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## Revised International Table of Glycemic Index (GI) and Glycemic Load (GL) Values—2008

By David Mendoza

### Advertisement

This is the definitive table for both the glycemic index and the glycemic load. I am able to reproduce it here courtesy of the author, Professor Jennie Brand-Miller of the University of Sydney. It is based on a table in different format but no more foods published December 2008 in *Diabetes Care*. However, only the [abstract](#) is free online there.

This table includes the glycemic index and glycemic load of more than 2,480 individual food items. Not all of them, however, are available in the United States. They represent a true international effort of testing around the world.

The glycemic index (GI) is a numerical system of measuring how much of a rise in circulating blood sugar a carbohydrate triggers—the higher the number, the greater the blood sugar response. So a low GI food will cause a small rise, while a high GI food will trigger a dramatic spike. A list of carbohydrates with their glycemic values is shown below. A GI is 70 or more is high, a GI of 56 to 69 inclusive is medium, and a GI of 55 or less is low.

The glycemic load (GL) is a relatively new way to assess the impact of carbohydrate consumption that takes the glycemic index into account, but gives a fuller picture than

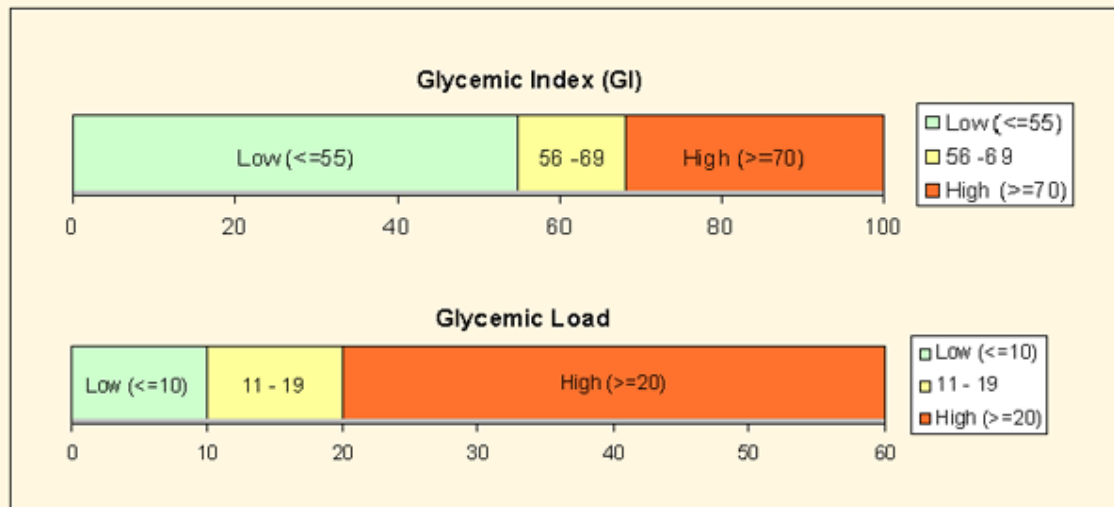
*GI  
of  
55  
is  
low;  
GL  
of  
10  
is*

does glycemic index alone. A GI value tells you only how rapidly a particular carbohydrate turns into sugar. It doesn't tell you how much of that carbohydrate is in a serving of a particular food. You need to know both things to understand a food's effect on blood sugar. That is where glycemic load comes in. The carbohydrate in watermelon, for example, has a high GI. But there isn't a lot of it, so watermelon's glycemic load is relatively low. A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.

low.

Foods that have a low GL almost always have a low GI. Foods with an intermediate or high GL range from very low to very high GI.

Both GI and GL are listed here. The GI is of foods based on the glucose index—where glucose is set to equal 100. The other is the glycemic load, which is the glycemic index divided by 100 multiplied by its available carbohydrate content (i.e. carbohydrates minus fiber) in grams. (The "Serve size (g)" column is the serving size in grams for calculating the glycemic load; for simplicity of presentation I have left out an intermediate column that shows the available carbohydrates in the stated serving sizes.) Take, watermelon as an example of calculating glycemic load. Its glycemic index is pretty high, about 72. According to the calculations by the people at the University of Sydney's Human Nutrition Unit, in a serving of 120 grams it has 6 grams of available carbohydrate per serving, so its glycemic load is pretty low,  $72/100 \times 6 = 4.32$ , rounded to 4.



**Glycemic Index & Glycemic Load Rating Chart**

My previous glycemic index page, which this page supplants, was based on the 2002 table published in the *American Journal of Clinical Nutrition*. That in turn supplanted my original glycemic lists page, which was based on the original 1995 publication of the *American Journal of Clinical Nutrition*.

I know that some people would prefer the relative simplicity of a list of just the most common American foods. You can find such a list at [http://www.mendosa.com/common\\_foods.htm](http://www.mendosa.com/common_foods.htm).

If you are looking for a relatively simple description of the glycemic index, please see my article titled "The Glycemic Index" at <http://www.mendosa.com/gidigest.htm>.

## Notice!

You can print out this file. But before printing, be sure to check if the last column is fully visible. On my computer I needed to change the margins in Internet Explorer (with file, page setup) from 0.75 inches to 0.25 inches. You may need to make it even wider by changing the print setup orientation from the normal portrait to landscape. Then, please first check if you've got it by printing just one page of the table.

This table may be freely utilized for personal use, but **may not be copied to any other Web site or publication**. Webmasters of other Web sites are, however, welcomed to link this Web page.

Before asking about the glycemic index or glycemic load, please refer to [my main Glycemic Index page](#).

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## Table of glycemic index and load values

The average GI of 62 common foods derived from multiple studies by different laboratories

<b>High-carbohydrate foods</b>	<b>GI</b>
White wheat bread*	75±2
Whole wheat/whole meal bread	74±2
Speciality grain bread	53±2
Unleavened wheat bread*	70±5
Wheat roti	62±3
Chapatti	52±4
Corn tortilla	46±4
White rice, boiled*	73±4
Brown rice, boiled	68±4

Barley	28±2
Sweet corn	52±5
Spaghetti, white	49±2
Spaghetti, whole meal	48±5
Rice noodles†	53±7
Udon noodles	55±7
Couscous†	65±4

#### Breakfast Cereals

Cornflakes	81±6
Wheat flake biscuits	69±2
Porridge, rolled oats	55±2
Instant oat porridge	79±3
Rice porridge/congee	78±9
Millet porridge	67±5
Muesli	57±2

#### Fruit and fruit products

Apple, raw†	36±2
Orange, raw†	43±3
Banana, raw†	51±3
Pineapple, raw	59±8
Mango, raw†	51±5
Watermelon, raw	76±4
Dates, raw	42±4
Peaches, canned†	43±5
Strawberry jam/jelly	49±3
Apple juice	41±2
Orange juice	50±2

#### Vegetables

Potato, boiled	78±4
Potato, instant mashed	87±3
Potato, french fries	63±5
Carrots, boiled	39±4
Sweet potato, boiled	63±6
Pumpkin, boiled	64±7
Plantain/green banana	55±6
Taro, boiled	53±2
Vegetable soup	48±5

#### Dairy products and alternatives

Milk, full fat	39±3
Milk, skim	37±4
Ice cream	51±3
Yogurt, fruit	41±2
Soy milk	34±4
Rice milk	86±7

#### Legumes

Chickpeas	28±9
Kidney beans	24±4
Lentils	32±5
Soya beans	16±1

#### Snack products

Chocolate	40±3
Popcorn	65±5
Potato crisps	56±3
Soft drink/soda	59±3
Rice crackers/crisps	87±2

#### Sugars

Fructose	15±4
Sucrose	65±4
Glucose	103±3
Honey	61±3

Data are means. \*Low-GI varieties were also identified. †Average of all available data.

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

Food Number and Item	GI <sup>2</sup> (GlucoseSize = 100)	Serve Size g	GL <sup>3</sup> per serve	
<b>BAKERY PRODUCTS</b>				
<b>Cakes</b>				
1	Banana cake, made with sugar	47±8	60	14
2	Banana cake, made without sugar	55±10	60	12
3	Carrot cake, prepared with coconut flour (Philippines)	36	60	8
4	Chocolate cake made from packet mix	38±3	111	20

	with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, USA)			
5	Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Australia)	73±12	38	19
6	Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)	87±17	50	25
7	Pound cake 0% (Bimbo S.A de C.V, Mexico)	38±5	60	9
8	Raspberry Coffee cake, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	50±4	60	13
9	Vanilla cake, made from packet mix with vanilla frosting (Betty Crocker, USA)	42±4	58	24
<b>Desserts</b>				
10	Apple Berry crumble, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	41±3	165	14
11	Bavarian (mousse filling on biscuit base), Chocolate honeycomb, light (Sara Lee Bakery, Australia)	31±5	75	6
12	Danish, Apple & Peach, light (Sara Lee Bakery, Australia)	50±4	50	11
13	Doughnut, wheat dough, deep-fried (China)	75±7	50	15
<b>Muffins</b>				
14	Apple muffin, made with rolled oats and sugar	44±6	60	13
15	Apple muffin, made rolled oats and without sugar	48±10	60	9
16	Apple Blueberry muffin (Sara Lee Bakery, Australia)	49±4	60	12
17	Apple, oat, sultana muffin (Australia)	54±4	50	14
18	Apricot, coconut and honey muffin (Australia)	60±4	50	16
19	Banana, oat and honey muffin (Australia)	65±11	50	17
20	Blueberry muffin (Sara Lee Bakery, Australia)	50±3	60	15
21	Blueberry (Wild) 10-Grain muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	57±7	70	22
22	Chocolate butterscotch muffin (Australia)	53±5	50	15
23	Chocolate chip muffin (Sara Lee Bakery, Australia)	52±6	60	17
24	Cranberry & Orange Soy muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	48±6	70	14
25	Double chocolate muffin (Sara Lee Bakery, Australia)	46±4	60	16
26	Muffin, plain, made from wheat flour (Spain)	46±8	50	11
27	Muffin, reduced-fat, low-calorie, made from high-amylose corn starch and maltitol (Spain)	37±3	50	9
28	Raisin Bran Flax muffin, President's Choice®	52±3	70	17

