

**REVISED INTERNATIONAL TABLE OF GLYCEMIC INDEX (GI) AND GLYCEMIC
LOAD (GL)—2002¹**

Food Number and Item	GI ² glucose =100	Serve size grams	GL ³ per serve
BAKERY PRODUCTS			
Cakes			
1	67	50	19
2	47±8	80	18
3	55±10	80	16
4	38±3	111	20
Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, MN, USA)			
5	73±12	38	19
Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Vic, Australia)			
6	87±17	50	25
Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)			
7	54	53	15
Pound cake (Sara Lee Canada, Bramalea, Canada)			
8	46±6	63	17
Sponge cake, plain			
9	42±4	111	24
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA)			
10	67	57	17
Croissant (Food City, Toronto, Canada)			
11	69	50	13
Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)			
12	76	47	17
Doughnut, cake type (Loblaws, Canada)			
13	65	70	31
Flan cake (Weston's Bakery, Toronto, Canada)			
14			
Muffins			
	44±6	60	13
Apple, made with sugar ⁴			
	48±10	60	9
Apple, made without sugar ⁴			
	54±4	50	14
Apple, oat, sultana, made from packet mix (Defiance Milling Co., Acacia Ridge, Qld, Australia)			
	60±4	50	16
Apricot, coconut and honey, made from packet mix (Defiance Milling Co., Australia)			
	65±11	50	17
Banana, oat and honey, made from packet mix (Defiance Milling Co., Australia)			
	60	57	15
Bran (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)			
	59	57	17
Blueberry (Culinar Inc., Canada)			
	62	57	20
Carrot (Culinar Inc., Canada)			
	53±5	50	15
Chocolate butterscotch, made from packet mix (Defiance Milling Co., Australia)			
	102	57	30
Corn muffin, low-amylose ⁵			
	49		
Corn muffin, high-amylose ⁵			
	69	50	24
Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough,			

	Canada)			
15	Pancakes, prepared from shake mix (Green's General Foods, Glendenning, NSW, Australia)	67±5	80	39
16	Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Vic, Australia)	102±11	77	22
17	Pastry	59±6	57	15
18	Pikelets, Golden brand (Tip Top Bakeries, Chatswood, NSW, Australia)	85±14	40	18
19	Scones, plain, made from packet mix (Defiance Milling Co., Australia)	92±8	25	8
20	Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76	35	10

BEVERAGES

21	Coca Cola®			
	Coca Cola®, soft drink (Coca Cola Amatil, Sydney, NSW, Australia)	53±7	250	14
	Coca Cola®, soft drink/soda (Coca Cola Bottling Company, Atlanta, GA, USA)	63	250	16
	mean of two types	58±5		
22	Cordial, orange, reconstituted (Berri Ltd., Berri, SA, Australia)	66±8	250	13
23	Fanta®, orange soft drink (Coca Cola Amatil, Australia)	68±6	250	23
24	Lucozade®, original (sparkling glucose drink) (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)	95±10	250	40
25	Smoothie, raspberry (Con Agra Inc., Omaha, NE, USA)	33±9	250	14
26	Smoothie drink, soy, banana (So Natural Foods, Tarren Point, NSW, Australia) ⁶	30±3	250	7
27	Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia) ⁶	34±3	250	8
28	Solo™, lemon squash, soft drink (Cadbury Schweppes, Sydney, NSW, Australia) ⁶	58±5	250	17
29	Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium Health Foods, Berkeley Vale, NSW, Australia)	43±5	250	11
30	Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium Health Foods, Australia)	46±5	250	11
31	Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) ⁶ (So Natural Foods, Australia)	39±2	250	13
	Juices			
32	Apple juice			
	Apple juice, pure, unsweetened, reconstituted (Berri Ltd., Berri, SA, Australia)	39±5		
	Apple juice, unsweetened	40		
	Apple juice, unsweetened (Allens, Toronto, Canada)	41		
	mean of three studies	40±1	250	12
33	Apple juice, pure, clear, unsweetened (Wild About Fruit, Wandin, Vic, Australia)	44±2	250	13
34	Apple juice, pure, cloudy, unsweetened (Wild About Fruit, Australia)	37±3	250	10
35	Apple and cherry juice, pure, unsweetened (Wild About Fruit, Australia)	43±3	250	14
36	Carrot juice, freshly made (Sydney, Australia) ⁶	43±3	250	10

37	Cranberry juice cocktail (Ocean Spray®, Melbourne, Vic, Australia)	52±3	250	16
38	Cranberry juice cocktail (Ocean Spray® Inc., Lakeville-Middleboro, MA, USA)	68±3	250	24
39	Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	250	16
40	Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250	11
41	Orange juice			
	Orange Juice (Canada)	46±6		
	Orange juice, unsweetened, reconstituted (Quelch®, Berri Ltd., Carlton, Vic, Australia)	53±6		
	mean of two studies	50±4	250	13
42	Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	250	16
43	Tomato juice, canned, no added sugar (Berri Ltd., Berri, SA, Australia) ⁶	38±4	250	4
44	Yakult®, fermented milk drink with Lactobacillus casei (Yakult, Dandenong, Vic, Australia)	46±6	65	6
	Sports drinks			
45	Gatorade® (Spring Valley Beverages Pty Ltd., Cheltenham, Vic, Australia)	78±13	250	12
46	Isostar® (Novartis Consumer Health, Nyon, Switzerland)	70±15	250	13
47	Sports Plus® (Berri Ltd., Berri, SA, Australia)	74±6	250	13
48	Sustagen Sport® (Mead Johnson, Rydalmere, NSW, Australia)	43±9	250	21
	Drinks made from drinking mix powders			
49	Build-Up™ nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, NSW, Australia)	41±4	250	14
50	Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3	250	11
51	Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, NSW, Australia) mixed in reduced-fat (1.5%) cow's milk	36±3	250	7
52	Malted milk powder in full-fat cow's milk (Nestlé, Australia)	45±3	250	12
53	Milo™ (chocolate nutrient-fortified drink powder)			
	Milo™ (Nestlé, Australia) dissolved in water	55±3	250	9
	Milo™ (Nestlé, Auckland, New Zealand) dissolved in water	52±5	250	9
	mean of two studies	54±2		
	Milo™ (Nestlé, Australia) dissolved in full-fat cow's milk	35±2	250	9
	Milo™ (Nestlé, New Zealand) dissolved in full-fat cow's milk	36±3	250	9
	mean of two studies	36±1		
54	Nutrimeal™, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, UT, USA)	26±3	250	4
55	Quik™ (sweet drink powder)			
	Quik™, chocolate (Nestlé, Sydney, NSW, Australia), dissolved in water	53±5	250	4
	Quik™, chocolate (Nestlé, Australia), dissolved in 1.5% fat milk	41±4	250	5
	Quik™, strawberry (Nestlé, Australia), dissolved in water	64±8	250	5
	Quik™, strawberry (Nestlé, Australia), dissolved in 1.5% fat milk	35±3	250	4

BREADS

56	Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72	70	25
57	Baguette, white, plain (France)	95±15	30	15
58	French baguette with chocolate spread (France)	72±8	70	27
59	French baguette with butter and strawberry jam (France)	62±7	70	26
60	Pain au lait (Pasquier, France)	63±10	60	20
61	Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74	30	16
	Barley Breads			
62	Coarse barley kernel bread, 75-80% kernels			
	75% kernels	27	30	5
	80% scalded intact kernels (20% white wheat flour)	34	30	7
	80% intact kernels (20% white wheat flour)	40	30	8
	mean of three studies	34±4		
63	Barley kernel bread, 50% kernels			
	50% kernels (Canada)	43	30	9
	50% kibbled barley (Australia)	48	30	10
	mean of two studies	46±2	30	9
64	Sunflower and barley bread (Riga bakeries, Sydney, NSW, Australia)	57±6	30	6
65	Barley flour breads			
	100% barley flour (Canada); (rye bread composition)	67	30	9
	Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67	30	13
	Wholemeal barley bread, flat, thin, soft	50	30	7
	(50% regular barley flour, 50% high-fibre barley flour) (Sweden)			
	Wholemeal barley bread, flat, thin, soft	43	30	5
	(20% regular barley flour, 80% high-fibre barley flour) (Sweden)			
66	Wholemeal barley flour (80%) and white wheat flour (20%) breads - fermented or with added organic acids or salts (Sweden)			
	Wholemeal barley flour bread (used as reference for the 5 breads below) ⁵	70	30	14
	Wholemeal barley flour bread with sourdough (lactic acid) ⁵	53	30	10
	Wholemeal barley flour bread with lactic acid ⁵	66	30	12
	Wholemeal barley flour bread with calcium lactate ⁵	59	30	12
	Wholemeal barley flour bread with sodium propionate ⁵	65	30	13
	Wholemeal barley flour bread with higher dose sodium propionate ⁵	57	30	11
	Buckwheat bread			
67	Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)	47	30	10

Fruit Breads			
68	Bürgen™ Fruit loaf (Tip Top Bakeries, Chatswood, NSW, Australia)	44±5	30 6
69	Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, NSW, Australia)	54±6	30 8
70	Continental fruit loaf, wheat bread with dried fruit (Australia)	47±6	30 7
71	Happiness™ (cinnamon, raisin, pecan bread) (Natural Ovens, Mannitowoc, WI, USA)	63±5	30 9
72	Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)	54±6	30 7
73	Hamburger bun (Loblaws, Toronto, Canada)	61	30 9
74	Kaiser rolls (Loblaws, Canada)	73	30 12
75	Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70	30 16
Gluten-free bread			
76	Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Vic, Australia)	79±13	30 10
77	Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71	30 11
	Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80	30 12
	mean of two studies	76±5	30 11
78	Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69	30 9
	Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76	30 10
	mean of two studies	73±4	30 9
Oat Bread			
79	Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65	30 12
Oat bran bread			
80	50% oat bran (Australia)	44	30 8
81	45% oat bran and 50% wheat flour (Sweden)	50	30 9
	mean of two studies	47±3	30 9
Rice bread			
82	Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, NSW, Australia)	72±9	30 8
83	Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)	61±9	30 7
Rye Bread			
84	Rye kernel (pumpernickel) bread		
	Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	41	30 5
	Rye kernel bread (Pumpernickel) (Canada)	41	30 5
	Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46	30 5
	Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55	30 7
	Cocktail, sliced (Kasselar Food Products, Toronto, Canada)	55	30 7
	Cocktail, sliced (Kasselar Food Products, Canada)	62	30 8
	mean of six studies	50±4	30 6
85	Wholemeal rye bread		
	Wholemeal rye bread (Canada)	41	

Wholemeal rye bread (Canada)	62		
Wholemeal rye bread (Canada)	63		
Wholemeal rye bread (Canada)	66		
mean of four studies	58±6	30	8
Specialty rye breads			
86 Blackbread, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	76±14	30	10
87 Bürgen™ Dark/Swiss rye (Tip Top Bakeries, Australia)	55±12		
Bürgen™ Dark/Swiss rye (Tip Top Bakeries, Australia)	74±6		
mean of two studies	65±10	30	7
88 Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67	30	9
89 Light rye (Silverstein's Bakery, Toronto, Canada)	68	30	10
90 Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	55	30	7
91 Roggenbrot, Vogel's (Stevns & Co, Sydney, NSW, Australia)	59±5	30	8
92 Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	86±15	30	12
93 Sourdough rye (Canada)	57		
Sourdough rye (Australia)	48		
mean of two studies	53±5	30	6
94 Volkornbrot, wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	56	30	7
Wheat Breads			
95 Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	52	30	10
96 Cracked wheat kernel (bulgur) bread			
50% cracked wheat kernel (Canada)	58	30	12
75% cracked wheat kernels (Canada)	48	30	10
mean of two studies	53±3	30	11
Spelt wheat breads			
97 White spelt wheat bread ⁹ (Slovenia)	74	30	17
98 Wholemeal spelt wheat bread ⁹ (Slovenia)	63	30	12
99 Scalded spelt wheat kernel bread ⁹ (Slovenia)	67	30	15
100 Spelt multigrain bread® (Pav's bakery, Australia)	54±10	30	7
101 White wheat flour bread			
White flour (Canada)	69±5	30	10
White flour (USA)	70	30	10
White flour, Sunblest™ (Tip Top Bakeries, Australia)	70	30	10
White flour (Dempster's Corporate Foods Ltd., Canada)	71	30	10
White flour (South Africa)	71±7	30	9
White flour (Canada)	71	30	10

	mean of six studies	70±0	30	10
102	White wheat flour bread, hard, toasted (Italian)	73	30	11
103	Wonder™, enriched white bread (Interstate Brands Companies, Kansas City, MO, USA)	71±9		
	Wonder™, enriched white bread (Interstate Brands Companies, USA)	72±4		
	Wonder™, enriched white bread (Interstate Brands Companies, USA)	77±3		
	mean of three studies	73±2	30	10
104	White Turkish bread (Turkey)	87	30	15
	White bread with enzyme inhibitors			
105	White bread + acarbose (200mg) (Mexico)	18	30	3
	White bread + acarbose (200mg) (Mexico)	50	30	8
	mean in two groups of subjects	34±16	30	6
106	White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor) (Switzerland) ⁵	48	30	6
107	White bread roll + 6 mg trestatin (Switzerland) ⁵	29	30	4
	White bread with soluble fiber			
108	White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	41	30	7
	White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	65	30	11
	mean in two groups of subjects	53±12	30	9
109	White bread eaten with vinegar as vinaigrette (Sweden)	45	30	7
110	White bread eaten with powdered dried seaweed (Nori alga) (Spain)	48	30	7
111	White bread containing Eurylon® high-amylose maize starch (France) ¹²	42	30	8
	White fiber-enriched bread			
112	White, high-fiber (Dempster's Corporate Foods Ltd., Canada)	67		
113	White, high-fiber (Weston's Bakery, Toronto, Canada)	69		
	mean of two studies	68±1	30	9
	White resistant starch-enriched bread			
114	Fibre White™ (Nature's Fresh, Auckland, New Zealand)	77±10	30	11
115	Wonderwhite™ (Buttercup Bakeries, Australia)	80±8	30	11
116	Wholemeal (whole wheat) wheat flour bread			
	Wholemeal flour (Canada)	52	30	6
	Wholemeal flour (Canada)	64	30	8
	Wholemeal flour (Canada)	65	30	8
	Wholemeal flour (Canada)	67	30	8
	Wholemeal flour (Canada)	67	30	8
	Wholemeal flour (Canada)	69	30	8
	Wholemeal flour (Canada)	71	30	8
	Wholemeal flour (Canada)	72±6	30	8

