | 54 ± 7 | 77 | Type 2, 30 | Glucose, 2 h ³² | 69 | 71 (dry) | 50 | 27 |
| 710 Tapioca (<i>Manihot utilissima</i>), steamed 1 h ¹¹ | 70 ± 10 | 100 | Healthy, 12–15 | Glucose, 3 h ²² | 65 | 250 | 18 | 12 |
| 711 Varagu (<i>Paspalum scrobiculatum</i>), pressure cooked 15 lb 12–15 min | 68 ± 8 | 97 | Type 2, 6 | Glucose, 2 h | 110 | 76 (dry) | 50 | 34 |
| 712 Upittu | | | | | | | | |
| Upittu (roasted semolina and onions, cooked in water) | 67 ± 3 | 96 | Type 2, 12 | Glucose, 2 h | 112 | — | — | — |
| Upittu (roasted semolina and onions, cooked in water) | 69 ± 4 | 99 | Healthy, 11 | Glucose, 2 h | 112 | — | — | — |
| Mean of 2 groups of subjects | 68 ± 1 | 98 ± 2 | — | — | — | 150 | 42 | 28 |
| 713 Uppuma kedgere | | | | | | | | |
| Uppuma kedgere (millet, legumes, fenugreek seeds; roasted and cooked in water) | 18 ± 3 | 25 | Healthy, 5 | Glucose, 2 h | 114 | — | — | — |
| Uppuma kedgere (millet, legumes, fenugreek seeds; roasted and cooked in water) | 19 ± 3 | 28 | Type 2, 5 | Glucose, 2 h | 114 | — | — | — |
| Mean of 2 groups of subjects | 18 ± 1 | 27 ± 2 | — | — | — | 150 | 33 | 6 |
| Australian aboriginal | | | | | | | | |
| 714 <i>Acacia aneura</i> , mulga seed, roasted, wet ground to paste ⁶ | 8 | 11 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | 50 | 17 | 1 |
| 715 <i>Acacia coriacea</i> , desert oak, seed bread ⁶ | 46 | 66 | Healthy, 6 | Bread, 3 h | 79 | 75 | 24 | 11 |
| 716 <i>Araucaria bidwillii</i> , bunya tree nut, baked 10 min ⁶ | 47 | 67 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | 50 | 16 | 7 |
| 717 Bush honey, sugar bag ⁶ | 43 | 61 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | 30 | 25 | 11 |
| 718 <i>Castanospermum australe</i> , blackbean seed, sliced, soaked 1 wk, pounded and baked ⁶ | 8 | 11 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | 50 | 9 | 1 |
| 719 <i>Dioscorea bulbifera</i> , cheeky yam, peeled, sliced, soaked 2 d, baked 15 min ⁶ | 34 | 49 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | 150 | 36 | 12 |
| 720 <i>Macrozamia communis</i> , cycad palm seed, sliced, soaked 1 wk, pounded, baked ⁶ | 40 ± 2 | 57 | Healthy, 7 | Glucose, 2 h | 85 | 50 | 25 | 10 |
| Pacific Islanders | | | | | | | | |
| 721 Breadfruit (<i>Artocarpus altilis</i>) (Australia) ⁶ | 68 | 97 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | 120 | 27 | 18 |
| 722 Banana/plantain, green | | | | | | | | |
| Green banana, boiled (New Zealand) | 38 ± 10 | 54 | Healthy, 8 | Glucose, 2 h | 25 | 120 | 21 | 8 |
| 723 Sweet potato | | | | | | | | |
| Sweet potato (<i>Ipomoea batatas</i>) (Australia) | 44 | 63 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | 150 | 25 | 11 |
| Sweet potato, kumara (New Zealand) | 77 ± 12 | 110 | Healthy, 9 | Glucose, 2 h | 25 | 150 | 25 | 19 |
| Sweet potato, kumara (New Zealand) | 78 ± 6 | 111 | Type 2, 14 | Glucose, 2 h | 25 | 150 | 25 | 20 |
| Mean of 3 studies | 66 ± 11 | 95 ± 16 | — | — | — | 150 | 28 | 17 |
| 724 Taro | | | | | | | | |
| Taro (<i>Colocasia esculenta</i>) peeled, boiled (Australia) | 54 | 77 | Healthy, 7 | Potato, 3 h ²⁵ | 79 | — | — | — |
| Taro, peeled, boiled (New Zealand) | 56 ± 12 | 80 | Healthy, 9 | Glucose, 2 h | 25 | — | — | — |
| Mean of 2 studies | 55 ± 1 | 79 ± 2 | — | — | — | 150 | 8 | 4 |
| 725 Yam | | | | | | | | |
| Yam, peeled, boiled (New Zealand) | 25 ± 4 | 36 | Type 2, 13 | Glucose, 2 h | 25 | — | — | — |
| Yam, peeled, boiled (New Zealand) | 35 ± 5 | 50 | Healthy, 14 | Glucose, 2 h | 25 | — | — | — |
| Mean of 2 groups of subjects | 30 ± 5 | 43 ± 7 | — | — | — | 150 | 36 | 13 |
| Israeli | | | | | | | | |
| 726 Melawach (dough made from white-wheat flour and butter, fried) | | | | | | | | |
| Melawach | 61 ± 10 | 87 | Type 2, 9; healthy, 9 | Glucose, 3 h ¹⁴ | 88 | — | — | — |
| Melawach | 71 ± 7 | 101 | Type 2, 14 | Glucose, 3 h ¹⁴ | 115 | — | — | — |
| Mean of 2 studies | 66 ± 5 | 94 ± 7 | — | — | — | 115 | 53 | 35 |
| 727 Melawach + 15 g locust bean (<i>Ceratonia siliqua</i>) fiber (soluble) | 31 ± 6 | 44 | Type 2, 9 | Glucose, 3 h ¹⁴ | 115 | 130 | 53 | 16 |