	Blue Menu™ (Loblaw Brands Limited, Canada)			
29	Raspberry Pomegranate muffin, President's Choice®	58±7	70	19
	Blue Menu™ (Loblaw Brands Limited, Canada)			
	<b>Pancakes</b>			
30	Pancakes, homemade (Fiji)	66±9	80	17
31	Pancakes, prepared from shake mix (Green's General Foods, Glendenning, Australia)	67±5	80	38
32	Pancakes, prepared from wheat flour (China)	80±4	80	16
33	Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Australia)	102±11	80	23
34	Pancakes, gluten-free, made from packet mix (Freedom Foods, Cheltenham, Australia)	61±6	80	32
35	Pancakes, prepared with coconut flour (Philippines)	46	80	10
36	Pan de sal (sweet bread roll), containing coconut flour (Philippines)	61	80	22
37	Pastry, puff (Pampas™, Australia)	56±5	50	11
38	Pikelets, Golden brand (Tip Top Bakeries, Chatswood, Australia)	85±14	40	18
39	Scones, plain, made from packet mix (Defiance Milling Co, Australia)	92±8	25	8
	<b>BEVERAGES</b>			
40	Aussie Bodies Start the Day UHT, Choc Banana flavored drink (Aussie Bodies Pty Ltd, Australia)	24±3	250 mL	4
41	Aussie Bodies Start the Day UHT, Chocolate flavored drink (Aussie Bodies Pty Ltd, Australia)	26±4	250 mL	4
42	Beer, Toohey's New (Tooheys Pty Limited, Australia) <sup>7</sup>	66±7	250 mL	5
43	Chocolate Daydream™ shake, fructose (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) <sup>8</sup>	33±4	250 mL	6
44	Chocolate Daydream™ shake, sucralose (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) <sup>8</sup>	25±4	250 mL	1
	<b>Coca Cola®</b>			
45	Coca Cola®, soft drink (Coca Cola Amatil, Sydney, Australia)	53±7	250 mL	14
46	Coca Cola®, soft drink (Coca Cola Bottling Company, Atlanta, USA)	63	250 mL	16
47	Cordial, orange, reconstituted (Berri Ltd, Berri, Australia)	66±8	250 mL	13
48	Fanta®, orange soft drink	68±6	250 mL	23

	(Coca Cola Amatil, Australia)			
49	Fruit punch (USA)	67	250 mL	19
50	Lemonade, Schweppes®, lemon soft drink (Cadbury Schweppes, Sydney, Australia)	54±5	250 mL	15
51	Mars Active® Energy Drink, flavored milk (M&M/Mars, USA)	46±4	250 mL	15
52	Orange Delight Cocktail with pulp, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	44±5	250 mL	7
53	Ribena™ blackcurrant fruit syrup, reconstituted with water (GlaxoSmithKline Group, Australia)	52±5	250 mL	17
	<b>Rice milk drink</b>			
54	Rice milk drink, low-fat, Australia's Own Natural™ (So Natural Foods, Taren Point, Australia)	92±9	250 mL	29
55	Vitasoy® rice milk, low-fat, calcium enriched (National Foods Ltd, Australia) <sup>8</sup>	79±8	250 mL	17
56	Slim Fast™ French Vanilla ready-to-drink shake (Slim Fast Foods Company, Englewood, USA)	37±5	250 mL	10
	<b>Smoothie, made from milk and fruit</b>			
57	Smoothie, banana (Australia)	30±4	250 mL	8
58	Smoothie, banana and strawberry, V8 Splash® (Campbell's Soup Company, Camden, USA)	44±3	250 mL	11
59	Smoothie, mango (Australia)	32±4	250 mL	9
60	Smoothie, raspberry (Con Agra Inc, Omaha, USA)	33±9	250 mL	14
	<i>mean of four foods</i>	35±3	250 mL	11
	<b>Smoothie, made from soy milk</b>			
61	Smoothie drink, soy, banana (So Natural Foods, Australia) <sup>8</sup>	30±3	250 mL	7
62	Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia) <sup>8</sup>	34±3	250 mL	8
63	Solo™, lemon squash, soft drink (Cadbury Schweppes, Australia) <sup>8</sup>	58±5	250 mL	17
64	Soy Beverage, Chocolate flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	40±5	250 mL	11
65	Soy Beverage, Original flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	15±4	250 mL	1



66	Soy Beverage, Vanilla flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	28±3	250 mL	4
67	Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium Health Foods, Australia) <sup>8</sup>	43±5	250 mL	11
68	Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium Health Foods, Australia) <sup>8</sup>	46±5	250 mL	11
69	V8 Splash®, tropical blend fruit drink (Campbell's Soup Company, USA)	47±4	250 mL	13
70	Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) <sup>8</sup> (So Natural Foods, Australia)	39±2	250 mL	13
71	V8® 100% vegetable juice (Campbell's Soup Company, USA)	43±4	250 mL	4
72	Yakult®, fermented milk drink with <i>Lactobacillus casei</i> (Yakult, Dandenong, Australia)	46±6	65 mL	6
73	Yakult® Light, fermented milk drink with <i>Lactobacillus casei</i> (Yakult, Dandenong, Australia)	36±6	65 mL	3
<b>Sports drinks</b>				
74	Gatorade® (Spring Valley Beverages Pty Ltd, Cheltenham, Vic, Australia)	78±13	250 mL	12
75	Isostar® (Novartis Consumer Health, Nyon, Switzerland)	70±15	250 mL	13
76	Sustagen Sport® (Mead Johnson, Rydalmere, NSW, Australia)	43±9	250 mL	21
77	Thorpedo® Advanced Hydration for Kids, all flavors (Thorpedo Foods, Australia)	11±2	250 mL	4
78	Thorpedo® Ultra Low GI Energy Water, all flavors (Thorpedo Foods, Australia)	16±4	250 mL	2
<b>Drinks made from drinking mix powders</b>				
79	Aussie Bodies Trim Protein Shake, Chocolate flavored (Aussie Bodies Pty Ltd, Australia)	39±4	250 mL	5
80	Aussie Bodies Trim Protein Shake, French Vanilla flavored (Aussie Bodies Pty Ltd, Australia)	41±3	250 mL	5
81	Build-Up™ nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, Australia)	41±4	250 mL	14
82	Cinch™ Café Latte weight management powder, prepared with skim milk (Shaklee Corporation, Pleasanton, USA)	27±3	250 mL	8

83	Cinch™ Chocolate weight management powder, prepared with skim milk (Shaklee Corporation, USA)	16±3	250 mL	5
84	Cinch™ Vanilla weight management powder, prepared with skim milk (Shaklee Corporation, USA)	22±3	250 mL	6
85	Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3	250 mL	12
86	Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, Australia) mixed in reduced-fat (1.5%) milk	36±3	250 mL	7
87	Malted milk powder in full-fat milk (Nestlé, Australia) Milo™ (chocolate nutrient-fortified drink powder)	45±3	250 mL	12
88	Milo™ (Nestlé, Australia) dissolved in water	55±3	250 mL	9
89	Milo™ (Nestlé, Auckland, New Zealand) dissolved in water	52±5	250 mL	8
90	Milo™ (Nestlé, Australia) dissolved in full-fat milk	35±2	250 mL	9
91	Milo™ (Nestlé, New Zealand) dissolved in full-fat milk	36±3	250 mL	9
92	Milo™ Breakfast Smoothie powder prepared with skim milk (Nestlé, Australia)	39±5	250 mL	13
93	Nutrimeal™, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, USA) (2000)	26±3	250 mL	4
94	Nutrimeal™, meal replacement drink, all flavors (Usana Australia, Baulkham Hills, Australia) (2007)	20±2	250 mL	3
95	Proform Hi-protein powder, neutral flavor, prepared with skim milk (MGC Dairy Co Pty Ltd, Melbourne, Australia)	45±3	250 mL	22
96	Proform Hi-protein powder, vanilla flavor, prepared with skim milk (MGC Dairy Co Pty Ltd, Australia) <b>Quik™ (sweet drink powder)</b>	42±5	250 mL	21
97	Quik™, chocolate (Nestlé, Australia), made with water	53±5	250	4
98	Quik™, chocolate (Nestlé, Australia), prepared with 1.5% fat milk	41±4	250	5
99	Quik™, strawberry (Nestlé, Australia), prepared with in water	64±8	250	5
100	Quik™, strawberry (Nestlé, Australia), prepared with 1.5% fat milk	35±3	250	4

<b>BREADS</b>				
101	Bagel, white (USA) <sup>9</sup>	69	70	24
<b>Baguette</b>				
102	Traditional French baguette (prepared with wheat flour, water, salt and 20 g yeast) (France)	57±9	30	10
103	Whole Grain Baguette, President's Choice® Blue Menutm (Loblaw Brands Limited, Canada)	73±6	30	9
104	French baguette with chocolate spread (France)	72±8	70	27
105	French baguette with butter and strawberry jam (France)	62±7	70	26
106	Pain au lait (Pasquier, France)	63±10	60	20
<b>Barley breads</b>				
<b>Coarse barley kernel bread, 80% kernels</b>				
107	80% scalded intact kernels (20% white wheat flour)	34	30	7
108	80% intact kernels (20% white wheat flour)	40	30	8
109	Barley kernel bread, 50% kibbled barley (Australia)	48	30	10
110	Sunflower and barley bread (Riga bakeries, Sydney, Australia)	57±6	30	6
111	Sunflower and barley bread (Vogel's, UK)	70±10	30	8
<b>Barley flour breads</b>				
112	Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67	30	13
113	Wholemeal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fiber barley flour) (Sweden)	50	30	7
114	Wholemeal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fiber barley flour) (Sweden)	43	30	5
115	Barley flour bread, made from 50% wheat flour and 50% coarse sieved barley flour (containing 4.2% total 1-3, 1-4 β-glucan of which 2.8% soluble) (Italy)	74±15	30	12
116	Barley flour bread, made from 80% wheat flour and 20% water-extracted barley flour (containing 6.3% total 1-3, 1-4 β-glucan of which 5.7% soluble) (Italy)	70±7	30	11
117	Whole grain barley flour bread, made from 50% barley flour and 50% wheat flour (containing 2.4% total 1-3, 1-4 β-glucan of which 2.0% soluble) (Italy)	85±14	30	15
118	Barley bread, 70% high-amylose barley flour and 30% white wheat flour, baked long-time at low tempertaure (Sweden)	49	30	6

119	Barley bread, 70% high-amylose barley flour & 30% white wheat flour, conventionally baked (Sweden) <b>Wholemeal barley flour (80%) &amp; white wheat flour (20%) breads - fermented or with added organic acids or salts (Sweden)</b>	70	30	9
120	Wholemeal barley flour bread (used as reference food for the 5 breads below) <sup>9</sup>	70	30	14
121	Wholemeal barley flour bread with sourdough (lactic acid) <sup>9</sup>	53	30	10
122	Wholemeal barley flour bread with lactic acid <sup>9</sup>	66	30	12
123	Wholemeal barley flour bread with calcium lactate <sup>9</sup>	59	30	12
124	Wholemeal barley flour bread with sodium propionate <sup>9</sup>	65	30	13
125	Wholemeal barley flour bread with higher dose sodium propionate <sup>9</sup> <b>Buckwheat bread</b>	57	30	11
126	Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)	47	30	10
127	Buckwheat bread (China) <b>Chickpea flour bread</b>	67±2	30	13
128	Chickpea flour bread, made from Amethyst-type desi chickpeas (JK International Pty Ltd, Rocklea, Australia)	55	30	7
129	Chickpea flour bread, made from extruded chickpea flour (Australia)	67	30	8
130	Corn tortilla, made from white corn, Diego's brand (San Diego Tortilla Factory Pty Ltd, Andrews, QLD, Australia)	49±6	50	11
131	Bread, flax, made from flax meal & wheat flour (Canada) <sup>9</sup> <b>Fruit breads</b>	67	30	8
132	Bürgen® Fruit loaf (Tip Top Bakeries, Chatswood, Australia)	44±5	30	6
133	Bürgen® Fruit and Muesli bread (Tip Top Bakeries, Australia)	53±4	30	7
134	Continental fruit loaf, wheat bread with dried fruit (Australia)	47±6	30	7
135	Fruit and cinnamon bread (Finest, UK)	71±11	30	11
136	Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, Australia)	54±6	30	8