Wholemeal flour (USA) ⁵	73	30	10
Wholemeal flour (South Africa)	75±9	30	9
Wholemeal flour (Tip Top Bakeries, Australia)	77±9	30	9
Wholemeal flour (Tip Top Bakeries, Australia)	78±16	30	9
Wholemeal flour (Kenya)	87	30	11
mean of thirteen studies	71± 2	30	9
117 Wholemeal Turkish bread	49	30	8
Specialty wheat breads			
118 Bürgen® Mixed Grain bread (Australia)			
Bürgen® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)	34±4		
Bürgen® Mixed Grain	45±12		
Bürgen® Mixed Grain	69±6		
mean of three studies	49±10	30	6
119 Bürgen® Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia)	31±3	30	3
120 Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia)	36±4	30	3
121 English Muffin™ bread (Natural Ovens, USA)	77±7	30	11
122 Healthy Choice™ Hearty 7 Grain (Con Agra Inc., USA)	55±6	30	8
123 Healthy Choice™ Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	30	9
124 Helga's™ Classic Seed Loaf (Quality Bakers, Sydney, NSW, Australia)	68±9	30	9
125 Helga's™ traditional wholemeal bread (Quality Bakers, Australia)	70±14	30	9
126 Hunger Filler™, whole grain bread (Natural Ovens, USA)	59±8	30	7
127 Molenberg™ (Goodman Fielder, Auckland, New Zealand)	75±10		
Molenberg™ (Goodman Fielder, New Zealand)	84±8		
mean of two studies	80±5	30	11
1289-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5	30	6
129 Multigrain Loaf, spelt wheat flour (Australia)	54±10	30	8
130 Multigrain (50% kibbled wheat grain) (Australia)	43	30	6
131 Nutty Natural™, whole grain bread (Natural Ovens, USA)	59±7	30	7
132 Performax™ (Country Life Bakeries, Dandenong, Vic, Australia)	38±3	30	5
133 Ploughman's™ Wholegrain, original recipe (Quality Bakers, Australia)	47	30	7
134 Ploughman's™ Wholemeal, smooth milled (Quality Bakers, Australia)	64±10	30	9
135 Semolina Bread (Kenya)	64		
136 Sourdough wheat (Australia)	54	30	8
137 Soy & Linseed bread (made from packet mix in bread maker) (Con Agra Inc., USA)	50±6	30	5
138 Stay Trim™, whole grain bread (Natural Ovens, USA)	70±10	30	10
139 Sunflower & Barley bread, Riga brand (Berzin's Specialty Bakery, Australia)	57±6	30	7
140 Vogel's Honey & Oats (Stevens & Co., Sydney, NSW, Australia)	55±5	30	7
141 Vogel's Roggenbrot (Stevens & Co., Australia)	59±5	30	8

142	Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74	30	16
143	100% Whole Grain™ bread (Natural Ovens, USA)	51±11	30	7
144	White wheat flour flatbread (Sweden)	79	30	13
Unleavened Breads				
145	Lebanese bread, white (Seda Bakery, Sydney, NSW, Australia)	75±9	30	12
146	Middle Eastern flatbread	97±29	30	15
147	Pita bread, white (Canada)	57	30	10
148	Wheat flour flatbread (India)	66±9	30	10
149	Amaranth : wheat (25:75) composite flour flatbread (India)	66±10	30	10
150	Amaranth : wheat (50:50) composite flour flatbread (India)	76±20	30	11

BREAKFAST CEREALS AND RELATED PRODUCTS

151	All-Bran™ (high-fiber, extruded wheat bran cereal)			
	All-Bran™ (Kellogg's, Pagewood, NSW, Australia) ¹³	30	30	4
	All-Bran™ (Kellogg's, Battle Creek, MI, USA)	38	30	9
	All-Bran™ (Kellogg's Inc., Etobicoke, Canada)	50	30	9
	All-Bran™ (Kellogg's Inc., Canada)	51±5	30	9
	mean of four studies	42±5		
152	All-Bran Fruit 'n Oats™ (Kellogg's, Australia)	39	30	7
153	All-Bran Soy 'n Fibre™ (Kellogg's, Australia)	33±3	30	4
154	Amaranth (Amaranthus esculentum) popped, eaten with milk and non-nutritive sweetener (India)	97±19	30	18
	Barley porridge			
155	Wholemeal barley flour porridge (100% regular barley) (flour:water = 1:3), boiled 2.5 min (Sweden)	68	50 (dry)	23
156	Wholemeal high-fibre barley flour porridge (50% regular barley flour: 50% high-fibre barley flour) (Sweden)	55	50 (dry)	8
157	Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden)	62	50 (dry)	17
158	Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden)	65	50 (dry)	18
159	Bran Buds™ (Kellogg's Inc., Canada) ¹⁵	58	30	7
160	Bran Buds with psyllium (Kellogg's Inc., Canada) ¹⁵	47	30	6
161	Bran Chex™ (Nabisco Brands Ltd., Toronto, Canada) ¹⁵	58	30	11
162	Bran Flakes™ (Kellogg's, Australia)	74	30	13
163	Cheerios™ (General Mills Inc., Etobicoke, Canada) ¹⁵	74	30	15
164	Chocapic™ (Nestlé, France)	84±9	30	21
165	Coco Pops™ (cocoa flavoured puffed rice)			
	Coco Pops™ (Kellogg's, Australia)	77±8		
	Coco Pops™ (Kellogg's, Australia)	77±3		
	mean of two studies	77	30	20

166Corn Bran™ (Quaker Oats Co. of Canada, Peterborough, Canada) ¹⁵	75	30	15
167Corn Chex™ (Nabisco Brands Ltd., Canada) ¹⁵	83	30	21
168Cornflakes™			
Cornflakes™ (Kellogg's, Auckland, New Zealand)	72±16	30	18
Cornflakes™ (Kellogg's, Australia)	77	30	20
Cornflakes™ (Kellogg's Inc., Canada)	80±6	30	21
Cornflakes™ (Kellogg's Inc., Canada)	86	30	22
Cornflakes™ (Kellogg's, USA) ⁵	92	30	24
mean of five studies	81±3	30	21
169Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada) ¹⁵	74	30	17
170Cornflakes, Crunchy Nut™ (Kellogg's, Australia)	72±4	30	17
171Corn Pops™ (Kellogg's, Australia)	80±4	30	21
172Cream of Wheat™ (Nabisco Brands Ltd., Canada) ¹⁵	66	250	17
173Cream of Wheat™, Instant (Nabisco Brands Ltd., Canada) ¹⁵	74	250	22
174Crispix™ (Kellogg's Inc., Canada) ¹⁵	87	30	22
175Energy Mix™ (Quaker, France)	80±7	30	19
176Froot Loops™ (Kellogg's, Australia)	69±9	30	18
177Frosties™, sugar-coated cornflakes (Kellogg's, Australia)	55	30	15
178Fruitful Lite™ (Hubbards, Auckland, New Zealand)	61±20	30	12
179Fruity-Bix™, berry (Sanitarium, Auckland, New Zealand)	113±10	30	25
180Golden Grahams™ (General Mills Inc., Canada) ¹⁵	71	30	18
181Golden Wheats™ (Kellogg's, Australia)	71±8	30	16
182Grapenuts™			
Grapenuts™ (Post, Kraft General Foods Inc., Toronto, Canada) ¹⁵	67	30	13
Grapenuts™ (Kraft Foods Inc., Port Chester, NY, USA)	75±6	30	16
mean of two studies	71±4	30	15
183Grapenuts™ Flakes (Post, Kraft General Foods Inc., Canada) ¹⁵	80	30	17
184Guardian™ (Kellogg's, Australia)	37±9	30	5
185Healthwise™ for bowel health (Uncle Toby's, Wahgunyah, Vic, Australia)	66±9	30	12
186Healthwise™ for heart health (Uncle Toby's, Australia)	48±5	30	9
187Honey Rice Bubbles™ (Kellogg's, Australia)	77±4	30	20
188Honey Smacks™ (Kellogg's, Australia)	71±10	30	16
189Hot cereal, apple & cinnamon (Con Agra Inc., USA)	37±6	30	8
190Hot cereal, unflavoured (Con Agra Inc., USA)	25±5	30	5
191Just Right™ (Kellogg's, Australia)	60±15	30	13
192Just Right Just Grains™ (Kellogg's, Australia)	62±11	30	14
193Komplete™ (Kellogg's, Australia)	48±5	30	10
194Life™ (Quaker Oats Co., Canada) ¹⁵	66	30	16
195Mini Wheats™, whole wheat (Kellogg's, Australia)	58±8	30	12
196Mini Wheats™, blackcurrant (Kellogg's, Australia)	72±10	30	15
Muesli			

197	Muesli, NS (Canada)	66±9	30	16
198	Alpen Muesli (Wheetabix, France)	55±10	30	10
199	Muesli, gluten-free (Freedom Foods, Cheltenham, Vic, Australia) with 1.5% fat milk	39±6	30	7
200	Muesli, Lite (Sanitarium, New Zealand)	54±12	30	10
201	Muesli, Natural (Sanitarium, New Zealand)	57±9	30	11
202	Muesli, Natural (Sanitarium, Australia)	40±6	30	8
	mean of two studies	49±9	30	10
203	Muesli, No Name (Sunfresh Ltd., Toronto, Canada) ¹⁵	60	30	11
204	Muesli, Swiss Formula (Uncle Toby's, Australia)	56±8	30	9
205	Muesli, toasted (Purina, Sydney, NSW, Australia)	43±4	30	7
206	Nutrigrain™ (Kellogg's, Australia)	66±12	30	10
207	Oat 'n Honey Bake™ (Kellogg's, Australia)	77±11	30	13
208	Oat bran			
	Oat bran, raw (Quaker Oats Co., Canada) ¹⁵	50	10	2
	Oat bran, raw	59	10	3
	mean of two studies	55±5	10	3
209	Porridge made from rolled oats			
	Porridge (Uncle Toby's, Australia) ¹³	42	250	9
	Porridge (Canada) ¹⁶	49±8	250	11
	Traditional porridge oats (Lowan Whole Foods, Box Hill, Vic, Australia)	51±8	250	11
	Porridge (Hubbards, New Zealand)	58±9	250	12
	Porridge (Australia)	58±4	250	12
	Porridge (Canada)	62	250	14
	Porridge (Canada)	69	250	16
	Porridge (USA) ⁶	75	250	17
	mean of eight studies	58±4	250	13
210	Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden)	74	50 (dry)	24
211	Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden)	55	250	15
212	Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden)	69	250	19
213	Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden)	50	250	14
214	Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden)	80	250	22
215	Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden)	53	250	14
216	Instant Porridge			
	Quick Oats (Quaker Oats Co., Canada)	65		
	One Minute Oats (Quaker Oats Co., Canada) ¹⁵	66		
	mean of two studies	66±1	250	17
217	Pop Tarts™, Double Chocolate (Kellogg's, Australia)	70±2	50	25
218	Pro Stars™ (General Mills Inc., Canada) ¹⁵	71	30	17