(Continued)

TABLE 1 (Continued)

| Food number and item | GI ² | GI ² | Subjects (Type and number) | Reference food and time period | Refer- ence | Available | | GL ³ (per serving) |
|---|--------------------|------------------|-------------------------------|-----------------------------------|----------------|-----------|-----------|-------------------------------------|
| | (Glucose = 100) | (Bread = 100) | | | | g | g/serving | |
| 728 Melawach + 15 g maize cob fiber (insoluble) | 59 ± 10 | 84 | Type 2, 9 | Glucose, 3 h ¹⁴ | 115 | 130 | 53 | 31 |
| 729 Melawach + 15 g lupin (<i>Lupinus albus</i>) fiber | 72 ± 10 | 103 | Type 2, 10 | Glucose, 3 h ¹⁴ | 115 | 130 | 53 | 38 |
| Pima Indian | | | | | | | | |
| 730 Acorns, stewed with venison (<i>Quercus emoryi</i>) ⁶ | 16 ± 1 | 23 | Healthy, 8 | Glucose, 2 h | 116 | 100 | 6 | 1 |
| 731 Cactus jam (<i>Stenocereus thurberi</i>) | 91 | 130 ± 19 | Healthy, 8 | Bread, 2 h | 117 | 30 | 20 | 18 |
| 732 Corn hominy (<i>Zea mays</i>) ⁶ | 40 ± 5 | 57 | Healthy, 8 | Glucose, 2 h | 116 | 150 | 30 | 12 |
| 733 Fruit Leather (<i>Stenocereus thurberi</i>) | 70 | 100 ± 19 | Healthy, 8 | Bread, 2 h | 117 | 30 | 24 | 17 |
| 734 Lima beans broth (<i>Phaseolus lunatus</i>) ⁶ | 36 ± 3 | 51 | Healthy, 8 | Glucose, 2 h | 116 | 250 mL | 32 | 12 |
| 735 Mesquite cakes (<i>Prosopis velutina</i>) ⁶ | 25 ± 3 | 36 | Healthy, 4 | Glucose, 2 h | 116 | 60 | 4 | 1 |
| 736 Tortilla (<i>Zea mays</i> and <i>Olneya tesota</i>) | 38 | 54 ± 9 | Healthy, 8 | Bread, 2 h | 117 | 60 | 25 | 9 |
| 737 White teparies broth (<i>Phaseolus acutifolius</i>) ⁶ | 31 ± 3 | 44 | Healthy, 8 | Glucose, 2 h | 116 | 250 mL | 32 | 10 |
| 738 Yellow teparies broth (<i>Phaseolus acutifolius</i>) ⁶ | 29 ± 3 | 41 | Healthy, 8 | Glucose, 2 h | 116 | 250 mL | 26 | 8 |
| South American | | | | | | | | |
| 739 Arepa, corn bread cake, made with corn flour (Mexico) | 72 | 102 | Healthy, 6 | Glucose, 4 h ³³ | 118 | 100 | 43 | 31 |
| 740 Arepa, made from ordinary dehulled dent corn flour (25% amylose) ^{9,34} | 81 | 116 | Healthy, 9 | Arepa, 2 h ³⁵ | 119 | 100 | 43 | 35 |
| 741 Arepa, made from dehulled high-amylose (70%) corn flour ^{9,34} | 44 | 63 | Healthy, 9 | Arepa, 2 h ³⁵ | 119 | 100 | 25 | 11 |
| 742 Black beans | 30 | 43 ± 17 | Type 2, 27; healthy, 21 | Bread, 3 h | 98 | 150 | 23 | 7 |
| 743 Brown beans | 38 | 54 ± 15 | Type 2, 27; healthy, 21 | Bread, 3 h | 98 | 150 | 25 | 9 |
| 744 Corn tortilla (Mexican) | 52 | 74 ± 7 | Healthy, 8 | Bread, 3.5 h | 120 | 50 | 24 | 12 |
| 745 Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexican) | 39 | 56 ± 8 | Healthy, 8 | Bread, 3.5 h | 120 | 100 | 23 | 9 |
| 746 Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexican) | 78 | 111 ± 12 | Healthy, 8 | Bread, 3.5 h | 120 | 100 | 15 | 11 |
| 747 Nopal (prickly pear cactus) | 7 | 10 ± 17 | Type 2, 27; healthy, 21 | Bread, 3 h | 98 | 100 | 6 | 0 |
| 748 Pinto beans, boiled in salted water | 14 | 19 ± 3 | Healthy, 8 | Bread, 3.5 h | 120 | 150 | 25 | 4 |
| 749 Wheat tortilla (Mexican) | 30 | 43 ± 7 | Healthy, 8 | Bread, 3.5 h | 120 | 50 | 26 | 8 |
| 750 Wheat tortilla served with refried pinto beans and tomato sauce (Mexican) | 28 | 40 ± 13 | Healthy, 8 | Bread, 3.5 h | 120 | 100 | 18 | 5 |