137	Fruit loaf, sliced (UK)	57±6	30	9
138	Happiness™ (cinnamon, raisin, pecan bread) (Natural Ovens, Mannitowoc, USA)	63±5	30	9
139	Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)	54±6	30	7
140	Whole-wheat bread with dried fruit (China)	47±2	30	7
<b>Gluten-free bread</b>				
141	Gluten-free multigrain bread (Country Life Bakery, Dandenong, Australia)	79±13	30	10
142	Gluten-free white bread (Country Life Bakery, Australia)	40±5	30	3
143	Gluten-free buckwheat bread, made with buckwheat meal & rice flour (Naturis Organic Bread, NSW, Australia)	72±5	30	8
<b>Hamburger/Hot dog buns</b>				
144	100% Whole wheat Gigantico Burger Buns, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	62±6	30	7
145	100% Whole wheat Gigantico Hot Dog Rolls, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	62±6	30	7
<b>Oat bread</b>				
146	Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65	30	12
<b>Oat bran bread</b>				
147	50% oat bran (Australia)	44	30	8
148	45% oat bran and 50% wheat flour (Sweden)	50	30	9
149	Oatmeal batch bread (UK)	62±8	30	9
<b>Rice bread</b>				
150	Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, Australia)	72±9	30	8
151	Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)	61±9	30	7
<b>Rye bread</b>				
152	Rye bread (50% rye flour + 50% wheat flour) (Turkey)	50	30	7
153	Wheat and rye bread (75% wheat flour + 10% rye flour + 15% wheat bran) (Turkey)	40	30	6
<b>Rye kernel bread</b>				
154	Coarse rye kernel bread, 80% intact kernels and	41	30	5

20% white wheat flour (Sweden)			
155 Whole-kernel rye bread, 60% whole rye kernels and 40% rye flour (Finland) <sup>11</sup>	57	30	6
156 Rye bread (80% rye flour + 20% oat $\beta$ -glucan concentrate) (Finland) <sup>11</sup>	66	30	6
157 Rye bread, 69% whole-grain rye flour (Jalkiuunileipa, Oululainen Ltd, Lahti, Finland)	78 $\pm$ 10	30	11
<b>Specialty rye breads</b>			
158 Blackbread, Riga (Berzin's Specialty Bakery, Sydney, Australia)	76 $\pm$ 14	30	10
159 B $\ddot{u}$ rgen <sup>TM</sup> Dark/Swiss rye (Tip Top Bakeries, Australia)	55 $\pm$ 12	30	6
160 B $\ddot{u}$ rgen <sup>TM</sup> Rye (Tip Top Bakeries, Australia)	51 $\pm$ 3	30	5
161 Country Grain Organic Rye (Country Life Bakery, Australia)	53 $\pm$ 4	30	5
162 Roggenbrot, Vogel's (Stevens & Co, Sydney, NSW, Australia)	59 $\pm$ 5	30	8
163 Rye Hi-Soy with Linseed (Country Life Bakery, Australia)	55 $\pm$ 4	30	5
164 Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, Australia)	86 $\pm$ 15	30	12
165 Sourdough rye (Australia)	48	30	6
<b>Wheat Breads</b>			
166 Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	52	30	10
<b>Spelt wheat breads</b>			
167 White spelt wheat bread (Belgium)	65	30	10
168 White spelt wheat bread (Slovenia) <sup>12</sup>	74	30	17
169 Wholemeal spelt wheat bread (Slovenia) <sup>12</sup>	63	30	12
170 Scalded spelt wheat kernel bread (Slovenia) <sup>12</sup>	67	30	15
171 Spelt multigrain bread <sup>®</sup> (Pav's bakery, Australia)	54 $\pm$ 10	30	7
<b>White wheat flour bread</b>			
172 White flour (UK)	59 $\pm$ 11	30	8
173 White flour (Canada)	69 $\pm$ 5	30	10
174 White flour, Sunblest <sup>TM</sup> (Tip Top Bakeries, Australia)	70	30	10
175 White flour (Sainsbury's, UK)	70 $\pm$ 10	30	10
176 White flour bread	71 $\pm$ 3	30	10
177 White flour (Pepperidge Farm, Norwalk, CT, USA)	71 $\pm$ 6	30	11
178 White flour (South Africa)	71 $\pm$ 7	30	9

179	White flour (Italy)	72	30	11
180	White flour (Hovis, UK)	73±12	30	11
181	White flour (Nishin Shokuhin, Japan)	75	30	10
182	White flour (Vodova veka Penam, Olomouc, Czech Republic)	75±10	30	13
183	White flour (Hovis, UK)	75±12	30	11
184	White flour (Hovis Classic, British Bakeries Ltd, UK) <sup>9</sup>	87	30	11
185	White flour (China)	88±3	30	12
186	White flour (Italy)	89±12	30	18
187	White flour, homemade (UK) <sup>9</sup>	89	30	12
	<i>mean of sixteen studies</i>	75±2	30	11
	<b>White wheat flour bread, toasted</b>			
188	White bread, toasted (Hovis, UK)	50±7	30	7
189	White bread, fresh, toasted (British Bakeries Ltd, UK) <sup>9</sup>	63	30	8
190	White bread, homemade, fresh, toasted (UK) <sup>9</sup>	66	30	9
	<i>mean of three studies</i>	60	30	8
	<b>White wheat flour bread, frozen and defrosted<sup>9</sup></b>			
191	White bread, frozen and defrosted (British Bakeries Ltd, UK) <sup>9</sup>	75	30	9
192	White bread, homemade, frozen and defrosted (UK)	62	30	8
	<b>White wheat flour bread, frozen and defrosted, toasted</b>			
193	White wheat bread, frozen, defrosted and toasted <sup>9</sup> (British Bakeries Ltd, UK)	64	30	8
194	White bread, homemade, frozen, defrosted <sup>9</sup> and toasted (UK)	54	30	7
	<b>Wonder™, enriched white bread (Interstate Brands Companies, Kansas City, USA)</b>			
195	Wonder™, enriched white bread	71±9	30	10
196	Wonder™, enriched white bread	72±4	30	10
197	Wonder™, enriched white bread	77±3	30	11
	<i>mean of three studies</i>	73	30	10
	<b>White bread with enzyme inhibitors</b>			
198	White bread + acarbose (200 mg) (Mexico)	50	30	8
	<b>White bread with insoluble fiber</b>			
199	White bread, enriched with 9 g lupin kernel fiber (viscous insoluble fiber) (Australasian Natural	74	30	7

	Ingredients Pty Ltd, Perth, Australia)			
200	White bread with added wheatgerm and fiber (UK)	59±11	30	6
	<b>White bread with soluble fiber</b>			
201	White bread + 15 g psyllium fiber ( <i>Plantago psyllium</i> ) (Mexico)	65	30	11
202	White bread, enriched with 12 g Arabinoxylan fiber <sup>14</sup> (soluble fiber) (Australia)	41	30	4
203	White bread, enriched with 6 g Arabinoxylan fiber <sup>14</sup> (soluble fiber) (Australia)	56	30	7
	<b>White bread enriched with Sunfibre (<i>Cyamoposis tetragonolobus</i>) (Indian cluster guar beans)</b>			
204	White bread with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	63±4	30	10
205	White bread with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	64±5	30	10
206	White bread with 10 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	68±5	30	11
207	White bread with 15 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	56±1	30	10
208	White bread with 5 g Sunfibre, viscosity 2 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	55±2	30	9
	<b>White bread consumed with fiber drink</b>			
209	White bread consumed with 5 g Sunfibre (Taiyo Kagaku Co, Ltd, Japan) dissolved in 250mL water	49±4	-	-
210	White bread consumed with 10 g Sunfibre (Taiyo Kagaku Co, Ltd, Japan) dissolved in 250mL water	57±5	-	-
211	White bread consumed with 10 g insoluble dextrin (Matsutani Chemical Industry Co Ltd, Japan) in 250 mL water	66±6	-	-
212	White bread consumed with 10 g inulin (Orafti, Tienen, Belgium) in 250 mL water	67±6	-	-
	<b>White bread with added ingredients</b>			
213	White bread (100% wheat flour) + 2% pectin (George Weston Foods Ltd, Australia)	85	30	11
214	White bread (100% wheat flour) + 5% fruit fiber (George Weston Foods Ltd, Australia)	76	30	9
215	White bread (80% wheat flour + 20% chickpea flour) (George Weston Foods Ltd, Australia)	79	30	9



216	White bread (90% wheat flour + 10% modified corn starch) (George Weston Foods Ltd, Australia)	78	30	10
217	White bread (90% wheat flour + 10% tapioca starch) (George Weston Foods Ltd, Australia)	77	30	10
218	White bread (95% wheat flour + 5% oat bran) (George Weston Foods Ltd, Australia)	74	30	10
219	White bread, containing 2% guar gum (George Weston Foods Ltd, Australia)	66	30	8
220	White bread, containing 2% vinegar and 2.5% sourdough (Noble Rise Crunchy Toast, Australia)	79	30	9
221	White bread containing Eurylon® high-amylose maize starch (France) <sup>15</sup>	42	30	8
222	White bread eaten with powdered dried seaweed ( <i>Nori alga</i> ) (Spain)	48	30	7
223	White bread eaten with vinegar as vinaigrette (Sweden)	45	30	7
224	White bread eaten with 18 g white vinegar (6% acetic acid) (Sweden)	63	30	9
225	White bread eaten with 23 g white vinegar (6% acetic acid) (Sweden)	73	30	11
226	White bread eaten with 28 g white vinegar (6% acetic acid) (Sweden)	54	30	8
227	White and wholemeal bread (ratio 1:1), fermented by sourdough lactobacilli (pH 1.5) and fiber-enriched with oat fiber (Italy)	54	30	6
	<b>White bread, with different proving times and bread volumes</b>			
228	White bread, prepared with a 10 min prove and a second 2 min proving (low loaf volume) (UK)	38±4	30	5
229	White bread, prepared with a 30 min prove and a second 12 min proving (moderate loaf volume) (UK)	72±7	30	9
230	White bread, prepared with a 60 min prove and a second 30 min proving (moderate loaf volume) (UK)	86±9	30	11
231	White bread, prepared with a 40 min prove, a second 25 min proving and a third 50 min proving (large loaf volume) (UK)	100±7	30	13
	<b>White resistant starch-enriched bread</b>			
232	Fiber White™ (Nature's Fresh,	77±10	30	11