219	Puffed Wheat			
	Puffed Wheat (Quaker Oats Co., Canada) ¹⁵	67	30	13
	Puffed Wheat (Sanitarium, Australia)	80±11	30	17
	mean of two studies	74±7	30	16
220	Raisin Bran™ (Kellogg's, USA)	61±5	30	12
221	Red River Cereal (Maple Leaf Mills, Toronto, Canada)	49	30	11
222	Rice Bran, extruded (Rice Growers Co-Operative Ltd., Leeton, NSW, Australia)	19±3	30	3
223	Rice Bubbles™ (puffed rice)			
	Rice Bubbles™ (Kellogg's, Australia) ¹³	81		
	Rice Bubbles™ (Kellogg's, Australia)	85±3		
	Rice Bubbles™ (Kellogg's, Australia)	95		
	mean of three studies	87±4	30	22
224	Rice Chex™ (Nabisco Brands Ltd., Canada) ¹⁵	89	30	23
225	Rice Krispies™ (Kellogg's Inc., Canada) ¹⁵	82	30	21
226	Shredded Wheat		30	22
	Shredded Wheat (Canada)	67±10	30	13
	Shredded Wheat™ (Nabisco Brands Ltd., Canada) ¹⁵	83	30	17
	mean of two studies	75±8	30	15
	Special K™ - formulation of this cereal varies in different countries			
227	Special K™ (Kellogg's, Australia)	54±4	30	11
228	Special K™ (Kellogg's, USA)	69±5	30	14
229	Special K™ (Kellogg's, France)	84±12	30	20
230	Soy Tasty™ (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)	60±5	30	12
231	Soytana™, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals, Mt Kuring-gai, NSW, Australia)	49±3	45	12
232	Sultana Bran™ (Kellogg's, Australia)	73±13	30	14
233	Sustain™ (Kellogg's, Australia) ¹³	68	30	15
234	Team™ (Nabisco Brands Ltd., Canada) ¹⁵	82	30	17
235	Thank Goodness™ (Hubbards, New Zealand)	65±18	30	15
236	Total™ (General Mills Inc., Canada) ¹⁵	76	30	17
237	Ultra-bran™, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g) (Specialty Cereals, Australia)	41±4	30	5
238	Wheat-bites™ (Uncle Toby's, Australia)	72±11	30	18
239	Wheat biscuits (plain flaked wheat)			
	Vita-Brits™ (Uncle Toby's, Australia) ¹³	61	30	12
	Vita-Brits™ (Uncle Toby's, Australia)	68±6	30	13
	Weet-Bix™ (Sanitarium, Australia)	69	30	12

Weet-Bix™ (Sanitarium, Australia)	69±4	30	12
Weetabix™ (Weetabix of Canada Ltd., Thornhill, Canada) ¹⁵	74	30	16
Weetabix™ (Weetabix of Canada Ltd.)	75±10	30	16
Whole wheat Goldies™ (Kellogg's, Australia)	70±4	30	14
mean of seven studies	70±2	30	13
Wheat biscuits (flaked wheat) with additional ingredients			
240 Good Start™, muesli wheat biscuits (Sanitarium, Australia)	68±4	30	14
241 Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4	30	10
242 Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia)	57±3	30	9
243 Honey Goldies™ (Kellogg's Australia)	72±3	30	15
244 Lite-Bix™, plain, no added sugar (Sanitarium, Australia)	70±3	30	14
245 Oat bran Weet-Bix™ (Sanitarium, Australia)	57±4	30	11
246 Sultana Goldies™ (Kellogg's Australia)	65±6	30	13

BREAKFAST CEREAL BARS

247 Crunchy Nut Cornflakes™ bar (Kellogg's, Australia)	72±6	30	19
248 Fibre Plus™ bar (Uncle Toby's, Australia)	78±9	30	18
249 Fruity-Bix™ bar, fruit and nut, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, Australia)	56±4	30	10
250 Fruity-Bix™ bar, wild berry, wheat biscuit cereal with fruit and covered with yoghurt coating (Sanitarium, Australia)	51±4	30	9
251 K-Time Just Right™ bar (Kellogg's, Australia)	72±4	30	17
252 K-Time Strawberry Crunch™ bar (Kellogg's, Australia)	77±5	30	19
253 Rice Bubble Treat™ bar (Kellogg's, Australia)	63±11	30	15
254 Sustain™ bar (Kellogg's, Australia)	57±10	30	14

CEREAL GRAINS

Amaranth

255 Amaranth (Amaranthus esculentum) popped, eaten with milk and non-nutritive sweetener (India)	97±19	30	21
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Barley

256 Pearl Barley			
Barley, pearled (Canada)	22		
Barley (Canada)	22		
Barley, pot, boiled in salted water 20 min (Gouda's foods, Concord, Canada)	25±2		
Barley (Canada)	27		
Barley, pearled (Canada)	29		
mean of five studies	25±1	150	11

257	Barley (<i>Hordeum vulgare</i>) (India)	37		
	Barley (<i>Hordeum vulgare</i>) (India)	48		
	mean of two groups of subjects	43±6	150	26
258	Barley, cracked (Malthouth, Tunisia)	50	150	21
259	Barley, rolled (Australia)	66±5	50 (dry)	25
260	Buckwheat			
	Buckwheat (Canada)	49		
	Buckwheat (Canada)	51±10		
	Buckwheat (Canada)	63		
	mean of three studies	54±4	150	16
261	Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden)	45	150	13
	Corn/Maize			
262	Maize (<i>Zea Mays</i>), flour made into chapatti (India)	59		
263	Maize meal porridge/gruel (Kenya)	109		
264	Cornmeal			
	Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada)	68	150	9
	Cornmeal + margarine (McNair Products Co. Ltd., Canada)	69	150	9
	mean of two studies	69±1	150	9
265	Sweet corn			
	Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	150	11
	Sweet corn, on the cob, boiled 20 min (Australia)	48	150	14
	Sweet corn (Canada)	59±11	150	20
	Sweet corn (USA)	60	150	20
	Sweet corn (USA)	60	150	20
	Sweet corn (South Africa)	62±5	150	20
	mean of six studies	53±4	150	17
266	Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA)	46	150	13
267	Sweet corn, frozen, reheated in microwave	47	150	16
	(Green Giant Pillsbury Ltd., Toronto, Canada)			
268	Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	68	20	8
	Couscous			
269	Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA)	61		
	Couscous, boiled 5 min (Tunisia)	69		
	mean of two studies	65±4	150	23
	Millet			
270	Millet, boiled (Canada)	71±10	150	25
271	Millet flour porridge (Kenya)	107		
	Rice, white			
272	Arborio, risotto rice, boiled (Sun Rice brand, Rice Growers Co-Op., Australia)	69±7	150	36

273 White (<i>Oryza sativa</i>), boiled (India)	69±15	150	30
274 Rice, boiled white, type NS			
Type NS, eaten alone (France)	45	150	14
Type NS (India)	48	150	18
Type NS (Canada)	51	150	21
Type NS (France)	52	150	19
Type NS (Canada)	56	150	23
Type NS (Pakistan)	69	150	26
Type NS (Canada)	72±9	150	30
Type NS, boiled in salted water (India)	72	150	27
Type NS, boiled 13 min (Italy)	102	150	31
Type NS (Kenya)	112	150	47
Type NS, boiled (France)	43	150	13
Type NS, boiled (France)	47	150	14
mean of 12 studies	64±7	150	23
275 Type NS, boiled in salted water, refrigerated 16-20h, reheated (India)	53	150	20
276 Type NS, boiled 13 min, then baked 10 min (Italy)	104	150	31
277 Long grain, boiled			
Long grain, boiled 5 min (Canada)	41	150	16
Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, NSW, Australia)	50	150	21
Gem long grain (Dainty Food Inc., Toronto, Canada)	55	150	22
Long grain, white (Uncle Bens, Auckland, New Zealand)	56±7	150	24
Long grain, boiled 25 min (Surinam)	56±2	150	24
Gem long grain (Dainty Food Inc., Canada)	57	150	23
Long grain, boiled 15 min	58	150	23
Gem long grain (Dainty Food Inc., Canada)	60	150	24
Gem long grain (Dainty Food Inc., Canada)	60	150	24
Long grain, white, boiled 7 min (Star brand, Gouda foods, Concord, Canada)	64±3	150	26
mean of 10 studies	56±2	150	23
Rice, long grain, quick-cooking varieties			
278 Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6	150	25
279 Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7	150	28
280 Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods King's Lynn, Norfolk, UK)	52±5	150	19
Rice, specialty rices			
281 Cajun Style, Uncle Ben's® (Effem Foods Ltd., Bolton, Canada)	51	150	19
282 Garden Style, Uncle Ben's® (Effem Foods Ltd., Canada)	55	150	21
283 Long Grain and Wild, Uncle Ben's® (Effem Foods Ltd., Canada)	54	150	20
284 Mexican Fast and Fancy, Uncle Ben's® (Effem Foods Ltd., Canada)	58	150	22
285 Saskatchewan wild rice (Canada)	57	150	18

286	Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand)	86±10	150	37
287	Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand)	98±7	150	31
288	Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	150	46
	Rice, white low-amylose			
289	Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	83±13	150	36
290	Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	87±7	150	37
291	Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	88±11	150	38
292	Pelde, white (Rice Growers Co-op., Australia)	93±11	150	40
293	White, low-amylose, boiled (Turkey)	139	150	60
	Rice, white high-amylose			
294	Bangladeshi rice variety BR16 (28% amylose)	37	150	14
	Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min	39	150	15
	mean of two studies	38	150	15
295	Doongara, white (Rice Growers Co-op., Australia)	50±6		
	Doongara, white (Rice Growers Co-op., Australia)	64±9		
	Doongara, white (Rice Growers Co-op., Australia)	54±7		
	mean of three studies	56±4	150	22
296	Koshikari (Japonica), white, short-grain, boiled 15 min then steamed 10 min (Japan)	48±8	150	18
297	Basmati			
	Basmati, white, boiled (Mahatma brand, Sydney, NSW, Australia)	58±8	150	22
	Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express®	57±4	150	24
	(Masterfoods. Kings Lynn, Norfolk, UK)			
	Quick cooking white basmati, cooked 10 min, Uncle Ben's Superior (Masterfoods Olen, Belgium)	60±5	150	23
298	Rice, brown			
	Brown (Canada)	66±5	150	21
	Brown, steamed (USA) ⁵	50	150	16
	Brown (Oriza Sativa), boiled (South India) ⁵	50±19	150	16
	mean of three studies	55±5	150	18
	Calrose brown (Rice Growers Co-op., Australia)	87±8	150	33
	Doongara brown, high amylose (Rice Growers Co-op., Australia)	66±7	150	24
	Pelde brown (Rice Growers Co-op., Australia)	76±6	150	29
	Parboiled, cooked 20 min, Uncle Ben's Natur-reis® (Masterfoods Olen, Belgium)	64±7	150	23
	Sunbrown Quick™ (Rice Growers Co-op., Australia)	80±7	150	31
299	Instant/puffed rice			
	Instant rice, white, boiled 1 min (Canada)	46	150	19
	Instant rice, white, cooked 6 min (Trice brand, Australia)	87	150	36
	Puffed, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods Olen, Belgium)	74±5	150	31
	mean of three studies	69±12	150	29

Instant doongara, white, cooked 5 min (Rice Growers Co-op., Australia)	94±7	150	35
300 Parboiled rice			
Parboiled rice (Canada)	48	150	18
Parboiled rice (USA)	72	150	26
Converted, white, Uncle Ben's® (Effem Foods Ltd., Canada)	45	150	16
Converted, white, boiled 20-30 min, Uncle Ben's® (Masterfoods USA, Vernon, CA)	38	150	14
Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)	50	150	18
Boiled, 12 min (Denmark) ⁶	39	150	14
Boiled, 12 min (Denmark)	42	150	15
Boiled, 12 min (Denmark)	43	150	16
Boiled, 12 min (Denmark)	46	150	17
Long grain, boiled 5 min (Canada)	38	150	14
Long grain, boiled, 10 min (USA) ⁵	61	150	22
Long grain, boiled 15 min (Canada)	47	150	17
Long grain, boiled 25 min (Canada)	46	150	17
mean of thirteen studies	47±3	150	17
301 Parboiled rice, eaten as part of a traditional Indian meal (India) ⁵	99		
302 Parboiled, low-amylose			
Bangladeshi rice variety BR2, parboiled (12% amylose)	51	150	19
Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op., Australia)	87±7	150	34
303 Parboiled, high-amylose			
Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op., Australia)	50±6	150	19
Bangladeshi rice variety BR16, parboiled (28% amylose)	35	150	13
Bangladeshi rice variety BR16, traditionally parboiled (27% amylose)	32	150	12
Bangladeshi rice variety BR16, pressure parboiled (27% amylose)	27	150	11
Bangladeshi rice variety BR4, parboiled (27% amylose)	33	150	13
Mean of 5 studies	35±4	150	14
304 Rye, whole kernels			
Rye, whole kernels (Canada)	29	50 (dry)	11
Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	34	50 (dry)	13
Rye, whole kernels (Canada)	39	50 (dry)	15
mean of three studies	34±3	50 (dry)	13
Wheat			
305 Wheat, whole kernels			
Wheat, whole kernels (Triticum aestivum) (India) ¹¹	30±9	50 (dry)	11
Wheat, whole kernels (Canada)	42	50 (dry)	14
Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	44	50 (dry)	14
Wheat, whole kernels (Canada)	48	50 (dry)	16
mean of four studies	41±3	50 (dry)	14
306 Wheat, type NS(India)	90	50 (dry)	34
307 Wheat, precooked kernels			
Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4	50 (dry)	19

Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5	50 (dry)	17
Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)	40±5	125	16
Quick cooking (White Wings, Sydney, NSW, Australia)	54±11	150	25
308 Semolina			
Semolina, roasted at 105 °C then gelatinised with water (India)	55±9		
Semolina, steamed and gelatinised (India)	54±13		
mean of two studies	55±1	150	6
309 Cracked wheat (bulgur/bourghul)			
Bulgur, boiled (Canada)	46		
Bulgur, boiled in 800 mL water 20 min (Canada)	46		
Bulgur, boiled 20 min (Canada)	46		
Bulgur, boiled 20 min (Canada)	53		
mean of four studies	48±2	150	12
COOKIES			
Arrowroot			
310 Arrowroot (McCormicks's, Interbare Foods, Toronto, Canada)	63	25	13
311 Arrowroot plus (McCormicks's, Canada)	62	25	11
312 Milk Arrowroot™ (Arnotts, Sydney, NSW, Australia)	69±7	25	12
mean of three studies	65±2	25	12
313 Barquette Abricot (LU, Ris, Orangis, France)	71±6	40	23
314 Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)	57±9	50	19
315 Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9	50	17
316 Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11	25	14
317 Digestives			
Digestives (Canada)	55		
Digestives (Canada)	59±7		
Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada)	62		
mean of three studies	59±2	25	10
318 Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	58	25	10
319 Evergreen met Krenten (LU, Netherlands)	66±12	38	14
320 Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand)	77±25	25	13
321 Graham Wafers (Christie Brown & Co., Toronto, Canada)	74	25	14
322 Gran'Dia Banana, Oats and Honey (LU, Brazil)	28±5	30	6
323 Grany en-cas Abricot (LU, France)	55±6	30	9
324 Grany en-cas Fruits des bois (LU, France)	50±5	30	7
325 Grany Rush Apricot (LU, Netherlands)	62±3	30	12

326	Highland Oatmeal™ (Westons biscuits, Sydney, NSW, Australia)	55±8	25	10
327	Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland)	57	25	8
328	LU P'tit Déjeuner Chocolat (LU, France)	42±5	50	14
329	LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	45±5	50	16
	LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	52±3	50	18
	LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	49±8	50	18
	mean of three studies	49±2	50	17
330	Maltmeal wafer (Griffin's Foods Ltd., New Zealand)	50±10	25	9
331	Morning Coffee™ (Arnotts, Australia)	79±6	25	15
332	Nutrigrain Fruits des bois (Kellogg's, France)	57±4	35	13
333	Oatmeal (Canada)	54±4	25	9
334	Oro (Saiwa, Italy)	61±9	40	20
	Oro (Saiwa, Italy)	67±17	40	21
	mean of two studies	64±3	40	20
335	Petit LU Normand (LU, France)	51±3	25	10
336	Petit LU Roussillon (LU, France)	48±4	25	9
337	Prince Energie+ (LU, France)	73±5	25	13
338	Prince fourré chocolat (LU, France)	53±5		
	Prince fourré chocolat (LU, France)	50±5		
	mean of two studies	52±2	45	16
339	Prince Meganana Chocolate (LU, Spain)	49±12	50	18
340	Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6	50	16
341	Rich Tea (Canada)	55±4	25	10
342	Sablé des Flandres (LU, France)	57±10	20	8
343	Shortbread (Arnotts, Australia)	64±8	25	10
344	Shredded Wheatmeal™ (Arnotts, Australia)	62±4	25	11
345	Snack Right Fruit Slice (97% fat-free) (Arnott's, Australia)	45±3	25	9
346	Thé (LU, France)	41±7	20	6
347	Vanilla Wafers (Christie Brown & Co., Canada)	77	25	14
348	Véritable Petit Beurre (LU, France)	51±8	25	9

CRACKERS

349	Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	67	25	10
350	Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, NSW, Australia)	87±10	25	18
351	Cream Cracker (LU Triumfo, Brazil)	65±11	25	11
352	High-calcium cracker (Danone, Malaysia)	52±8	25	9
353	Jatz™, plain salted craker biscuits (Arnotts, Australia)	55±5	25	10
354	Puffed Crispbread (Westons, Australia)	81±9	25	15
355	Puffed rice cakes			
	Puffed rice cakes, white (Rice Growers Co-op., Leeton, NSW, Australia)	82±11	25	17

Rice cakes, Calrose rice (low-amylose) (Rice Growers Co-op., Australia)	91±7	25	19
Rice cakes, Doongara rice (high-amylose) (Rice Growers Co-op., Australia)	61±5	25	13
mean of three studies	78±9	25	17
356Rye crispbread			
Rye crispbread (Canada)	63	25	10
Ryvita™ (Canada)	69±10	25	11
High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	59	25	9
Rye crispbread (Ryvita Company Ltd., UK)	63	25	11
mean of four studies	64±2	25	11
357Kavli™ Norwegian Crispbread (Players Biscuits, Sydney, NSW, Australia)	71±7	25	12
358Sao™, plain square crackers (Arnotts, Australia)	70±9	25	12
359Stoned Wheat Thins (Christie Brown & Co., Canada)	67	25	12
360Water cracker			
Water cracker (Canada)	63±9	25	11
Water cracker (Arnotts, Australia)	78±11	25	14
mean of two studies	71±8	25	13
361Premium Soda Crackers (Christie Brown & Co., Canada)	74	25	12
362Vita-wheat™, original, crispbread (Arnott's, Australia)	55±4	25	10

DAIRY PRODUCTS AND ALTERNATIVES

Custard

363 No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Sydney, NSW, Australia)	35±2	100	6
364Custard, home made from milk, wheat starch, and sugar (Australia)	43±10	100	7
365TRIM™, reduced-fat custard (Pauls Ltd., South Brisbane, Qld, Australia)	37±4	100	6
mean of three studies	38±2	100	6
366Ice cream, Regular/NS			
Ice cream, NS (Canada)	36±8		
Ice cream (half vanilla, half chocolate) (Italy)	57		
Ice cream, NS(USA)	62		
Ice cream, chocolate flavored (USA)	68±15		
Ice cream (half vanilla, half chocolate) (Italy)	80		
mean of five studies	61±7	50	8
367Ice cream, Reduced- or Low-fat			
Ice cream, low-fat, vanilla, 'Light' (Peter's, Sydney, NSW, Australia)	50±8	50	3
Ice-cream, low-fat (1.2 % fat), Prestige Light rich vanilla (Norco, Lismore, NSW,	47±5	50	5

Australia) ⁶			
Ice-cream, low-fat (1.4% fat), Prestige Light traditional toffee (Norco, Australia) ⁶	37±4	50	5
Ice-cream, reduced-fat (7.1 % fat), Prestige golden macadamia (Norco, Australia) ⁶	39±3	50	5
368Ice cream, Premium (high-fat)			
Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)	37±3	50	4
Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)	38±3	50	3
369Milk, full-fat			
Full-fat (Italy)	11		
Full-fat (3% fat, Skånemejerier, Malmö, Sweden) ⁶	21		
Full-fat (Italy)	24		
Full-fat cow's milk, fresh (Dairy Farmers, Sydney, NSW, Australia)	31±2		
Full-fat (Canada)	34±6		
Full-fat (USA)	40		
mean of five studies	27±4	250	3
370Fermented cow's milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden) ⁶	11		
371Fermented cow's milk (filmjök, 3% fat) (Skånemejerier, Malmö, Sweden) ⁶	11		
mean of two foods	11		
372Milk, full-fat, plus bran			
Full-fat + 20g wheat bran (Italy)	25		
Full-fat + 20g wheat bran (Italy)	28		
mean of two studies	27±2	250	3
373Milk, skim (Canada)	32±5	250	4
374Milk, condensed, sweetened (Nestlé, Sydney, NSW, Australia)	61±6	50	17
375Milk, low-fat, chocolate, with aspartame, Lite White™ (Dairy Farmers, Australia)	24±6	250	3
376Milk, low-fat, chocolate, with sugar, Lite White™ (Dairy Farmers, Australia)	34±4	250	9
377Mousse, reduced-fat, prepared from commercial mousse mix with water			
Butterscotch, 1.9% fat (Nestlé, Australia)	36±4	50	4
Chocolate, 2% fat (Nestlé, Australia)	31±4	50	3
Hazelnut, 2.4% fat (Nestlé, Australia)	36±4	50	4
Mango, 1.8% fat (Nestlé, Australia)	33±5	50	4
Mixed berry, 2.2% fat (Nestlé, Australia)	36±5	50	4
Strawberry, 2.3% fat (Nestlé, Australia)	32±3	50	3
mean of six foods	34±1	50	4
378Pudding			
instant, chocolate, made from powder and whole milk (White Wings, Sydney, NSW,	47±4	100	7

Australia)			
instant, vanilla, made from powder and whole milk (White Wings, Australia)	40±4	100	6
mean of two foods	44±4	100	7
379Yoghurt			
Yoghurt, type NS (Canada)	36±4	200	3
380Low-fat yoghurt			
Low-fat, fruit, aspartame, Ski™ (Dairy Farmers, Australia)	14±4	200	2
Low-fat, fruit, sugar, Ski™ (Dairy Farmers, Australia)	33±7	200	10
Low-fat (0.9%), fruit, wild strawberry (Ski d'lite™, Dairy Farmers, Australia)	31±14	200	9
381Non-fat yoghurt, sweetened with acesulfame K and Splenda			
Diet Vaalia™, exotic fruits (Pauls Ltd., Australia) ⁶	23±2	200	4
Diet Vaalia™, mango (Pauls Ltd., Australia) ⁶	23±2	200	3
Diet Vaalia™, mixed berry (Pauls Ltd., Australia) ⁶	25±3	200	3
Diet Vaalia™, strawberry (Pauls Ltd., Australia) ⁶	23±2	200	3
Diet Vaalia™, vanilla (Pauls Ltd, Australia) ⁶	23±2	200	3
mean of five foods	24±1	200	3
382Reduced-fat yoghurt			
Reduced-fat, Vaalia™, apricot & mango (Pauls Ltd., Australia) ⁶	26±4	200	8
Reduced-fat, Vaalia™, french vanilla (Pauls Ltd., Australia) ⁶	26±4	200	3
Reduced-fat, Extra-Lite™, strawberry (Pauls Ltd., Australia) ⁶	28±4	200	9
mean of three foods	27±1	200	7
383Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit (Pauls Ltd., Australia) ⁶	38±4	200	11
Soy-based dairy product alternatives			
384Soy milks (containing maltodextrin)			
Soy milk, full-fat (3%), 0 mg calcium, Original (So Natural Foods, Taren Point, NSW, Australia) ⁶	44±5	250	8
Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia) ⁶	36±4	250	6
Soy milk, reduced-fat (1.5%), 120 mg calcium, Light (So Natural Foods, Australia) ⁶	44±3	250	8
385Soy milk drinks			
Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia) ⁶	30±3	250	7
Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia) ⁶	34±3	250	8
mean of two drinks	32±2	250	7
Up & Go™, cocoa malt flavor (soy milk, rice cereal liquid breakfast) ⁶	43±5	250	11
(Sanitarium, Berkeley Vale, NSW, Australia)			
Up & Go™, original malt flavor (soy milk, rice cereal liquid breakfast) ⁶	46±5	250	11

(Sanitarium, Australia)			
mean of two drinks	45±2	250	11
Xpress™, chocolate (soy bean, cereal and legume extract drink with fructose) ⁶	39±2	250	13
(So Natural Foods, Australia)			
386Soy yoghurt			
Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia) ⁶	50±3	200	13
387Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA)	115±14	50	10
FRUIT AND FRUIT PRODUCTS			
388Apples, raw			
Apple, NS (Denmark)	28	120	4
Apple, Braeburn (New Zealand) ⁶	32±4	120	4
Apple, NS (Canada)	34	120	5
Apple, Golden Delicious (Canada)	39±3	120	6
Apple, NS(USA)	40	120	6
Apple, NS (Italy)	44	120	6
mean of six studies	38±2	120	6
389Apple juice			
Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, SA, Australia)	39±5	250	10
Apple juice, unsweetened (USA)	40	250	12
Apple juice, unsweetened (Allens, Toronto, Canada)	41	250	12
mean of three studies	40±1	250	11
390Apple, dried (Australia)	29±5	60	10
Apricots			
391Apricots, raw, NS (Italy)	57	120	5
392Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	64	120	12
393Apricots, dried (Australia)	30±7	60	8
Apricots, dried (Wasco foods, Montreal, Canada)	32	60	10
mean of two studies	31±1	60	9
394Apricot fruit bar, pureed dried apricot filling in wholemeal pastry	50±8	50	17
(Mother Earth, Auckland, New Zealand)			
395Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, SA, Australia)	55±7	30	7
396Apricot Fruity Bitz™, vitamin and mineral enriched dried fruit snack	42±3	15	5
(Blackmores Ltd., Balgowlah, NSW, Australia)			
397Banana, raw			
Banana (Canada)	46	120	12