¹NS, not specified; type 1 and type 2, subjects with type 1 and type 2 diabetes; AUC, area under the curve. Serving sizes in grams unless specified otherwise.

² $\bar{x} \pm \text{SEM}$. 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.

³Estimated 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.

⁴Human Nutrition Unit (Sydney University, Australia), unpublished observations, 1995–2002.

⁵The low GI may be explained by the inclusion of rolled oats in the recipe.

⁶Portions of the test food and the reference food contained 25 g carbohydrate.

⁷V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 1996–2000.

⁸GI calculated from the AUC for glucose.

⁹GI calculated by using a mathematical formula based on results from an in vitro starch hydrolysis assay.

¹⁰Impaired glucose tolerance.

¹¹Both the test food and the reference food contained 75 g carbohydrate.

¹²Both the test food and the reference food contained 100 g carbohydrate.

¹³Values based on 0.5 g carbohydrate/kg body wt.

¹⁴AUC measured over 3 h for only 5 time points (0, 30, 60, 120, and 180 min).

¹⁵GI corrected for added milk and adjusted to represent a 50-g carbohydrate portion size.

¹⁶Made from raw oats that were cooked for 20 min.

¹⁷Used as reference food and given a GI of 100. The GI of the test food was measured by expressing the glucose AUC value for the test food as a percentage of the AUC value for wheat chapatti.

¹⁸GI calculated from AUC food/AUC glucose formula. The AUC value was calculated over 3 h for 5 time points only.

¹⁹J Dzieniszewski, J Ciok (National Food and Nutrition Institute, Poland), unpublished observations, 1996–2001.

- ²⁰J Brand-Miller, S Holt (Sydney University, Australia), and V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 2000 and 2001.
- ²¹M Champ (INRA, France) and V Lang (Danone Vitapole Company, France), unpublished observations, 1998.
- ²²AUC measured over 3 h for only 4 time points (0, 1, 2, and 3 h).
- ²³AUC calculated as the area above fasting to 3 h only.
- ²⁴AUC measured over 5 h, but blood samples taken at hourly intervals only.
- ²⁵Potato used as 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.
- ²⁶White 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).
- ²⁷Blood glucose measured at 30-min intervals.
- ²⁸GI for sugars calculated from the glycemic response for a meal of sugar and rolled oats minus the glycemic response for the oats alone.
- ²⁹Both the test food and the reference food contained 30 g carbohydrate.
- ³⁰Total weight of the test food was 25 g, whereas reference food contained 25 g available carbohydrate. The carbohydrate content of the test food was assumed to be 100% available, which may be an overestimate.
- ³¹Eaten as part of a mixed meal with fish, tomato, and onion sauce.
- ³²AUC measured over 2 h for 4 time points (0, 30, 60, and 120 min).
- ³³AUC measured over 4 h for only 6 time points (0, 30, 60, 120, 180, and 240 min).
- ³⁴Both the test food and the reference food contained 45 g carbohydrate.
- ³⁵Reference food was an ordinary corn flour arepa.

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