Auckland, New Zealand)			
233 Wonderwhite™ (Buttercup Bakeries, Australia)	80±8	30	11
<b>Wholemeal (whole wheat) wheat flour bread</b>			
234 Wholemeal flour (Hovis, UK)	68±9	30	7
235 Wholemeal flour (China)	69±3	30	9
236 Wholemeal flour (Sainsbury's, UK)	71±12	30	8
237 Wholemeal flour (Canada)	72±6	30	8
238 Wholemeal flour (Australia)	74	30	10
239 Wholemeal flour (Hovis, UK)	74±8	30	8
240 Wholemeal flour (South Africa)	75±9	30	9
241 Wholemeal flour (Tip Top Bakeries, Australia)	77±9	30	9
242 Wholemeal flour (Tip Top Bakeries, Australia)	78±16	30	9
243 Wholemeal flour (France)	85±27	30	13
<i>mean of ten studies</i>	74± 2	30	9
<b>Wholemeal stoneground (whole wheat) wheat flour bread</b>			
244 Wholemeal bread, stoneground flour (Bill's Organic Bread, Cardiff, Australia)	59±8	30	7
245 Wholemeal flour, stoneground (Waitrose, UK)	66±13	30	8
<b>Specialty wheat breads</b>			
246 Bakers Delight™ Hi Fibre Lo GI white bread (Bakers Delight Holdings, Australia)	52±7	30	8
247 Bakers Delight™ Wholemeal Country Grain bread (Bakers Delight Holdings, Australia)	53±9	30	6
<b>Bürgen™ Mixed Grain bread (Tip Top Bakeries, Chatswood, Australia)</b>			
248 Bürgen™ Mixed Grain	34±4	30	4
249 Bürgen™ Mixed Grain	45±12	30	5
250 Bürgen™ Mixed Grain	52±4	30	5
<i>mean of three studies</i>	44	30	5
251 Bürgen™ Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia) (1995)	31±3	30	3
252 Bürgen™ Oatbran & Honey bread (Tip Top Bakeries, Australia) (2002)	49±4	30	5
253 Bürgen™ Pumpkin Seed bread, containing 6% pumpkin seeds (Tip Top Bakeries, Australia)	49±4	30	4
254 Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%)	36±4	30	3

loaf (Tip Top Bakeries, Australia)			
255 Bürgen® Wholemeal & Seeds (Tip Top Bakeries, Australia)	39±8	30	2
256 Crusty malted wheat bread (Finest, UK)	52±8	30	7
257 English Muffin™ bread (Natural Ovens, USA)	77±7	30	11
258 English Muffin, Whole Grain Multigrain, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	45±3	30	5
259 Golden Hearth™ Organic Heavy Wholegrain bread (Gold Coast Bakeries, QLD, Australia)	53±7	30	7
260 Healthy Choice™ Hearty 7 Grain (Con Agra Inc., USA)	55±6	30	8
261 Healthy Choice™ Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	30	9
262 Helga's™ Classic Seed Loaf (Quality Bakers, Sydney, Australia)	68±9	30	9
263 Helga's™ Traditional Wholemeal bread (Quality Bakers, Australia)	70±14	30	9
264 Hunger Filler™, whole grain bread (Natural Ovens, USA)	59±8	30	7
265 Malt loaf, organic (UK)	59±9	30	12
266 Molenberg™ (Goodman Fielder, Auckland, New Zealand)	75±10	30	11
267 Multigrain bread (Sainsbury's, UK)	80±10	30	8
268 Multigrain batch bread (UK)	62±8	30	9
269 9-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5	30	6
270 Multigrain Loaf, spelt wheat flour (Australia)	54±10	30	8
271 Multigrain (50% kibbled wheat grain) (Australia)	43	30	6
272 Multigrain loaf, containing coconut flour (Philippines)	60	30	7
273 Multiseed bread (UK)	54±4	30	7
274 Nutty Natural™, whole grain bread (Natural Ovens, USA)	59±7	30	7
275 Performax™ (Country Life Bakery, Australia)	38±3	30	5
276 Ploughman's™ Wholegrain, original recipe (Quality Bakers, Australia)	47	30	7
277 Ploughman's™ Wholemeal, smooth milled (Quality Bakers, Australia)	64±10	30	9

278	Seeded bread (UK)	49±7	30	6
279	Sourdough wheat bread (Australia)	54	30	8
280	Sourdough Vienna bread, Bakers Delight™ (Bakers Delight Holdings, Australia)	66±6	30	10
281	Soy & Linseed bread (made from packet mix cooked in bread maker) (Con Agra Inc., USA)	50±6	30	5
282	Stay Trim™, whole grain bread (Natural Ovens, USA)	70±10	30	10
283	Tip Top™ EnerGI white bread (Tip Top Bakeries, George Weston Ltd, Australia)	54	30	7
284	Tip Top™ EnerGI white bread (Tip Top Bakeries, George Weston Ltd, Australia)	58	30	7
285	3 Grain Bread, sprouted grains (Stonemill Bread, Toronto, Canada)	55±6	30	5
286	Vogel's Honey & Oats (Stevns & Co, Sydney, Australia)	55±5	30	8
287	Vogel's Wonder White 'Low GI' white bread (Quality Bakers, Australia)	54±3	30	6
288	Vogel's Wonder White 'Low GI' white bread (Quality Bakers, Australia)	59	30	7
289	100% Whole Grain™ bread (Natural Ovens, USA)	51±11	30	7
290	White wheat flour flatbread (Sweden)	79	30	13
291	Wheat bread, Einkorn ( <i>Triticum monococcum</i> ) wheat, leavened with crushed whole grains (Denmark)	71	30	8
292	Wheat bread, Einkorn ( <i>Triticum monococcum</i> ) wheat, leavened with honey and salt (Denmark)	65	30	8
293	Wheat bread, Einkorn ( <i>Triticum monococcum</i> ) wheat, leavened with yeast (Denmark)	67	30	8
<b>Unleavened Breads</b>				
294	Lebanese bread, white (Seda Bakery, Sydney, Australia)	75±9	30	12
295	Pita bread, white, mini (UK)	68±5	30	10
296	Pita bread, wholemeal (UK)	56±13	30	8
<b>BREAKFAST CEREALS</b>				
<b>All-Bran™ (high-fiber, extruded wheat bran cereal)</b>				
297	All-Bran™ (Kellogg's, Pagewood, NSW, Australia) <sup>17</sup>	30	30	4
298	All-Bran™ (Kellogg's, Battle Creek, MI, USA) <sup>11,14</sup>	38	30	8
299	All-Bran™ (Kellogg's Inc., Canada)	51±5	30	12
300	All-Bran™ (Kellogg's, Battle Creek, MI, USA)	55±7	30	12

	<i>mean of four studies</i>	44±6	30	9
301	All-Bran Fruit 'n Oats™ (Kellogg's, Australia)	41±9	30	7
302	All-Bran Soy 'n fiber™ (Kellogg's, Australia)	33±3	30	4
303	All-Bran Wheat Flakes™ (Kellogg's, Australia)	60±8	30	12
304	Balance™ (Sainsbury's, UK)	74±5	30	17
305	Barley flakes (China)	69±3	30	14
	<b>Barley porridge</b>			
306	Barley flour porridge, made from milled dehulled barley kernels (flour:water = 1:3) boiled for 2.5 min (Sweden)	46	50 (dry)	15
307	Barley flour porridge, made from milled high-amylose (covered) barley kernels (flour:water = 1:3), boiled for 2.5 min (Sweden)	39	50 (dry)	11
308	Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden)	62	50 (dry)	17
309	Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden)	65	50 (dry)	18
310	Wholemeal barley flour porridge (100% regular barley) (flour:water = 1:3), boiled 2.5 min (Sweden)	68	50 (dry)	23
311	Wholemeal high-fiber barley flour porridge (50% barley flour: 50% high-fiber barley flour) (Sweden)	55	50 (dry)	8
312	Bran cereal, high fiber (UK)	43±10	30	5
	<b>Bran Flakes</b>			
313	Branflakes (Healthy Living, UK)	50±7	30	10
314	Bran Flakes, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	65±8	30	12
315	Bran Flakes™ (Kellogg's, Australia)	74	30	13
	<i>mean of three studies</i>	63	30	12
	<b>Chocapic™ (Nestlé, France)</b>			
316	Chocapic™, wheat-based flaked cereal (2003)	70±10	30	17
317	Chocapic™, wheat-based flaked cereal (2003)	74±9	30	19
318	Chocapic™, wheat-based flaked cereal (2003)	84±9	30	22
	<i>mean of three studies</i>	76	30	20
	<b>Coco Pops™ (cocoa flavored puffed rice)</b>			
319	Coco Pops™ (Kellogg's, Australia)	77±8	30	20
320	Coco Pops™ (Kellogg's, Australia)	77±3	30	20
	<b>Cornflakes™</b>			
321	Cornflakes (China)	74±3	30	19

322	Cornflakes™ (Kellogg's, Australia)	77	30	19
323	Cornflakes (China)	79±4	30	20
324	Cornflakes™ (Kellogg's Inc., Canada)	80±6	30	21
325	Cornflakes (Kellogg's, UK)	93±14	30	23
	<i>mean of five studies</i>	81±3	30	20
326	Cornflakes, Crunchy Nut™ (Kellogg's, Australia)	72±4	30	17
327	Corn Pops™ (Kellogg's, Australia)	80±4	30	21
328	Energy Mix™, wheat-based flaked cereal (Quaker, France)	80±7	30	20
329	Fibre First Multi-Bran Cereal, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	56±10	30	6
330	Froot Loops™ (Kellogg's, Australia)	69±9	30	18
331	Frosties™, sugar-coated cornflakes (Kellogg's, Australia)	55	30	14
	<b>Fruit and Fibre™</b>			
332	Fruit and Fibre™ (Sainsbury's, UK)	61±4	30	13
333	Fruit and Fibre (UK)	67±7	30	14
334	Fruit and Fibre (Value, UK)	68±7	30	13
	<i>mean of three studies</i>	65	30	13
335	Fruity-Bix™, berry (Sanitarium, New Zealand)	113±10	30	25
336	Golden Wheats™ (Kellogg's, Australia)	71±8	30	16
337	Granola Clusters, Original, low fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	63±4	30	14
338	Granola Clusters, Raisin & Almond, low fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	70±7	30	15
339	Grapenuts™ (Kraft Foods Inc, Port Chester, USA)	75±6	30	16
340	Guardian™ (Kellogg's, Australia)	37±9	30	5
341	Healthwise™ for bowel health (Uncle Toby's, Wahgunyah, Australia)	66±9	30	12
342	High-fiber cereal (UK)	52±6	30	9
343	Hi-Lite™, containing 55% rolled barley grains (Freedom Foods, Cheltenham, Australia)	54±5	30	10
344	Honey Rice Bubbles™ (Kellogg's, Australia)	77±4	30	20
345	Honey Smacks™ (Kellogg's, Australia)	71±10	30	16
346	Hot cereal, apple & cinnamon (Con Agra Inc, USA)	37±6	30	8