Banana (Italy)	58	120	13
Banana (Canada)	58	120	15
Banana (Canada)	62±9	120	16
Banana (South Africa)	70±5	120	16
Banana, ripe (all yellow) (USA)	51	120	13
Banana, under-ripe (Denmark)	30	120	6
Banana, slightly under-ripe (yellow with green sections) (USA)	42	120	11
Banana, over-ripe (yellow flecked with brown) (USA)	48	120	12
Banana, over-ripe (Denmark)	52	120	11
mean of 10 studies	52±4	120	12
398Banana, processed fruit fingers, Heinz Kidz™ (H J Heinz, Malvern, Vic, Australia)	61±11	30	12
399Breadfruit (Artocarpus altilis), raw (Australia) ⁶	68	120	18
400Cherries, raw, NS(Canada)	22	120	3
401Chico (Zapota zapotilla coville), raw (Philippines) ⁶	40	120	12
402Cranberry juice			
Cranberry juice cocktail (Ocean Spray, Melbourne, Vic, Australia)	52±3	250	16
Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)	68±3	250	24
Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	250	16
403Custard apple, raw, flesh only (Australia)	54±2	120	10
404Dates, dried (Australia)	103±21	60	42
Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, NSW, Australia)	61±6	60	16
405			
406Fruit Cocktail, canned (Delmonte Canadian Cannery Ltd., Hamilton, Canada)	55	120	9
407Grapefruit, raw (Canada)	25	120	3
408Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250	9
409Grapes, raw			
Grapes, NS(Canada)	43	120	7
Grapes, NS (Italy)	49	120	9
mean of two studies	46±3	120	8
Grapes, black, Waltham Cross (Australia)	59	120	11
410Kiwi fruit, raw			
Kiwi fruit, Hayward (New Zealand) ⁶	47±4	120	5
Kiwi fruit (Australia) ⁶	58±7	120	7
mean of two studies	53±6	120	6
411Lychee, canned in syrup and drained, Narcissus brand (China)	79±8	120	16
412Mango, raw			
Mango (Mangifera indica) (Philippines) ⁶	41	120	8

	Mango (<i>Mangifera indica</i>) (Australia) ⁶	51±3	120	8
	Mango, ripe (<i>Mangifera indica</i>) (India) ¹¹	60±16	120	9
	mean of three studies	51±5	120	8
413	Mango, low-fat frozen fruit dessert, Frutia™ (Weis Frozen Foods, Toowong, Qld, Australia)	42±3	100	10
414	Marmalade, orange (Australia)	48±9	30	9
415	Oranges, raw			
	Oranges, NS (Denmark)	31	120	3
	Oranges, NS (South Africa)	33±6	120	3
	Oranges, NS (Canada)	40±3	120	4
	Oranges, NS (Italy)	48	120	5
	Oranges (Sunkist, Van Nuys, CA, USA)	48	120	5
	Oranges NS(Canada)	51	120	6
	mean of six studies	42±3	120	5
416	Orange juice			
	Orange Juice (Canada)	46±6	250	12
	Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd., Australia)	53±6	250	9
	Orange juice, reconstituted from frozen concentrate (USA)	57±6	250	15
	mean of three studies	52±3	250	12
417	Paw paw/papaya, raw			
	Paw paw (<i>Carica papaya</i>) (Australia) ⁶	56±6	120	5
	Paw paw (papaya), ripe (India) ¹¹	60±16	120	17
	Papaya (<i>Carica papaya</i>) (Philippines) ⁶	60	120	9
	mean of three studies	59±1	120	10
	Peaches			
418	Peach, raw (Canada)	28	120	4
	Peach, raw (Italy)	56	120	5
	mean of two studies	42±14	120	5
419	Peach, canned in natural juice (Goulburn Valley, Ardmona Foods, Mooroopna, Vic, Australia)	30±4	120	3
	Peach, canned in natural juice (SPC Ltd., Shepparton, Vic, Australia)	45±6	120	5
	mean of two studies	38±8	120	4
420	Peach, canned in heavy syrup (Letona Foods, Hawthorn East, Vic, Australia)	58±11	120	9
421	Peach, canned in light syrup (Delmonte, Canadian Cannery Ltd.)	52	120	9
422	Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	62±9	120	11
	Pears			

423Pear, raw, NS(Canada)	33	120	4
424Pear, Winter Nellis, raw (New Zealand) ⁶	34±4	120	4
425Pear, Bartlett, raw (Canada)	41	120	3
426Pear, raw, NS (Italy)	42	120	4
mean of four studies	38±2	120	4
427Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	25±6	120	4
428Pear halves, canned in natural juice (SPC Ltd., Australia)	43±15	120	5
429Pear, canned in pear juice, Bartlett (Delmonte, Canadian Cannery Ltd.)	44	120	5
Pineapple			
430Pineapple, raw (Australia) ⁶	66±7	120	6
Pineapple (Ananas comosus), raw (Philippines) ⁶	51	120	8
mean of two studies	59±8	120	7
431Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	250	15
Plums			
432Plum, raw, NS (Canada)	24	120	3
Plum, raw, NS (Italy)	53	120	6
mean of two studies	39±15	120	5
433Prunes, pitted (Sunsweet Growers Inc., Yuba City, CA, USA)	29±4	60	10
434Raisins (Canada)	64±11	60	28
435Rockmelon/Cantaloupe, raw (Australia) ⁶	65±9	120	4
436Strawberries, fresh, raw (Sydney, NSW, Australia) ⁶	40±7	120	1
437Strawberry jam	51±10	30	10
438Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12	30	23
439Sultanas	56±11	60	25
440Tomato juice, no added sugar (Berri Ltd., Berri, SA, Australia) ⁶	38±4	250	4
441Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	41±3	15	5
442Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Sydney, NSW, Australia)	59±8	100	12
443Watermelon, raw (Australia) ⁶	72±13	120	4
444Wild Berry Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	35±4	15	4

INFANT FORMULA AND WEANING FOODS

445Formula			
Infasoy™, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia) ⁶	55±6	100 mL	4
Karicare™ gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand) ⁶	35±5	100 mL	2
Nan-1™ infant formula with iron (Nestlé, Sydney, NSW, Australia) ⁶	30±6	100 mL	2
S-26™ infant formula (Wyeth Nutritionals, Australia) ⁶	36±6	100 mL	3

Weaning Foods

446Farex™ baby rice (Heinz Wattie's Ltd., Malvern, Vic, Australia) ⁶	95±13	87	6
447Robinsons First Tastes from 4 months (Nutricia, Wells, UK)			
Apple, apricot and banana cereal ⁶	56±8	75	7
Creamed porridge ⁶	59±8	75	5
Rice pudding ⁶	59±6	75	6
448Heinz for Baby from 4 months (Heinz Wattie's Ltd., Australia)			
Chicken and noodles with vegetables, strained ⁶	67±11	120	5
Sweetcorn and rice ⁶	65±13	120	10

LEGUMES AND NUTS

449Baked Beans			
Baked Beans, canned (Canada)	40±3		
Baked Beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada)	56		
mean of two studies	48±8	150	7
450Beans, dried, boiled			
Beans, dried, type NS(Italy)	36	150	11
Beans, dried, type NS(Italy)	20	150	6
mean of two studies	29±9	150	9
451Blackeyed beans/peas (Cowpeas), boiled			
Blackeyed beans (Canada)	50	150	15
Blackeyed beans (Canada)	33±4	150	10
mean of two studies	42±9	150	13
452Butter Beans			
Butter beans (South Africa)	28±7	150	5
Butter beans, dried, cooked 1.25 h (South Africa)	29±8	150	6
Butter beans (Canada)	36±4	150	7
mean of three studies	31±3	150	6
Butter beans, dried, boiled + 5g sucrose (South Africa)	30±2	150	6
Butter beans, dried, boiled + 10g sucrose (South Africa)	31±2	150	6

Butter beans, dried, boiled + 15g sucrose (South Africa)	54±4	150	11
453 Chickpeas (Garbanzo beans, Bengal gram), boiled			
Chickpeas (<i>Cicer arietinum</i> Linn), dried, soaked, boiled 35 min (Philippines)	10	150	3
Chickpeas, dried, boiled (Canada)	31	150	9
Chickpeas (Canada)	33	150	10
Chickpeas (Canada)	36±5	150	11
mean of four studies	28±6	150	8
454 Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	42	150	9
455 Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	41	150	7
456 Haricot/Navy beans			
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	29	150	9
Haricot/Navy beans, dried, boiled (Canada)	30	150	9
Haricot/Navy beans, boiled (Canada)	31±6	150	9
Haricot/Navy beans (King Grains, Canada)	39	150	12
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Canada)	59	150	19
mean of five studies	38±6	150	12
457 Kidney Beans			
Kidney/white bean (<i>Phaseolus vulgaris</i> Linn), soaked, boiled 17 min (Philippines)	13	150	3
Kidney beans (<i>Phaseolus vulgaris</i>) (India)	19	150	5
Kidney beans (USA) ⁵	23	150	6
Kidney beans, dried, boiled (France)	23±1	150	6
Kidney beans (<i>Phaseolus vulgaris</i> L.), red, soaked 20 min, boiled 70 min (Sweden)	25	150	6
Kidney beans (Canada)	29±8	150	7
Kidney beans, dried, boiled (Canada)	42	150	10
Kidney beans (Canada)	46	150	11
mean of eight studies	28±4	150	7
458 Kidney beans (<i>Phaseolus vulgaris</i> L.) - autoclaved	34	150	8
459 Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	52	150	9
460 Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India) ¹¹	70±11	150	17
461 Black bean (<i>Phaseolus vulgaris</i> Linn), soaked overnight, cooked 45 min (Philippines)	20	150	5
462 Lentils, type NS			
Lentils, type NS (USA)	28		
Lentils, type NS (Canada)	29±3		
mean of two studies	29±1	150	5

463	Lentils, green			
	Lentils, green, dried, boiled (Canada)	22	150	4
	Lentils, green, dried, boiled (France)	30±15	150	6
	Lentils, green, dried, boiled (Australia)	37±3	150	5
	mean of three studies	30±4	150	5
464	Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	52	150	9
465	Lentils, red			
	Lentils, red, dried, boiled (Canada)	18	150	3
	Lentils, red, dried, boiled (Canada)	21	150	4
	Lentils, red, dried, boiled (Canada)	31	150	6
	Lentils, red, dried, boiled (Canada)	32	150	6
	mean of four studies	26±4	150	5
466	Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	32	150	10
467	Marrowfat peas			
	Marrowfat peas, dried, boiled (USA)	31		
	Marrowfat peas, dried, boiled (Canada)	47±3		
	mean of two studies	39±8	150	7
468	Mung beans			
	Mung bean (<i>Phaseolus aureus</i> Roxb), soaked, boiled 20 min (Philippines)	31	150	5
	Mung bean, fried (Australia)	53±8		
	Mung bean, germinated (Australia)	25±4	150	4
	Mung bean, pressure cooked (Australia)	42±5	150	7
469	Peas, dried, boiled (Australia)	22	150	2
470	Pigeon Pea (<i>Cajanus cajan</i> Linn. Huth.), soaked, boiled 45 min (Philippines)	22	150	4
471	Pinto beans			
	Pinto beans, dried, boiled (Canada)	39	150	10
	Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	45	150	10
472	Romano beans (Canada)	46	150	8
473	Soya beans			
	Soya beans, dried, boiled (Canada)	15±5	150	1
	Soya beans, dried, boiled (Australia)	20±3	150	1
	mean of two studies	18±3	150	1
	Soya beans, canned (Canada)	14±2	150	1
474	Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada)	32	150	6