347	Hot cereal, unflavored (Con Agra Inc., USA)	25±5	30	5
348	Just Right™ (Kellogg's, Australia)	60±15	30	13
349	Just Right Just Grains™ (Kellogg's, Australia)	62±11	30	14
350	Kashi Seven Whole Grain Puffs (Kashi Company, USA)	65±10	30	16
351	Komplete™ (Kellogg's, Australia) <b>Mini Wheats, whole wheat</b>	48±5	30	10
352	Mini Wheats™ (Kellogg's, Australia)	58±8	30	12
353	Mini Wheats (Sainsbury's, UK)	59±7	30	12
354	Mini Wheats™, blackcurrant (Kellogg's, Australia) <b>Muesli</b>	72±10	30	15
355	Alpen original muesli, made from steamed rolled oats with dried fruit and nuts (Weetabix, UK)	55±10	30	11
356	Bürgen® Fruit & Muesli (George Weston Foods, Australia)	51	30	10
357	Bürgen® Soy-Lin™ Muesli (George Weston Foods, Australia)	51±3	30	9
358	Bürgen® Rye Muesli (George Weston Foods, Australia)	41	30	7
359	Muesli (Value, UK)	64±9	30	12
360	Muesli (Canada)	66±9	30	16
361	Muesli (Healthy Eating, UK)	86±10	30	18
362	Muesli, fruit (UK)	67±7	30	14
363	Muesli, fruit and nut (UK)	59±11	30	11
364	Muesli, gluten-free with Psyllium (Freedom Foods, Australia)	50±7	30	5
365	Muesli, Light, mixed berry & apple flavor, Special K brand (Kellogg's, Australia)	64±7	30	13
366	Muesli, Lite (Sanitarium, New Zealand)	54±12	30	10
367	Muesli, Morning Sun Natural Apricot & Almond (Australia)	49±5	30	6
368	Muesli, Natural (Sanitarium, Australia)	40±6	30	8
369	Muesli, Natural (Sanitarium, New Zealand)	57±9	30	11
370	Muesli, Natural Style Original Swiss Formula (Uncle Toby's, Australia)	62±6	30	11
371	Muesli, Naytura Fruit and Nut (Woolworths Limited, Australia)	48±6	30	7
372	Muesli, Swiss Bircher (Woolworths Limited, Australia)	52±5	30	9

373	Muesli, Swiss Formula (Uncle Toby's, Australia)	56±8	30	9
374	Muesli, toasted (Purina, Sydney, NSW, Australia)	43±4	30	7
375	Muesli, toasted, with nuts (Australia)	65±5	30	11
376	Muesli, wholewheat (UK)	56±6	30	10
377	Muesli, yeast & wheat free (Freedom Foods, Australia)	45±5	30	4
378	Vogel's Café Style Fibre-Rich Muesli (Specialty Cereals, Mt Kuring-gai, NSW, Australia)	48±6	30	9
379	Nutrigrain™ (Kellogg's, Australia)	66±12	30	10
	<b>Oat bran, consumed as a drink mixed with 41g glucose and water</b>			
380	15 g Oat bran (containing 2 g β-glucan), consumed as a drink with glucose and water (Finland)	84±6	10	2
381	30 g Oat bran (containing 4 g β-glucan), consumed as a drink with glucose and water (Finland)	58±6	10	2
382	30 g Oat bran (containing 4 g β-glucan), consumed as a drink mixed with glucose and water, frozen for 13 days and then thawed before consumption (Finland)	64±8	10	2
383	45 g Oat bran (containing 6 g β-glucan), consumed as a drink with glucose and water (Finland)	64±9	10	2
384	Oat 'n Honey Bake™ (Kellogg's, Australia)	77±11	30	13
385	Oats, rolled, uncooked (Lowan's Whole Foods, Box Hill, Australia)	59±4	30	11
	<b>Porridge made from rolled oats</b>			
386	Porridge (Uncle Toby's, Australia) <sup>17</sup>	42	250	9
387	Porridge, made from rolled oats cooked for 20 min (Canada)	49±8	250	11
388	Porridge oats (Freedom Foods, Australia)	50±4	250	10
389	Traditional porridge oats (Lowan Whole Foods, Australia)	51±8	250	11
390	Porridge, made from steel-cut oats, cooked in water (USA)	52±4	250	17
391	Porridge (China)	55±2	250	13
392	Traditional Rolled Oats (Woolworths Limited, Australia)	57±5	250	11
393	Old-Fashioned Steel Cut Oats, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	57±8	250	14
394	Porridge (Hubbards, New Zealand)	58±9	250	12
395	Porridge (Australia)	58±4	250	12
396	Porridge (Value, UK)	63±15	250	19



397	Porridge, organic (UK)	63±11	250	18
398	Porridge, Scottish (UK)	63±7	250	20
	<i>mean of thirteen studies</i>	55±2	250	13
399	Multi grain instant oatmeal, Regular and Cinnamon & Spice, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	55±7	250	14
400	Multigrain porridge, containing rolled oats, wheat, triticale, rye, barley and rice, cooked with water (The Monster Muesli Company, Beecroft, Australia)	55±2	250	19
401	Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden)	74	50 (dry)	24
402	Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden)	55	250	15
403	Oat porridge made from 0.5-0.6 mm thick flakes, cooked for 10min (Elovena; Raisio Group Ltd, Raisio, Finland)	76±7	250	19
404	Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden)	69	250	19
405	Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden)	50	250	14
406	Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden)	80	250	22
407	Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden)	53	250	14
	<b>Instant Porridge</b>			
408	Instant porridge (China)	69±3	250	14
409	Instant oat porridge, cooked in microwave with water (Uncle Toby's, Australia)	82±10	250	20
410	Instant oatmeal porridge, made from packet (China)	83±7	250	18
411	Instant oat cereal porridge prepared with water (UK)	83±10	250	30
	<i>mean of four studies</i>	79±3	250	21
412	Pop Tarts™, Double Chocolate (Kellogg's, Australia)	70±2	50	25
413	Puffed Wheat (Sanitarium, Australia)	80±11	30	17
414	Raisin Bran™ (Kellogg's, USA)	61±5	30	12
415	Rice Bran, extruded (Rice Growers Co-Operative Ltd, Leeton, Australia)	19±3	30	3
	<b>Rice Bubbles</b>			
416	Rice Bubbles™ (Kellogg's, Australia) <sup>17</sup>	81	30	21

417	Rice Bubbles™ (Kellogg's, Australia)	85±3	30	22
418	Rice Bubbles™ (Kellogg's, Australia)	92±8	30	24
419	Rice Bubbles™ (Kellogg's, Australia)	95	30	25
	<i>mean of four studies</i>	88±3	30	23
420	Shredded Wheat (Canada)	67±10	30	13
421	Soy Crunch Multi-Grain Cereal, President's Choice®	47±4	30	9
	Blue Menu™ (Loblaw Brands Limited, Canada)			
	<b>Special K™</b> - <i>formulation of this cereal varies in different countries</i>			
422	Special K™ (Kellogg's, Australia)	54±4	30	11
423	Special K™ (Kellogg's, USA)	69±5	30	14
424	Special K™, made from rice (Kellogg's, France)	84±12	30	20
425	Soy Tasty™ (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)	60±5	30	12
426	Soytana™, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals, Mt Kuring-gai, NSW, Australia)	49±3	45	12
427	Sultana Bran™ (Kellogg's, Australia) (2007)	64±3	30	12
428	Sultana Bran™ (Kellogg's, Australia) (1997)	73±13	30	14
429	Sustain™, Original (Kellogg's, Australia) (2007)	55±5	30	12
430	Ultra-bran™, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g) (Specialty Cereals, Australia)	41±4	30	5
431	Vogel's Cluster Crunch Classic (Specialty Cereals, Australia)	50±6	30	10
432	Vogel's Cluster Crunch, Honey Hazelnut (Specialty Cereals, Australia)	43±3	30	8
433	Wild Oats Cluster Crunch Hazelnut Chocolate (Specialty Cereals, Australia)	43±6	30	8
434	Wheat-bites™ (Uncle Toby's, Australia)	72±11	30	18
	<b>Wheat biscuits (plain flaked wheat)</b>			
435	Vita-Brits™ (Uncle Toby's, Australia) <sup>17</sup>	61	30	12
436	Vita-Brits™ (Uncle Toby's, Australia)	68±6	30	13
437	Weet-Bix™ (Sanitarium, Australia)	69	30	12
438	Weet-Bix™ (Sanitarium, Australia)	69±4	30	12
439	Weetabix™ (Weetabix of Canada Ltd.)	75±10	30	16
440	Whole wheat Goldies™ (Kellogg's, Australia)	70±4	30	14

441	Wheat based cereal biscuit (UK)	72±10	30	14
	mean of seven studies	69±2	30	13
	<b>Wheat biscuits (flaked wheat) with additional ingredients</b>			
442	Good Start™, muesli wheat biscuits (Sanitarium, Australia)	68±4	30	14
443	Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4	30	10
444	Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia)	57±3	30	9
445	Honey Goldies™ (Kellogg's Australia)	72±3	30	15
446	Lite-Bix™, plain, no added sugar (Sanitarium, Australia)	70±3	30	14
447	Oat bran Weet-Bix™ (Sanitarium, Australia)	57±4	30	11
448	Sultana Goldies™ (Kellogg's Australia)	65±6	30	13
	<b>BREAKFAST CEREALS WITH MILK</b>			
449	Branflakes (Sainsbury's, UK), with semi-skimmed milk	76±5	30	15
450	Cereal flakes with fruit (30 g), consumed with 125 mL skim milk (UK)	57±8	155	16
451	Cocoa Crunch cereal (30 g) with 125 mL skim milk (UK)	58±11	155	16
452	Cornflakes (Sainsbury's, UK) (30 g), consumed with 125 mL skim milk	65±5	30	16
453	Honey Crunch cereal (30 g), consumed with 125 mL skim milk (UK)	54±6	155	16
	<b>Hot oat cereal, prepared with 125 mL skim milk</b>			
454	Hot oat cereal (30 g), berry flavor (UK)	43±6	155	11
455	Hot oat cereal (30 g), cocoa flavor (UK)	40±5	155	9
456	Hot oat cereal (30 g), fruit flavor (UK)	47±8	155	12
457	Hot oat cereal (30 g), honey flavor (UK)	47±6	155	12
458	Hot oat cereal (30 g), orchard fruit flavor (UK)	50±7	155	12
459	Hot oat cereal (30 g) (UK)	47±6	155	11
460	Hot oat cereal (30 g) (UK)	40±9	155	9
	<i>mean of seven foods</i>	45±1	155	11
461	Muesli, gluten-free (Freedom Foods, Australia) with 1.5% fat milk	39±6	30	7
462	Muesli, Original (Sainsbury's, UK), consumed with semi-skimmed milk	60±6	30	11

463	Muesli, Swiss (Sainsbury's, UK), consumed with semi-skimmed milk	60±6	30	12
464	Muesli, Wheat free (Pertwee Farm's, UK), consumed with semi-skimmed milk	49±7	30	9
465	Porridge, jumbo oats (Sainsbury's, UK), consumed with semi-skimmed milk	40±6	250	9
466	Porridge, small oats (Sainsbury's, UK), consumed with semi-skimmed milk	61±6	250	14
467	Precise™ (Sainsbury's, UK), with semi-skimmed milk	59±4	30	14
468	Rice Pops™ (Sainsbury's, UK), with semi-skimmed milk	80±6	30	20
<b>Wheat biscuits consumed with 125 mL skim milk</b>				
469	Cereal biscuit (30 g), cocoa flavor (UK)	46±7	155	12
470	Cereal biscuit (30 g), fruit flavor (UK)	56±7	155	15
471	Cereal biscuit (30 g), honey flavor (UK)	52±7	155	14
472	Cereal biscuit (30 g), wheat based (UK)	47±8	155	12
	<i>mean of four foods</i>	50±2	155	13
<b>BREAKFAST CEREAL BARS</b>				
473	Cereal bar, cranberry flavor (UK)	42±5	30	6
474	Cereal bar, hazelnut flavor (UK)	33±6	30	4
475	Cereal bar, orange flavor (UK)	33±3	30	5
476	Crunchy Nut Cornflakes™ bar (Kellogg's, Australia)	72±6	30	19
477	Fiber Plus™ bar (Uncle Toby's, Australia)	78±9	30	18
478	Fruity-Bix™ bar, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, Australia)	56±4	30	11
479	Fruity-Bix™ bar, wild berry, wheat biscuit cereal and covered with yoghurt coating (Sanitarium, Australia)	51±4	30	9
480	Hi-Lite™ breakfast bar (Freedom Foods, Australia)	53±3	30	11
481	K-Time Just Right™ bar (Kellogg's, Australia)	72±4	30	17
482	K-Time Strawberry Crunch™ bar (Kellogg's, Australia)	77±5	30	19
483	Muesli breakfast bar, gluten-free (Freedom Foods, Australia)	50±6	30	9
484	Omega bar, containing linseeds, sunflower kernels and nuts, gluten-free (Freedom Foods, Australia)	21±2	30	3
485	Rice Bubble Treat™ bar (Kellogg's, Australia)	63±11	30	15
486	Sustain™ bar (Kellogg's, Australia)	57±10	30	14

**CEREAL GRAINS****Barley**

487	Barley kernels, high-amylose (hull-less) boiled in water for 25 min (kernel:water = 1:2.5) (Sweden)	20	150	8
488	Barley kernels, waxy (hull-less), boiled in water for 25 min (kernel:water = 1:2.5) (Sweden)	22	150	9
489	Barley kernels, boiled in water for 25 min (kernel:water = 1:2) (Sweden)	25	150	10
490	Barley kernels, high-amylose (covered), boiled in water for 25 min (kernel:water = 1:2) (Sweden)	26	150	11
491	Barley, pot, boiled in salted water 20 min (Goudas Food Products, Concord, Canada)	25±2	150	11
492	Barley, pearled, boiled 60 min (UK)	35±4	150	15
493	Barley, pot, boiled (Goudas Food Products, Canada)	35±4	150	15
494	Barley, pot, boiled 20 min (Goudas Food Products, Canada)	37	150	16
	<i>mean of eight studies</i>	28±2	150	12
495	Barley ( <i>Hordeum vulgare</i> ) (India)	48	150	20
496	Barley, rolled (Australia)	66±5	50 (dry)	25
497	Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden)	45	150	13

**Corn/Maize**

498	Corn granules (China)	52±3	150	15
499	Maize ( <i>Zea Mays</i> ), flour made into chapatti (India)	59	30	8
500	Cornmeal porridge (China)	68±3	150	9

**Sweet corn**

501	Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	150	11
502	Sweet corn, on the cob, boiled 20 min (Australia)	48	150	14
503	Sweet corn (China)	55±2	150	18
504	Sweet corn (USA) <sup>11</sup>	60	150	20
505	Sweet corn (South Africa)	62±5	150	20
	<i>mean of five studies</i>	52±5	150	17

**Couscous**

506	Couscous, rehydrated with hot water (San Remo, Australia)	65±7	150	9
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**Millet**

507	Millet porridge (China)	62±3	150	22
508	Quinoa, cooked, rehydrated, reheated in microwave	53±5	150	13

	for 1.5 min (Nature First Organic, Australia)			
	<b>Rice, white</b>			
509	Arborio, risotto rice, boiled (SunRice brand, Rice Growers Co-Op., Australia)	69±7	150	36
	<b>Rice, boiled white, type NS</b>			
510	Type NS (India) <sup>9</sup>	43	150	16
511	Type NS (Canada)	72±9	150	30
512	Type NS, boiled in salted water (India)	72	150	27
513	Type NS (China)	83±1	150	30
514	Type NS, boiled 13 min (Italy) <sup>9,18</sup>	89	150	43
	<i>mean of five studies</i>	72±8	150	29
515	Type NS, boiled in salted water, refrigerated 16-20 h, reheated (India)	53	150	20
516	Type NS, boiled 13 min, then baked 10 min (Italy) <sup>9,18</sup>	94	150	45
	<b>Long grain, boiled</b>			
517	Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, Australia )	50	150	21
518	Long grain, white (Uncle Bens, Auckland, New Zealand)	56±7	150	24
519	Premium long grain, white (SunRice brand, Rice Growers Co-Op., Australia)	59±7	150	24
520	Long grain, white, boiled 7 min (Star brand, Gouda Food Products, Canada)	64±3	150	26
521	Long grain, boiled (Star Brand, Goudas Food Products, Canada)	69±3	150	28
	<i>mean of five studies</i>	60±3	150	25
	<b>Rice, long grain, quick-cooking varieties</b>			
522	Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6	150	25
523	Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7	150	28
524	Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods, UK)	52±5	150	19
525	Long Grain White Rice in 90 Seconds, microwaved (SunRice brand, Rice Growers Co-Op., Australia)	76±7	150	44
526	Medium grain white rice, boiled 12 mins Sun Rice brand, Rice Growers Co-Op., Australia)	75±8	150	29

<b>Rice porridge/Congee</b>				
527	Rice porridge (China)	69±6	150	23
528	Rice porridge (Australia)	88±5	150	13
529	Rice porridge, made from rice bran (China)	19±1	150	3
530	Rice porridge, made from black rice (China)	42±3	150	14
531	Rice porridge, made from Sticky rice (China)	65±7	150	21
<b>Rice, specialty rices</b>				
532	American, easy-cook rice (Sainsbury's, UK)	49±12	150	22
533	Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand)	86±10	150	37
534	Brown Rice, Uncle Ben's® Ready Whole Grain (pouch) (Effem Foods, USA)	48±5	150	20
535	Brown & Wild, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA)	45±5	150	18
536	Chicken Flavored Brown Rice, Uncle Ben's® Ready Whole Grain (pouch) (Effem Foods, USA)	46±4	150	18
537	Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand)	98±7	150	31
<b>Jasmine rice, white</b>				
538	Jasmine Fragrant rice, white (SunRice brand, Rice Growers Co-Op., Australia)	89±4	150	37
539	Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	150	46
540	Long Grain and Wild, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	49±3	150	21
541	Moolgiri white rice (Tajmahal Agro Industries, India)	54	150	17
542	Original Long Grain, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	48±5	150	22
543	Red Raw rice, Sri Lankan, cooked in rice cooker (Australia)	59±4	100 (dry)	46
544	Roasted Chicken Flavored, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	51±4	150	21
545	Santa Fe, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA)	48±6	150	18
546	Spanish Style, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)	51±4	150	22
547	Vegetable Harvest, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA)	48±5	150	17

<b>Rice, white low-amylose</b>			
548	Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	83±13	150 36
549	Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	87±7	150 37
550	Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	88±11	150 38
551	Pelde, white (Rice Growers Co-op., Australia)	93±11	150 40
<b>Rice, white high-amylose</b>			
<b>Doongara, white (SunRice CleverRice™ brand, Rice Growers Co-Op., Australia)</b>			
552	Doongara, white, cooked in rice cooker (2007)	48±4	150 19
553	Doongara, white (1995)	50±6	150 20
554	Doongara, white (2005)	54±6	150 21
555	Doongara, white (1995)	54±7	150 21
556	Doongara, white (1992)	64±9	150 25
	<i>mean of five studies</i>	54±3	150 21
<b>Basmati, white, boiled</b>			
557	Basmati, white, boiled (Sainsbury's, UK)	43±8	150 18
558	Basmati, white, boiled 12 min (Value, UK)	52±11	150 15
559	Basmati, white, organic, boiled 10 min (UK)	57±10	150 23
560	Basmati, white, boiled (Mahatma brand, Australia)	58±8	150 22
561	Basmati, white, boiled (SunRice brand, Rice Growers Co-Op., Australia)	65±7	150 25
562	Basmati, white, boiled 8 min (UK)	69±6	150 28
	<i>mean of six studies</i>	57±4	150 22
<b>Basmati, white, quick cooking</b>			
563	Basmati, easy cook, boiled 9 min (UK)	67±11	150 28
564	Basmati, easy-cook rice (Sainsbury's, UK)	68±8	150 28
565	Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® (Masterfoods, UK)	57±4	150 24
566	Quick cooking white basmati, cooked 10 min, Uncle Ben's® Superior (Masterfoods, Belgium)	60±5	150 23
567	Japanese Style Sushi rice, white (SunRice brand, Rice Growers Co-Op., Australia)	85±10	150 33
<b>Japonica/Koshihikari rice</b>			
568	Japonica, short-grain brown rice (Japan)	62±5	150 26
569	Japonica short-grain brown rice, pre-germinated (Japan)	54±5	150 22



570	Japonica short-grain brown rice, pre-germinated (Japan)	57±3	150	23
571	Koshikari (Japonica), white, short-grain, boiled 15 min, then steamed 10 min (Japan)	48±8	150	18
572	Japonica, short-grain white rice (Japan)	76±7	150	35
573	Japonica, short-grain white rice (Japan)	75±6	150	34
574	Japonica white rice and pre-germinated Japonica brown rice (ratio 1:2)	64±5	150	27
575	Japonica white rice and pre-germinated Japonica brown rice (ratio 2:1)	67±3	150	30
576	Koshihikari rice, white (SunRice brand, Rice Growers Co-Op., Australia)	73±7	150	28
	<b>Japonica rice enriched with Sunfibre (Cyamoposis tetragonolobus) (soluble fiber)</b>			
577	Japonica rice with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	68±6	150	27
578	Japonica rice with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	66±6	150	26
	<b>Milled, white, high amylose rice</b>			
579	Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	66	150	28
580	Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	64	150	28
581	Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	64	150	28
582	Milled (white), high amylose (IR62) rice, boiled 22 min (Philippines)	43	150	18
583	Milled (white), high amylose (IR36) rice, boiled 22 min (Philippines)	50	150	22
584	Milled (white), high amylose (IR62) rice, cooked in rice cooker 20 min (Philippines)	53	150	23
585	Milled (white), high amylose (IR36) rice, cooked in rice cooker 19 min (Philippines)	55	150	24
586	Milled (white), high amylose (IR42) rice, cooked in rice cooker 14 min (Philippines)	58	150	25
	<b>Rice, brown</b>			
587	Brown (Canada)	66±5	150	21
588	Brown, steamed (USA) <sup>11,14</sup>	50	150	16