MEAL REPLACEMENT PRODUCTS

475	Hazelnut & Apricot bar (Dietworks, South Yarra, Vic, Australia)	42±7	50	9
476	L.E.A.N™ products (Usana Inc., Salt Lake City, UT, US)			
	L.E.A.N Fibergy™ bar, Harvest Oat	45±4	50	13
	Nutrimeal™, drink powder, Dutch Chocolate	26±3	250	3
	L.E.A.N (Life long) Nutribar™, Peanut Crunch	30±4	40	6
	L.E.A.N (Life long) Nutribar™, Chocolate Crunch	32±4	40	6
	mean of two Nutri bars	31±1	40	6
	Worldwide Sport Nutrition reduced-carbohydrate products (2000 formulations) (Worldwide Sport Nutritional Supplements Inc., Largo, FL, US)			
477	Designer chocolate, sugar-free ⁶	14±3	35	3
478	Burn-it™ bars			
	Chocolate deluxe ⁶	29±3	50	2
	Peanut butter ⁶	23±3	50	1
479	Pure-protein™ bars			
	Chewy choc-chip ⁶	30±4	80	4
	Chocolate deluxe ⁶	38±4	80	5
	Peanut butter ⁶	22±4	80	2
	Strawberry shortcake ⁶	43±4	80	6
	White chocolate mousse ⁶	40±4	80	6
480	Pure-protein™ cookies			
	Choc-chip cookie dough ⁶	25±3	55	3
	Coconut ⁶	42±5	55	4
	Peanut butter ⁶	37±7	55	3
481	Ultra pure-protein™ shakes			
	Cappuccino	47±6	250	1
	Frosty chocolate	37±6	250	1
	Strawberry shortcake	42±4	250	1
	Vanilla ice cream	32±5	250	1
	MIXED MEALS AND CONVENIENCE FOODS			
482	Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings,	46±4	100	7

Tooronga, Vic, Australia)			
483	Fish Fingers (Canada)	38±6	100 7
484	Greek lentil stew with a bread roll, home made (Australia)	40±5	360 15
485	Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) (Israel)	65±6	150 31
486	Lean Cuisine™, French style chicken with rice, reheated (Nestlé, Sydney, NSW, Australia) ⁶	36±6	400 24
487	Pies, beef, party size (Farmland, Grocery Holdings, Australia)	45±6	100 12
488	Pizza		
	Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada)	60	100 16
	Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy)	80	100 22
	Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6	100 9
	Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4	100 7
	Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia) ⁶	49±6	100 12
489	Sausages, NS(Canada)	28±6	100 1
490	Sirloin chop with mixed vegetables and mashed potato, home made (Australia)	66±12	360 35
491	Spaghetti bolognese, home made (Australia)	52±9	360 25
492	Stirfried vegetables with chicken and boiled white rice, home made (Australia)	73±17	360 55
493	Sushi		
	Sushi, salmon (from 'I Love Sushi' chain store, Sydney, NSW, Australia) ⁶	48±8	100 17
	Sushi, roasted sea algae, vinegar and rice (Japan)	55	100 20
	Mean of two studies	52±4	100 19
494	White boiled rice, grilled beefburger, cheese, and butter (France)		
	White boiled rice, grilled beefburger, cheese and butter (France)	27	440 14
	White bread with toppings	22	440 11
	Mean in two groups of subjects	25±2	440 13
495	White wheat flour bread, butter, cheese, regular cow's milk and fresh cucumber (Sweden) ⁶		
	White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden) ⁶	55	200 38
496	White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden) ⁶	39	200 11
497	White bread with butter (Canada)	59	100 29
498	White bread with skim milk cheese (Canada)	55	100 26
499	White bread with butter and skim milk cheese (Canada)	62	100 23
500	White/wholemeal wheat bread with peanut butter (Canada)		
	White/wholemeal wheat bread with peanut butter (Canada)	51	100 23
	mean of two studies	67	100 30
		59±8	100 26
NUTRITIONAL SUPPORT PRODUCTS			
501	Choice _{dm} ™, vanilla (Mead Johnson Nutritionals, Evansville, IN, US)	23±4	237mL 6
502	Enercal Plus™, made from powder (Wyeth-Ayerst International Inc., Madison, NJ, US)	61±13	237mL 24
503	Ensure™ (Abbott Australasia, Kurnell, NSW, Australia)	50±8	237mL 19

504	Ensure™, vanilla (Abbott Australasia)	48±3	250mL	16
505	Ensure™ bar, chocolate fudge brownie (Abbott Australasia)	43±3	38	8
506	Ensure Plus™, vanilla (Abbott Australasia)	40±4	237mL	19
507	Ensure Pudding™, old fashioned vanilla (Abbott Laboratories Inc., Ashland, OH, USA)	36±4	113	9
508	Glucerna™, vanilla (Abbott Laboratories Inc., USA) ⁶	31±2	237mL	7
509	Jevity™ (Abbott Australasia)	48±3	237mL	17
510	Resource Diabetic™, French vanilla (Novartis Nutrition Corp., Young America, MN, USA) ⁶	34±3	237mL	8
511	Resource Diabetic™, Swiss chocolate (Novartis, Auckland, New Zealand)	16±4	237mL	7
512	Resource™ thickened orange juice, honey consistency (Novartis, New Zealand)	47±9	237mL	18
513	Resource™ thickened orange juice, nectar consistency (Novartis, New Zealand)	54±7	237mL	19
514	Resource™ fruit beverage, peach flavour (Novartis, New Zealand)	40±8	237mL	16
515	Sustagen™, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, NSW, Australia)	31±4	250mL	13
516	Sustagen™ Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia)	33±4	250mL	15
517	Sustagen™ Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia)	27±3	250	13
518	Ultracal™ with fiber (Mead Johnson, Evansville, IN, USA)	40	237 mL	12

PASTA and NOODLES

519	Capellini (Primo Foods Ltd., Toronto, Canada)	45	180	20
520	Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Vic, Australia)	78±10	180	32
521	Fettucine, egg			
	Fettucine, egg	32±4	180	15
	Fettucine, egg (Mother Earth Fine Foods, Rowville, Vic, Australia)	47±6	180	22
	mean of two studies	40±8	180	18
522	Gluten-free pasta, maize starch, boiled 8 min (UK)	54	180	22
523	Gnocchi, NS (Latina, Pillsbury Australia Ltd., Mt. Waverley, Vic, Australia)	68±9	180	33
524	Instant noodles			
	Instant 'two-minute' noodles, Maggi® (Nestlé, Sydney, NSW, Australia)	46±5		
	Instant 'two-minute' noodles, Maggi® (Nestlé, Auckland, New Zealand)	48±8		
	Instant noodles (Mr Noodle, Vancouver, Canada)	47		
	mean of three studies	47±1	180	19
525	Linguine			
	Thick, durum wheat, white, fresh (Sweden)	43	180	21
	Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48	180	23
	mean of two studies	46±3	180	22
	Thin, durum wheat (Sweden)	49	180	23
	Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61	180	29
	Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45	180	18
	Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden)	53	180	22

mean of four studies	52±3	180	23
526Mung bean noodles			
Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)	39±9	180	18
mean of two studies	33±7		
527Macaroni			
Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45	180	22
Macaroni, plain, boiled (Turkey)	48	180	23
mean of two studies	47±2	180	23
Macaroni and Cheese, boxed (Kraft General Foods Canada Inc., Don Mills, Ontario)	64	180	32
528Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	180	15
529Rice noodles/pasta			
Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4	180	15
Rice pasta, brown, boiled 16 min (Rice Grower's Co-op., Leeton, NSW, Australia)	92±8	180	35
Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Carrum Downs, Vic, Australia)	76±6	180	37
Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58	180	22
Spaghetti			
530 Spaghetti, gluten-free, rice and split pea, canned in tomato sauce (Orgran Foods, Australia)	68±9	220	19
531 Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27	180	14
532 Spaghetti, white, boiled 5 min			
Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
Boiled 5 min (Canada)	34	180	16
Boiled 5 min (Canada)	40	180	19
Boiled 5 min (Middle East)	44	180	21
mean of four studies	38±3	180	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	180	28
White, durum wheat flour, boiled 12 min (Starhushålls, Kungsörnen AB, Järna, Sweden)	47	180	23
White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53	180	25
Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36	180	17
Boiled 15 min (Canada)	41	180	20
White, boiled 15 min in salted water (Unico, Concord, Canada)	44±3	180	21
mean of seven studies	44±3	180	21
534 Spaghetti, white or type NS, boiled 20 min			
White, durum wheat, boiled 20 min (Australia)	58±7	180	26
Durum wheat, boiled 20 min (USA)	64±15	180	27

mean of two studies	61±3	180	27
535Spaghetti, white, boiled			
White (Denmark)	33	180	16
White, durum wheat (Catelli Ltd, Montreal, Canada)	34	180	16
White (Australia)	38	180	17
White (Canada)	42	180	20
White (Canada)	48	180	23
White (Vetta, Greens Foods, Glendenning, NSW, Australia)	49±7	180	22
White (Canada)	50±8	180	24
mean of seven studies	42±3	180	20
536Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)			
Boiled in 0.7% salted water for 11 min	59±15	180	28
Boiled in 0.7% salted water for 16.5 min	65±15	180	31
Boiled in 0.7% salted water for 22 min	46±10	180	22
mean of three cooking times	57±6	180	27
537Spaghetti, wholemeal, boiled			
Wholemeal (USA)	32	180	14
Wholemeal (Canada)	42±4	180	17
mean of two studies	37±5	180	16
538Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia)	43±10	180	19
539Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6	180	9
540Star Pastina, white, boiled 5 minutes (Lancia-Bravo Foods Ltd., Canada)	38	180	18
541Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50	180	10
542Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia) ⁶	62±8	180	30
543Vermicelli, white, boiled (Australia)	35±7	180	16
SNACK FOODS AND CONFECTIONERY			
544 Burger Rings™, barbeque-flavored (Smith's Snack Food Co., Chatswood, NSW, Australia)	90±16	50	28
545Chocolate, milk, plain			
Chocolate, milk, plain with sucrose (Belgium) ⁶	34±5	50	7
Chocolate, milk (Cadbury's Confectionery, Ringwood, Vic, Australia)	49±6	50	14
Chocolate, milk, Dove® (Mars Confectionery, Ballarat, Vic, Australia)	45±8	50	13
Chocolate, milk (Nestlé, Sydney, NSW, Australia)	42±8	50	13
mean of four studies	43±3	50	12
Chocolate, milk, plain, low-sugar with maltitol (Belgium) ⁶	35±16	50	8
546Chocolate, white, Milky Bar® (Nestlé, Australia)	44±6	50	13
547Corn chips			
Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia, 1998)	42±4	50	11
Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia, 1985)	72	50	18

Nachips™ (Old El Paso Foods Co., Canada)	74	50	21
mean of three studies	63±10	50	17
548Fruit Bars			
Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry) (Mother Earth, Auckland, New Zealand)	50±8	50	17
Heinz Kidz™ Fruit Fingers, banana (HJ Heinz, Malvern, Vic, Australia)	61±11	30	12
Real Fruit Bars, strawberry (Uncle Toby's, Wahgunyah, Vic, Australia)	90±12	30	23
Roll-Ups®, processed fruit snack (Uncle Toby's, Australia)	99±12	30	24
549Fruity Bitz™, vitamin and mineral enriched dried fruit snacks			
Fruity Bitz™, apricot (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	15	5
Fruity Bitz™, berry (Blackmores Ltd., Australia)	35±4	15	4
Fruity Bitz™, tropical (Blackmores Ltd., Australia)	41±3	15	5
mean of three flavours	39±2	15	4
550Jelly beans			
Jelly beans, assorted colors (Allen's, Nestle, Sydney, NSW, Australia)	80±8		
Jelly beans, assorted colors (Savings, Grocery Holdings, Tooronga, Vic, Australia)	76±6		
mean of two studies	78±2	30	22
551Kudos Whole Grain Bars, chocolate chip (M & M/Mars, Hackettstown, NJ, USA)	62±8	50	20
552Life Savers®, peppermint candy (Nestlé, Australia)	70±6	30	21
553M & M's®, peanut (Mars Confectionery, Australia)	33±3	30	6
554Mars Bar®			
Mars Bar® (Mars Confectionery, Australia)	62±8	60	25
Mars Bar® (M&M/Mars, USA)	68±12	60	27
mean of two studies	65±3	60	26
555Muesli bar containing dried fruit (Uncle Toby's, Australia)	61±7	30	13
556Nougat, Jijona (La Fama, Spain)	32	30	4
557 Nutella®, chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia)	33±4	20	4
Nuts			
558Cashew nuts, salted (Coles Supermarkets, Australia) ⁶	22±5	50	3
559Peanuts			
Peanuts, crushed (South Africa) ⁶	7±4	50	0
Peanuts (Canada) ⁶	13±6	50	1
Peanuts (Mexico) ⁶	23	50	2
mean of three studies	14±8	50	1

560 Popcorn			
Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)	55±7	20	6
Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)	89	20	10
mean of two studies	72±17	20	8
561 Pop Tarts™, double choc (Kellogg's, Pagewood, NSW, Australia)	70±2	50	24
562 Potato crisps			
Potato crisps, plain, salted (Arnott's, Homebush, NSW, Australia)	57	50	10
Potato crisps, plain, salted (Canada)	51±7	50	12
mean of two studies	54±3	50	11
563 Pretzels, oven-baked, traditional wheat flavour (Parker's, Smith's Snack Food Co., Australia)	83±9	30	16
564 Skittles® (Mars Confectionery, Australia)	70±5	50	32
565 Snack bars			
Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)	40±8	50	12
Snack bar, Peanut Butter & Choc-Chip (Con Agra Inc., USA)	37±6	50	10
566 Snickers Bar®			
Snickers Bar® (Mars Confectionery, Australia)	41±5	60	15
Snickers Bar® (M&M/Mars, USA)	68	60	23
mean of two studies	55±14	60	19
567 Twisties™, cheese-flavoured, extruded snack, rice and corn (Smith's Snackfood Co., Australia)	74±5	50	22
568 Twix® Cookie Bar, caramel (M&M/Mars, USA)	44±6	60	17
SPORTS BARS			
569 Power Bar®			
Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA)	58±5		
Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA)	53		
mean of two studies	56±3	65	24
570 Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA)	39	65	10
SOUPS			
571 Black Bean (Wil-Pack Foods, San Pedro, CA, USA)	64	250	17
572 Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	66	250	27
573 Lentil, canned (Unico, Concord, Canada)	44	250	9
574 Minestrone, Traditional, Country Ladle™ (Campbell's Soups, Homebush, NSW, Australia) ⁶	39±3	250	7
575 Noodle soup (traditional Turkish soup with stock and noodles)	1	250	0

576	Split Pea (Wil-Pak Foods, USA)	60	250	16
577	Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers)	20		
578	Tomato soup (Canada)	38±9	250	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	10	1
	Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA) ⁶	10±1	10	1
580	Fructose			
	25g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada) ⁶	11		
	50g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)	12		
	50g portion	20±5		
	50g portion	21		
	50g portion (Sigma Chemical Company, St. Louis, MO, USA)	24		
	25g portion, fed with oats ²⁸	25		
	mean of six studies	19±2	10	2
581	Glucose			
	50 g portion (dextrose)	85		
	25g portion, fed with oats ²⁸	92		
	50 g portion	93		
	50 g portion (dextrose)	96		
	50 g portion	96		
	50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	96		
	50 g portion	100		
	50 g portion (Glucodin™ glucose tablets, Boots, North Ryde, NSW, Australia)	102±9		
	25 g portion (Bio-Health, Canada) ⁶	103		
	50 g portion (dextrose)	111		
	100 g portion (Bio-Health, Canada) ¹²	114		
	mean of 11 studies	99±3	10	10
	Glucose consumed with American ginseng (<i>Panax quinquefolius</i> L.)			
582	25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng ⁵	78	10	8
583	25 g glucose (Glucodex) 40 min after 3 g dried ginseng ⁵	80		

25 g glucose (Glucodex) 40 min before 3 g dried ginseng ⁵	76		
mean in two groups of subjects	78±2	10	8
584 Glucose consumed with gum/fiber			
46 g Glucose + 15 g apple and orange fiber extract (FITA, Chatswood, NSW, Australia)	79±3	10	6
(total carbohydrate content of drink = 50 g)			
50 g Glucose + 14.5 g guar gum	62	10	6
50 g Glucose + 14.5 g oat gum (78% oat β-glucan)	57	10	6
100 g Glucose + 20 g acacia gum ⁷	85	10	9
585 Glucose consumed with a mixed meal			
30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter	55		
(total meal contained 50 g carbohydrate) (France)			
30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter	57		
(total meal contained 50 g carbohydrate) (France)			
mean in two groups of subjects	56±1	250	20
586 Honey			
Locust honey (Romania) ⁶	32	25	7
Yellow box (46% fructose) (Australia) ⁶	35±4	25	6
Stringy Bark (52% fructose) (Australia) ⁶	44±4	25	9
Red Gum (35% fructose) (Australia) ⁶	46±3	25	8
Iron Bark (34% fructose) (Australia) ⁶	48±3	25	7
Yapunya (42 % fructose) (Australia) ⁶	52±5	25	9
Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6	25	12
Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia) ⁶	62±3	25	11
Salvation Jane (32% fructose) (Australia) ⁶	64±5	25	10
Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia) ⁶	72±6	25	9
Honey, NS(Canada) ⁶	87±8	25	18
mean of 11 types of honey	55±5	25	10
587 Lactose			
50 g lactose (Sigma Chemical Company, USA)	43		
25 g lactose (BDH, Poole, UK) ⁶	48		
25 g lactose ²⁸	48		
mean of three studies	46±2	10	5
588 50 g maltose	105±12	10	11

589	Sucrose			
	50 g sucrose (Sigma Chemical Company, USA)	58		
	50 g sucrose (Redpath Sugars, Toronto, Canada)	58		
	50 g sucrose	59±10		
	50 g sucrose	60		
	25 g sucrose (Redpath Sugars, Canada) ⁶	60		
	25 g sucrose ²⁸	64		
	50 g sucrose	65±9		
	100 g sucrose (Redpath Sugars, Canada) ¹²	65		
	30 g sucrose ²⁹	82		
	25 g sucrose ⁶	110±21		
	mean of 10 studies	68±5	10	7
	Sugar alcohols and sugar-replacement compounds			
590	Lactitol			
	25 g lactitol ³⁰	-1±7		
	25 g lactitol MC (Danisco sweeteners, Redhill, Surrey, UK) ³⁰	3±1		
	mean of two studies	2±3	10	0
591	Litesse			
	25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ³⁰	7±2	10	1
	25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ³⁰	4±2	10	0
592	Maltitol-based sweeteners or bulking agents			
	25 g Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium) ³⁰	30±12	10	3
	25 g Maltidex 100 (> 72% maltitol) (Cerestar, Vilvoorde, Belgium) ³⁰	44±11	10	4
	25 g Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium) ³⁰	73±29	10	7
	25 g Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium) ³⁰	89±28	10	9
593	Xylitol			
	25 g xylitol ³⁰	7±7		
	25 g Xylitol C (Danisco Sweeteners, UK) ³⁰	8±2		
	mean of two studies	8±1	10	1
	VEGETABLES			
594	Broad beans (Canada) ⁶	79±16	80	9
595	Green peas			

Pea, frozen, boiled (Canada) ⁶	39	80	3
Pea, frozen, boiled (Canada) ⁶	51±6	80	4
Pea, green (Pisum Sativum) (India) ¹¹	54±14	80	4
mean of three studies	48±5	80	3
596Pumpkin (South Africa)	75±9	80	3
597Sweet corn			
Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	80	6
Sweet corn on the cob, boiled 20 min (Sydney, Australia)	48	80	8
Sweet corn (Canada)	59±11	80	11
Sweet corn, boiled (USA)	60	80	11
Sweet corn, boiled (USA)	60	80	11
Sweet corn (South Africa)	62±5	80	11
mean of six studies	54±4	80	9
Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA)	46	80	7
Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto, Canada)	47	80	7
Root vegetables			
598Beetroot (Canada) ⁶	64±16	80	5
599Carrots			
Carrots, raw (Romania) ^{5,6}	16	80	1
Carrots, peeled, boiled (Sydney, NSW, Australia) ⁶	32±5	80	1
Carrots, peeled, boiled (Sydney, NSW, Australia) ⁶	49±2	80	2
Carrots, NS (Canada) ⁶	92±20	80	5
mean of four studies	47±16	80	3
600Cassava, boiled, with salt (Kenya, Africa)	46	100	12
601Parsnips (Canada) ⁶	97±19	80	12
Potato			
602Baked potato			
Ontario, white, baked in skin (Canada)	60	150	18
603Baked, Russet Burbank potatoes			
Russet, baked without fat (Canada)	56		
Russet, baked without fat, 45-60 min (USA)	78		
Russet, baked without fat (USA)	94		
Russet, baked without fat (USA)	111		
mean of four studies	85±12	150	26

604 Boiled potato			
Desiree, peeled, boiled 35 min (Australia)	101±15	150	17
Nardine (New Zealand)	70±17	150	18
Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada)	58	150	16
Pontiac, peeled, boiled whole for 30 min (Australia)	56	150	14
Pontiac, peeled, boiled 35 min (Australia)	88±9	150	16
Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada)	63	150	11
Sebago, peeled, boiled 35 min (Australia)	87±7	150	14
605 Boiled/cooked, white/Type NS			
Type NS (Kenya, Africa)	24	150	7
White, cooked (Romania) ⁵	41	150	12
White, boiled (Canada)	54	150	15
Type NS, boiled (Australia)	56	150	11
Type NS, boiled in salted water (India)	76	150	26
mean of five studies	50±9	150	14
Type NS, boiled in salted water, refrigerated, reheated (India)	23	150	8
606 Canned potatoes			
Prince Edward Island, canned, microwave heated (Avon, Cobi Foods Inc., Port Williams, Canada)	61	150	11
New, canned, heated in microwave 3 min (Mint Tiny Taters, Edgell's, Cheltenham, Vic, Australia)	65±9	150	12
mean of two studies	63±2	150	11
607 French Fries			
French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	75	150	22
608 Instant Mashed potato			
Instant (France)	74±12		
Instant (Canada)	80±13		
Instant (Edgell's Potato Whip, Edgell's, Australia)	86		
Instant (Carnation Foods Co. Ltd., Manitoba, Canada)	86		
Instant (Canada)	88		
Instant mashed potato (Idahoan Foods, Lewisville, ID, USA)	97±6		
mean of six studies	85±3	150	17
609 Mashed potato			
Type NS (Canada)	67		

Type NS (South Africa)	71±10		
Type NS (France)	83		
mean of three studies	74±5	150	15
Prince Edward Island, peeled, cubed, boiled 15 min, mashed (Canada)	73	150	13
Pontiac, peeled, cubed, boiled 15 min, mashed (Australia)	91±9	150	18
610Microwaved potato		150	12
Pontiac, peeled and microwave on high for 6-7.5 min (Australia)	79±9	150	14
Type NS, microwaved (USA)	82	150	27
611New Potato			
New (Canada)	47		
New (Canada)	54		
New (Canada)	70±8		
mean of three studies	57±7	150	12
New, unpeeled and boiled 20 min (Australia)	78±12	150	16
612Steamed potato			
Potato, peeled, steamed 1 h (Solanum Tuberosum) (India) ¹¹	65±11	150	18
Potato dumplings (white wheat flour, white potatoes, boiled in salted water (Italy))	52	150	24
613Sweet potato			
Sweet potato, Ipomoea batatas (Australia)	44	150	11
Sweet potato, NS (Canada)	48±6	150	16
Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada)	59	150	18
Sweet potato, kumara (New Zealand)	77±12	150	19
Sweet potato, kumara (New Zealand)	78±6	150	20
mean of five studies	61±7	150	17
614Swede			
Swede (rutabaga) (Canada) ⁶	72±8	150	7
615 Tapioca			
Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	81	250	14
Tapioca (Manihot Utilissima), steamed 1 h (India) ¹¹	70±10	250	12
616Taro			
Taro (Colocasia esculenta) peeled, boiled (Australia)	54		
Taro, peeled, boiled (New Zealand)	56±12		
mean of two studies	55±1	150	4
617Yam			

Yam, peeled, boiled (New Zealand)	25±4		
Yam, peeled, boiled (New Zealand)	35±5		
Yam (Canada)	51±12		
mean of three studies	37±8	150	13

INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS

AFRICAN

618Brown beans (South Africa)	24±8	50 (dry)	6
622Cassava, boiled, with salt (Kenya)	46	100	12
624Ga kenkey, prepared from fermented cornmeal (<i>Zea mays</i>) (Ghana) ³¹	12±1	150	7
625Gari, roasted cassava dough (<i>Manihot utilissima</i>) (Ghana) ³¹	56±3	100	15
619Gram dhal (chana dal; South Africa)	5±3	50 (dry)	1
620Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa)	71±6	50 (dry)	25
Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa)	74±7	50 (dry)	30
Maize meal porridge/gruel (Kenya)	109	50 (dry)	41
621M'fino/Morogo, wild greens (South Africa)	68±8	120	34
623Millet flour porridge/gruel (Kenya)	107		
626Unripe plantain (<i>Musa paradisiaca</i>) (Ghana) ³¹	40±4	120 (raw)	13
627Yam (<i>Dioscorea</i> species) (Ghana) ³¹	66	150	23

ARABIC AND TURKISH

628Houmous (chickpea salad dip)	6±4	30	0
629Kibbeh saynieh (made with lamb and burghul)	61±16	120	9
630Lebanese bread (white, unleaved), houmous, falafel and tabbouleh	86±12	120	39
631Majadra (Syrian, lentils and rice)	24±5	250	10
632Moroccan Couscous (stew of semolina, chickpeas, vegetables)	58±9	250	17
633Stuffed Grapevine Leaves (rice and lamb stuffing with tomato sauce)	30±11	100	5
634Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	20		
635Turkish bread, white wheat flour	87	30	15
636Turkish bread, whole wheat	49	30	8
637Turkish noodle soup	1	250	0

ASIAN

638Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)	86±10	150	37
639Butter rice, warm white rice and butter (Japan)	79	150	40
640Curry rice (Japan)	67	150	41
641Curry rice with cheese (Japan)	55	150	27
642 Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)	98±7	150	31
Glutinous rice NS (Esubi Shokuhin, Japan)	86	150	55