589	Brown rice, boiled in excess water for 25 mins (SunRice brand, Rice Growers Co-op, Australia)	72±6	150	29
590	Brown rice (China)	87±2	150	29
591	Calrose brown (Rice Growers Co-op, Australia)	87±8	150	33
592	Doongara brown, high amylose (Rice Growers Co-op, Australia)	66±7	150	24
593	Medium Grain Brown Rice in 90 seconds, microwaved on high (SunRice brand, Rice Growers Co-Op., Australia)	59±8	150	30
594	Pelde brown (Rice Growers Co-op, Australia)	76±6	150	29
595	Parboiled, cooked 20 min, Uncle Ben's Natur-reis® (Masterfoods, Belgium)	64±7	150	23
596	Sunbrown Quick™ (Rice Growers Co-op, Australia) <b>Rice, brown, high-amlyose</b>	80±7	150	31
597	Brown, high amylose (IR42) rice, boiled 30 min (Philippines) <b>Instant/puffed rice</b>	58	150	24
598	Instant rice, white, cooked 3 min (China)	46±3	150	19
599	Instant rice, white, cooked 6 min (Trice brand, Australia)	87±7	150	36
600	Instant rice, white, cooked 6 min (China)	87±2	150	37
601	Puffed, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods, Belgium) <i>mean of four studies</i>	74±5	150	31
602	Instant Doongara, white, cooked 5 min (Rice Growers Co-op, Australia) <b>Parboiled rice</b>	74±10	150	31
603	Converted, white, boiled 20-30 min, Uncle Ben's® (Masterfoods, USA)	94±7	150	39
604	Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op, Australia)	38	150	14
605	Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op, Australia) <b>Sticky rice</b>	87±7	150	34
606	Rice, Sticky (China)	50±6	150	19
607	Rice, Sticky (China)	87±2	150	24
608	Rice, Sticky, high-amylose (China) <b>Wheat</b>	88±2	150	25
		50±2	150	14

<b>Wheat, whole kernels</b>			
609	Wheat, whole kernels ( <i>Triticum aestivum</i> )(India) <sup>14</sup>	30±9	50 (dry) 11
<b>Wheat, precooked kernels</b>			
610	Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4	50 (dry) 19
611	Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5	50 (dry) 17
612	Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)	40±5	125 16
613	Quick cooking (White Wings, Sydney, Australia)	54±11	150 25
<b>COOKIES</b>			
614	Apricot Temptation fruit cookies, 97% fat-free (Freedom Foods, Australia)	47±4	25 8
615	Milk Arrowroot™ (Arnotts, Sydney, NSW, Australia)	69±7	25 12
616	Barquette Abricot (LU, Ris, Orangis, France)	71±6	40 23
<b>Bebe Dobre Rano Chocolate (LU, Czech Republic)</b>			
617	Bebe Dobre Rano Chocolate (2002)	46±4	50 16
618	Bebe Dobre Rano Chocolate (2006)	46±3	50 16
619	Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic) <i>mean of three studies</i>	57±9	50 19
620	Bebe Dobre Rano Coconut (LU, Czech Republic)	50	50 17
621	Bebe Dobre Rano Four Cereals (LU, Czech Republic)	48±3	50 16
622	Bebe Dobre Rano Four Cereals (LU, Czech Republic)	51±4	50 17
622	Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9	50 17
<b>Bebe Dobre Rano Nuts &amp; Honey (LU, Czech Republic)</b>			
623	Bebe Dobre Rano Nuts and Honey (2002)	41±5	50 14
624	Bebe Dobre Rano Nuts and Honey (2006)	45±4	50 15
625	Bebe Dobre Rano with Milk (LU, Czech Republic)	50±4	50 18
626	Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11	25 14
627	Better Choice Multicereals (LU, Denmark)	51±4	50 17
628	Better Choice Wholegrain (LU Denmark)	46±3	50 16
629	Chocolate chip cookies, containing coconut flour (Philippines)	43	25 7
<b>Digestives</b>			
630	Digestives (UK)	39±5	25 6
631	Digestives (Canada)	59±7	25 9
632	Evergreen met Krenten (LU, Netherlands)	66±12	38 14

633	Gran'Dia Banana, Oats and Honey (LU, Brazil)	28±5	30	6
634	Gran'Dia Chocolate with five cereals (Danone, Brazil)	39±8	30	8
635	Grany en-cas Abricot (LU, France)	55±6	30	9
636	Grany en-cas Fruits des bois (LU, France)	50±5	30	7
637	Grany Rush Apricot (LU, Netherlands)	62±3	30	12
<b>Györi édes Jó reggelt! Müzlivél és gyümölcscsel /</b>				
<b>Fruits and Muesli (LU, Hungary)</b>				
638	Györi édes Jó reggelt! Müzlivél és gyümölcscsel (2002)	45±5	50	16
639	Györi édes Jó reggelt! Müzlivél és gyümölcscsel (2003)	49±5	50	18
640	Györi édes Jó reggelt! Müzlivél és gyümölcscsel (2004)	47±6	50	17
	<i>mean of three studies</i>	47	50	17
641	Highland Oatmeal™ (Westons Biscuits, Australia)	55±8	25	10
642	Jo Reggelt Fruits and Figs (LU, Hungary)	41±6	50	14
643	Jubilee Nuts and Honey (LU, Russia) (2002)	44±3	50	15
644	Jubilee Nuts and Honey (LU, Russia) (2003)	45±4	50	15
<b>Jyväsnyvä Paussi Mysli and Fruits (LU Finland)</b>				
645	Jyväsnyvä Paussi Mysli and Fruits (2002)	45±5	50	16
646	Jyväsnyvä Paussi Mysli and Fruits (2003)	49±5	50	18
647	Jyväsnyvä Paussi Mysli and Fruits (2004)	47±6	50	17
	<i>mean of three studies</i>	47	50	17
648	Jyväsnyvä Paussi Vanilla (LU Finland) (2004)	55±7	50	19
649	Jyväsnyvä Paussi Vanilla (LU Finland) (2006)	39±4	50	13
650	Jyväsnyvä Paussi Wholegrain (LU Finland)	46±3	50	16
651	Leda Luxury gluten-free chocolate coated cookies (Leda Nutrition, QLD, Australia)	35±7	25	4
652	LU P'tit Déjeuner Chocolat (LU, France)	42±5	50	14
<b>LU P'tit Déjeuner Miel et Pépites Chocolat</b>				
<b>(LU, France)</b>				
653	LU P'tit Déjeuner Miel et Pépites Chocolat	45±5	50	16
654	LU P'tit Déjeuner Miel et Pépites Chocolat	49±8	50	18
655	LU P'tit Déjeuner Miel et Pépites Chocolat	52±3	50	18
	<i>mean of three studies</i>	49	50	17
656	LU Petit Déjeuner, Chocolate, low in sugar (LU France)	51±7	50	18
<b>LU Petit Déjeuner Chocolate &amp; Cereals (LU, France)</b>				
657	LU Petit Déjeuner Chocolate & Cereals (2003)	46±6	50	16
658	LU Petit Déjeuner Chocolate & Cereals (2006)	58±6	50	20
659	LU Petit Déjeuner Cereals & Chocolate Chips, low in sugar (LU France, LU Belgium, LU Czech Republic)	37±5	50	13

<b>LU Petit Déjeuner Coconut, nuts and chocolate</b>				
<b>(LU, France)</b>				
660	LU Petit Déjeuner Coconut, nuts and chocolate (2005)	55±6	50	19
661	LU Petit Déjeuner Coconut, nuts and chocolate (2006)	51±7	50	17
<b>LU Petit Déjeuner Fruits and Muesli (LU France)</b>				
662	LU Petit Déjeuner Fruits and Muesli (2002)	45±5	50	16
663	LU Petit Déjeuner Fruits and Muesli (2003)	49±5	50	18
664	LU Petit Déjeuner Fruits and Muesli (2004)	47±6	50	17
	<i>mean of three studies</i>	47	50	17
<b>LU Petit Déjeuner Honey &amp; Chocolate chips</b>				
<b>(LU France)</b>				
665	LU Petit Déjeuner Honey & Chocolate chips (2003)	47±6	50	17
666	LU Petit Déjeuner Honey & Chocolate chips (2006)	46±4	50	16
<b>LU Petit Déjeuner Milk and Cereals</b>				
<b>(LU France and LU Belgium)</b>				
667	LU Petit Déjeuner Milk and Cereals (2004)	55±7	50	19
668	LU Petit Déjeuner Milk and Cereals (2006)	39±4	50	13
669	LU Petit Déjeuner Multicereals (LU France, LU Belgium)	46±3	50	16
670	LU Petit Déjeuner with Fruits and Figs (LU France, LU Belgium)	41±6	50	14
671	LU Petit Déjeuner with Prunes (LU, France)	51±6	50	17
672	Macaroons, prepared with coconut flour (Philippines)	32	30	6
673	Maltmeal wafer (Griffin's Foods Ltd., New Zealand)	50±10	25	9
674	Morning Coffee™ (Arnotts, Australia)	79±6	25	15
675	Nutrigrain Fruits des bois (Kellogg's, France)	57±4	35	13
676	Oat biscuit (UK)	45±7	25	7
677	Oat biscuit (China)	55±1	25	9
678	Oat biscuit, Nairn's™ Stem Ginger Oat Biscuit (Nairn's Oatcakes Ltd, Edinburgh, Scotland)	55	25	9
679	Oatmeal (Canada)	54±4	25	9
680	Oro (Saiwa, Italy)	61±9	40	21
<b>Petiki Go ! Fruits and Muesli (LU Poland)</b>				
681	Petiki Go ! Fruits and Muesli (2002)	45±5	50	16
682	Petiki Go ! Fruits and Muesli (2003)	49±5	50	18
683	Petiki Go ! Fruits and Muesli (2004)	47±6	50	17
	<i>mean of three studies</i>	47	50	17
684	Petit brun extra (LU, France)	77±12	25	15
685	Petit LU Normand (LU, France)	51±3	25	10