Mean of two studies	92±6	150	44
643Glutinous rice ball with cut glutinous cake (mochi) (Japan)	48	75	14
644Glutinous rice cake with dried sea algae (Japan)	83	75	32
645Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan)	65	100	27
646Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	150	46
647Low-protein white rice with dried sea algae (Japan)	70	150	42
648Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
649Lychee, canned in syrup, drained (Narcissus brand, China)	79±8	120	16
650Mung bean noodles, dried, boiled (China)	39±9	180	18
651Non-glutaminous rice flour, served warm with drink (Yamato Nousan, Japan)	68	100	34
652Rice cracker, plain (Sakada, Japan)	91	30	23
653Rice gruel with dried algae (Satou Co Ltd., Japan)	81	250	15
654Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
655Rice noodles, fresh, boiled (Sydney, NSW, Australia)	40±4	180	15
656Rice vermicelli, Kongmoon (National Cereals, China)	58	180	22
657Roasted rice ball (Satou Co Ltd., Japan)	77	75	21
658Salted rice ball (Satou Co Ltd., Japan)	80	75	20
659Soba noodles, instant, reheated in hot water, served with soup (Japan)	46	180	22
660Stirfried vegetables, chicken and rice, home made (Australia)	73±17	360	55
661Sushi, salmon ('I Love Sushi' chain store, Sydney, NSW, Australia) ⁶	48±8	100	17
Sushi, roasted sea algae, vinegar and rice (Japan)	55	100	20
Mean of two studies	52±4	100	19
662Udon noodles, fresh, reheated (Fantastic, Windsor Gardens, SA, Australia) ⁶	62±8	180	30
Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48	180	23
Mean of two studies	55±7	180	26
663White rice, dried sea algae and milk, eaten together (Japan)	57		
White rice, dried sea algae and milk (milk eaten before rice) (Japan)	56		
White rice, dried sea algae and milk (milk eaten after rice) (Japan)	55		
Mean of three types	56±1	300	26
664White rice with dried fish strip (okaka) (Japan)	79	150	40
665White rice with fermented soybean (natto) (Japan)	56	150	24
666White rice with instant miso soup (soybean paste soup) (Japan)	61	150	29
667White rice with low-fat milk (Japan)	69	300	32
668White rice and non-sugar yoghurt (yoghurt eaten before rice) (Japan)	59		
White rice and non-sugar yoghurt eaten together (Japan)	58		
Mean of two types	59±1	150	19
669White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan)	63		
White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan)	61		

Mean of two types	62±1	150	27
670 White rice topped with raw egg and soy sauce (Japan)	72	150	26
671 White rice with roasted ground soybean (Japan)	56	150	29
672 White rice with salted dried plum (umeboshi) (Japan)	80	150	39
673 White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77	150	39
ASIAN INDIAN			
674 Amaranth, <i>Amaranthus esculentum</i> , popped, eaten with milk and non-nutritive sweetener	97±19	30	18
675 Bajra (<i>Pennisetum typhoideum</i>), eaten as roasted bread made from bajra flour	55±13		
Bajra (<i>Pennisetum typhoideum</i>)	49		
Bajra (<i>Pennisetum typhoideum</i>)	67		
Mean of three studies	57±5	75 (dry)	29
676 Banana, (<i>Musa sapientum</i>), Nendra variety, unripe, steamed 1 h ¹¹	70±11	120	31
677 Barley (<i>Hordeum vulgare</i>)	48		
Barley (<i>Hordeum vulgare</i>)	37		
Mean in two groups of subjects	43±6	150	16
678 Bengal gram dhal, chickpea (<i>chana dal</i>)	11	150	4
679 Black gram, (<i>Phaseolus mungo</i>), soaked 12 h, stored moist 24 h, steamed 1 h ¹¹	43±10	150	8
Chapatti			
680 Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	66±10	60	20
681 Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd and tomato curry	76±20	60	23
682 Chapatti, baisen	27		
683 Chapatti, bajra	67		
Chapatti, bajra	49		
Mean in two groups of subjects	58±9		
684 Chapatti, barley	37		
Chapatti, barley	48		
Mean in two groups of subjects	42±5		
685 Chapatti, maize, (<i>Zea mays</i>)	64		
Chapatti, maize, (<i>Zea mays</i>)	59		
Mean in two groups of subjects	62±3		
686 Chapatti, wheat, served with bottle gourd and tomato curry	66±9	60	21
687 Chapatti, flour from malted wheat, moth bean (<i>Phaseolus aconitifolius</i>) and bengal gram (<i>Cicer arietinum</i>)	66±9	60	25
688 Chapatti, flour made from popped wheat, moth bean and bengal gram	40±8	60	14

689	Chapatti, flour from roller dried wheat, moth bean and bengal gram	60±9	60	23
690	Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	81±4	200	41
	Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	44±3	200	22
	Mean in two groups of subjects	63±19	200	32
	Cheela (thin savoury pancake made from legume flour batter)			
691	Cheela, bengal gram (<i>Cicer arietinum</i>)	42±1	150	12
	Cheela, bengal gram (<i>Cicer arietinum</i>), fermented batter	36±1	150	10
692	Cheela, green gram (<i>Phaseolus aureus</i>)	45±1	150	12
	Cheela, green gram (<i>Phaseolus aureus</i>), fermented batter	38±1	150	10
693	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35±4		
	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31±6		
	Mean in two groups of subjects	33±2	100	6
694	Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	77±3	150	30
	Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	55±2	150	22
	Mean in two groups of subjects	66±11	150	26
695	Green gram, (<i>Phaseolus aureus</i>), soaked 12 h, stored moist 24 h, steamed 1 h ¹¹	38±14	150	6
696	Green gram, whole with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked	57±6	80 (dry)	29
697	Green gram dhal with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked	78±12	78 (dry)	39
698	Horse gram, (<i>Dolichos biflorus</i>) soaked 12 h, stored moist 24 h, steamed 1 h ¹¹	51±11	150	15
699	Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	77±2	250	40
	Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	60±2	250	31
	Mean in two groups of subjects	69±9	250	36
700	Jowar, roasted bread made from Jowar flour (<i>Sorghum vulgare</i>)	77±8	70 (dry)	39
701	Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds)	24±4		
	in hot sweet syrup			
	Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds)	29±4		
	in hot sweet syrup			
	Mean in two groups of subjects	27±3	50	8
702	Lentil and cauliflower curry with rice (Australia)	60±10	360	31
703	Millet/Ragi, (<i>Eleusine coracana</i>), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h ¹¹	68±10	150	23
704	Millet/Ragi (<i>Eleusine coracana</i>) ¹¹	84	70 (dry)	42
	Millet/Ragi (<i>Eleusine coracana</i>) flour eaten as roasted bread	104±13	70 (dry)	52
	mean of two studies	94±10		
705	Pongal (rice and roasted green gram dhal, pressure cooked)	90±3		
	Pongal (rice and roasted green gram dhal, pressure cooked)	45±2		

Mean in two groups of subjects	68±23	250	35
706Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	82±2		
Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	57±1		
Mean in two groups of subjects	70±13	150	28
707Rajmah, <i>Phaseolus vulgaris</i>	19	150	6
708Rice, (<i>Oryza Sativa</i>) boiled served with bottle gourd and tomato curry	69±15	150	26
709Semolina			
Semolina (<i>Triticum aestivum</i>), steamed	55±9	67 (dry)	28
Semolina (<i>Triticum aestivum</i>), pre-roasted	76±6	67 (dry)	38
Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>)	46±12	71 (dry)	23
Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>)	62±20	71 (dry)	31
Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietum</i>)	54±7	71 (dry)	27
710Tapioca (<i>Manihot utilissima</i>), steamed 1h ¹¹	70±10	250	12
711Varagu (<i>Paspalum scorbiculatum</i>), pressure cooked 15lb 12-15 min	68±8	76 (dry)	34
712Upittu (roasted semolina and onions, cooked in water)	67±3		
Upittu (roasted semolina and onions, cooked in water)	69±4		
Mean in two groups of subjects	68±1	150	28
713Uppuma kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3		
Uppuma kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water)	19±3		
Mean in two groups of subjects	18±1	150	6
AUSTRALIAN ABORIGINAL			
714Acacia aneura, mulga seed, roasted, wet ground to paste ⁶	8	50	1
715Acacia coriacea, desert oak, seed bread ⁶	46	75	11
716Araucaria bidwillii, bunya tree nut, baked 10 min ⁶	47	50	7
717Bush honey, sugar bag ⁶	43	30	11
718 <i>Castanospermum australe</i> , blackbean seed, sliced, soaked 1 wk, pounded and baked ⁶	8	50	1
719Dioscorea bulbifera, cheeky yam, peeled, sliced, soaked 2 d, baked 15 min ⁶	34	150	12
720Macrozamia communis, cycad palm seed, sliced, soaked 1 wk, pounded, baked ⁶	40±2	50	10
PACIFIC ISLANDERS			
721Breadfruit (<i>Artocarpus altilis</i>) (Australia) ⁶	68	120	18
722Banana/plantain, green			
Green banana, boiled (New Zealand)	38±10	120	8
723Sweet Potato			
Sweet potato, <i>Ipomoea batatas</i> (Australia)	44	150	11
Sweet potato, kumara (New Zealand)	77±12	150	19

Sweet potato, kumara (New Zealand)	78±6	150	20
mean of three studies	66±11	150	17
724Taro			
Taro (<i>Colocasia esculenta</i>) peeled, boiled (Australia)	54		
Taro, peeled, boiled (New Zealand)	56±12		
mean of two studies	55±1	150	4
725Yam			
Yam, peeled, boiled (New Zealand)	25±4		
Yam, peeled, boiled (New Zealand)	35±5		
mean of two groups of subjects	30±5	150	13
ISRAELI			
726Melawach (dough made from white wheat flour and butter, fried)	61±10		
Melawach	71±7		
mean of two studies	66±5	115	35
727Melawach + 15 g locust bean (<i>Ceratonia siliqua</i>) fiber (soluble)	31±6	130	16
728Melawach + 15 g maize cob fiber (insoluble)	59±10	130	31
729Melawach + 15 g lupin (<i>Lupinus albus</i>) fiber	72±10	130	38
PIMA INDIAN			
730Acorns, stewed with venison (<i>Quercus emoryi</i>) ⁶	16±1	100	1
731Cactus jam (<i>Stenocereus thurberi</i>)	91	30	18
732Corn hominy (<i>Zea mays</i>) ⁶	40±5	150	12
733Fruit Leather (<i>Stenocereus thurberi</i>)	70	30	17
734Lima beans broth (<i>Phaseolus lunatus</i>) ⁶	36±3	250	12
735Mesquite cakes (<i>Prosopis velutina</i>) ⁶	25±3	60	1
736Tortilla (<i>Zea mays</i> and <i>Oleña tesota</i>)	38	60	9
737White teparies broth (<i>Phaseolus acutifolius</i>) ⁶	31±3	250	10
738Yellow teparies broth (<i>Phaseolus acutifolius</i>) ⁶	29±3	250	8
SOUTH AMERICAN			
739Arepa, corn bread cake, made with corn flour (Mexico)	72	100	31
740Arepa, made from ordinary dehulled dent corn flour (25% amylose) ^{9, 34}	81	100	35
741Arepa, made from dehulled high-amylose (70%) corn flour ^{9, 34}	44	100	11
742Black Beans	30	150	7
743Brown Beans	38	150	9
744Corn tortilla (Mexican)	52	50	12
745Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexican)	39	100	9
746Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexican)	78	100	11
747Nopal (prickly pear cactus)	7	100	0
748Pinto beans, boiled in salted water	14	150	4
749Wheat tortilla (Mexican)	30	50	8

Footnotes:

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.

²The published tables show GI values based on glucose=100 and on white bread=100.

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.

Additional Foods:

Sports drinks and energy foods:

GatorLode (Orange)	100
Gatorade (Orange)	89
XLR8 (Orange)	68
Poweraid (Orange)	65
Cytomax (Orange)	62
Allsport (Orange)	53
Cliff bar (Cookies & Cream)	101

Power bar (Chocolate)	83
PR-bar (Cookies 'N Cream)	81
MET-Rx bar (Vanilla)	74
GatorPro (Chocolate) meal	89
Optifuel meal	78
Ensure (Vanilla) meal	75
Boost High Protein (Vanilla) meal	59
MET-Rx (Vanilla) meal	58
Boost (Vanilla) meal	53

Source: Randall J. Gretebeck et al., "Glycemic index of popular sports drinks and energy foods,"

Journal of the American Dietetic Association, March 2002, pp. 415-417.

Dates:

bahri dates	50
khalas dates	36
bo ma'an dates	31

Source: Campbell J. Miller et al., "Glycemic index of 3 varieties of dates," Saudi Medical

Journal, May 2002, pp. 536-538.

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