686	Petit LU Roussillon (LU, France)	48±4	25	9
687	President's Choice® Blue Menu™ Cranberry Orange Cookies (Loblaw Brands Limited, Canada)	60±4	25	10
688	President's Choice® Blue Menu™ Crunchy Oat Cookies (Loblaw Brands Limited, Canada)	62±7	25	10
689	President's Choice® Blue Menu™ Ginger & Lemon Cookies (Loblaw Brands Limited, Canada)	64±5	25	11
690	Prince Energie+ (LU, France)	73±5	25	13
691	Prince fourre chocolat (LU, France)	50±5	45	15
692	Prince fourre chocolat (LU, France)	53±5	45	16
693	Prince gout chocolat (LU, France)	53±5	45	17
694	Prince Meganana Chocolate (LU, Spain)	49±12	50	18
695	Prince Petit Dej Cereals (LU, France)	52±7	50	18
696	Prince Petit Dej Cereals and Chocolate (LU, France)	51±5	50	18
697	Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6	50	16
698	Principe megamanana vanilla (LU, Spain)	45±6	50	16
699	Rich Tea (UK)	40±5	25	7
700	Rich Tea (Canada)	55±4	25	10
701	Sable des Flandres (LU, France)	57±10	20	8
702	Shortbread (Arnotts, Australia)	64±8	25	10
703	Shredded Wheatmeal™ (Arnotts, Australia)	62±4	25	11
704	Snack Right Fruit Pillow, Apple and blackberry (Arnotts, Australia)	43±3	35	11
705	Snack Right Fruit Pillow, Spicy apple and sultana (Arnotts, Australia)	45±3	35	11
706	Snack Right Fruit Pillow, Wild berry (Arnott's, Australia)	52±3	35	13
707	Snack Right Fruit Slice, Mango and passionfruit (Arnott's, Australia)	49±3	35	13
708	Snack Right Fruit Slice, Mixed berry (Arnott's, Australia)	50±3	35	13
709	Snack Right Fruit Slice, Original Sultana (97% fat-free) (Arnott's, Australia)	48±2	35	12
710	Snack Right Fruit Slice, Sultana with chocolate (Arnott's, Australia)	45±3	35	11
711	The (LU, France)	41±7	25	8
712	Veritable Petit Beurre (LU, France)	51±8	25	10
713	Veritable Petit Beurre (LU, France) (2002)	54±5	25	10
714	Veritable Petit Beurre (LU, France) (2006)	54±6	25	10
715	Vitasnella frollini (Saiwa, Italy)	59±10	25	12

<b>CRACKERS</b>				
716	Choice grain crackers (UK)	49±7	25	8
717	Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, Australia)	87±10	25	18
718	Cream Cracker (LU Triumfo, Brazil)	65±11	25	11
719	High-calcium cracker (Danone, Malaysia)	52±8	25	9
720	Jatz™, plain salted craker biscuits (Arnotts, Australia)	55±5	25	10
721	Lees Cabin Crackers (Fiji)	60±5	25	11
722	President's Choice® Blue Menu™ Ancient Grains snack crackers (Loblaw Brands Limited, Canada)	65±6	25	10
723	President's Choice® Blue Menu™ Wheat & Onion snack crackers (Loblaw Brands Limited, Canada)	60±6	25	10
724	President's Choice® Blue Menu™ Wheat & Sesame snack crackers (Loblaw Brands Limited, Canada)	56±7	25	9
725	President's Choice® Blue Menu™ Wheat snack crackers (Loblaw Brands Limited, Canada)	65±7	25	11
726	Puffed Crispbread (Westons, Australia)	81±9	25	15
<b>Puffed rice cakes</b>				
727	Puffed rice cakes, white (Rice Growers Co-op, Australia)	82±11	25	17
728	Rice cake (China)	82±3	25	17
729	Rice cakes, Calrose rice (low-amylose) (Rice Growers Co-op, Australia)	91±7	25	19
730	Rice cakes, Doongara rice (high-amylose) (Rice Growers Co-op, Australia)	61±5	25	13
731	Puffed rice cakes, caramel flavored (USA)	82±10	25	18
732	Rice cracker, plain (Sakada, Japan)	91	30	23
733	Rye crackers with oats (UK)	64±11	25	10
734	Rye crackers with sesame (UK)	57±12	25	9
735	Ryvita® (Canada)	69±10	25	11
736	Ryvita® Pumpkin Seeds & Oats (George Weston Foods, North Ryde, Australia)	46±7	25	6
737	Ryvita® Sunflower Seeds & Oats (George Weston Foods, Australia)	48±8	25	7
738	Kavli™ Norwegian Crispbread (Players Biscuits, Sydney, Australia)	71±7	25	12
739	Sao™, plain square crackers (Arnotts, Australia)	70±9	25	12

**Water cracker**

740	Water cracker (Canada)	63±9	25	11
741	Water cracker (Arnotts, Australia)	78±11	25	14
742	Wholegrain crackers with sesame seeds and rosemary (UK)	53±8	25	8
743	Wholewheat crackers with pumpkin and thyme (UK)	36±3	25	6
744	Wholewheat sticks, crunchy, yeast extract flavored (UK)	50±8	25	7
<b>DAIRY PRODUCTS AND ALTERNATIVES</b>				
<b>Custard</b>				
745	Custard, low-fat, vanilla flavored (Nestlé, Australia)	29±4	100	3
746	No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Australia)	35±2	100	6
747	Custard, home made from milk, wheat starch, and sugar (Australia)	43±10	100	7
748	TRIM™, reduced-fat custard (Pauls Ltd, Brisbane, Australia) <i>mean of four studies</i>	37±4	100	6
749	Custard, low-fat, trifle flavored (Nestlé, Australia)	36±3	100	5
		30±3	100	2
<b>Creme Fraiche</b>				
750	Creme fraiche dessert, peach (Finest, UK) <sup>8</sup>	28±8	150	7
751	Creme fraiche dessert, raspberry (Finest, UK) <sup>8</sup>	30±7	150	5
<b>Fromage Frais</b>				
752	Fromage Frais, red fruit: blackcurrant <sup>8</sup> (Healthy Living, UK)	22±5	100	2
753	Fromage Frais, red fruit: raspberry <sup>8</sup> (Healthy Living, UK)	31±8	100	2
754	Fromage Frais, red fruit: red cherry <sup>8</sup> (Healthy Living, UK)	25±6	100	2
755	Fromage Frais, red fruit: strawberry <sup>8</sup> (Healthy Living, UK)	29±9	100	2
756	Fromage Frais, yellow fruit: mandarin and orange <sup>8</sup> (Healthy Living, UK)	19±6	100	1
757	Fromage Frais, yellow fruit: mango and papaya <sup>8</sup> (Healthy Living, UK)	25±7	100	2
758	Fromage Frais, yellow fruit: passionfruit and pineapple <sup>8</sup> (Healthy Living, UK)	18±5	100	1
759	Fromage Frais, yellow fruit: peach and apricot <sup>8</sup>	22±5	100	1



(Healthy Living, UK)			
760 Fruche®, low-fat, apricot vanilla honey (National Foods Ltd, Melbourne, Australia)	34±5	150	8
761 Fruche®, low-fat, berry compote (National Foods Ltd, Australia)	37±6	150	8
762 Fruche®, low-fat, duet peach on pineapple (National Foods Ltd, Australia)	34±5	150	8
763 Fruche®, low-fat, lemon sorbetto (National Foods Ltd, Australia)	34±3	150	7
764 Fruche®, low-fat, orange sorbetto (National Foods Ltd, Australia)	34±3	150	7
765 Fruche®, low-fat, peach roulade (National Foods Ltd, Australia)	37±6	150	8
766 Fruche® on Fruit, low-fat, toffee apple (National Foods Ltd, Australia)	47±6	150	16
767 Ice cream, low carbohydrate, chocolate (Australia) <sup>7</sup>	32±7	50	1
768 Ice fruit confection, Frosty Fruits® Orange Mango Splits (Nestlé Peter's, Australia)	59±4	50	7
<b>Ice cream, Regular/type NS</b>			
769 Ice cream (half vanilla, half chocolate) (Italy) <sup>24</sup>	57	50	6
<b>Ice cream, Reduced- or Low-fat</b>			
770 Chocollo™, low-fat chocolate flavored ice cream (Wendy's Supa Sundaes Pty Ltd, Australia)	24±6	50	3
771 Ice cream, low-fat, Bulla Light Creamy vanilla (Regal Cream Products, VIC, Australia)	36±5	50	7
772 Ice cream, low-fat, Bulla Light Real Dairy chocolate (Regal Cream Products, Australia)	27±3	50	3
773 Ice cream, low-fat, Bulla Light Real Dairy English toffee (Regal Cream Products, Australia)	27±3	50	3
774 Ice cream, low-fat, Bulla Light Real Dairy mango (Regal Cream Products, Australia)	30±4	50	4
775 Ice cream, low-fat, vanilla, 'Light' (Nestlé Peter's, Australia)	46	50	7
776 Ice cream, low-fat, Light & Creamy, Raspberry Ripple (Nestlé Peter's, Australia)	55±3	50	9
777 Ice-cream, low-fat (1.2 % fat), Light Prestige <sup>8</sup> rich vanilla (Norco, Australia)	47±5	50	5
778 Ice-cream, low-fat (1.4% fat), Light Prestige <sup>8</sup>	37±4	50	5

	traditional toffee (Norco, Australia)			
779	Ice-cream, reduced-fat (7.1 % fat), Prestige <sup>8</sup> golden macadamia (Norco, Australia)	37±3	50	4
	<b>Ice cream, Premium (high-fat)</b>			
780	Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)	37±3	50	4
781	Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)	38±3	50	3
782	Milk, condensed, sweetened (Nestlé, Australia)	61±6	100	33
	<b>Milk, full-fat</b>			
783	Full-fat (Italy) <sup>24</sup>	11	250 mL	1
784	Full-fat (3% fat, Skanemejerier, Malmo, Sweden) <sup>8</sup>	21	250 mL	3
785	Full-fat (Dairy Farmers Ltd, Sydney, Australia) <sup>25</sup>	31±2	250 mL	4
786	Full-fat (Canada)	34±6	250 mL	4
787	Full-fat, pasteurised, fresh, organic (Arla, UK) <sup>8</sup>	34±6	250 mL	4
788	Full-fat (USA) <sup>8</sup>	41±2	250 mL	5
789	Full-fat, standardised homogenised, pasteurised, British (Dairycrest, UK) <sup>8</sup> <i>mean of seven studies</i>	46±10	250 mL	5
		31±4	250 mL	4
790	Fermented cow's milk (ropy milk, langfil, 3% fat) (Arla, Gavle, Sweden) <sup>8</sup>	11	-	-
791	Fermented cow's milk (filmjolk, 3% fat) (Skanemejerier, Malmo, Sweden) <sup>8</sup>	11	-	-
792	Full-fat milk + 20g wheat bran (Italy) <sup>24</sup>	28	250 mL	3
	<b>Milk, full-fat, flavored</b>			
793	Banana, honey and malt flavored milk (Australia)	31±4	250 mL	8
794	Masters® mocha milk (National Foods Ltd, Australia)	32±4	250 mL	9
	<b>Milk, reduced-fat</b>			
795	Milk, reduced fat (1.4%) (Lite White™, Dairy Farmers Ltd, Australia) <sup>25</sup>	30±6	250 mL	4
796	Milk, semi-skimmed, British (Dairycrest, UK) <sup>8</sup>	25±6	250 mL	3
797	Milk, semi-skimmed, pasteurised, organic (Arla, UK) <sup>8</sup> <i>mean of three studies</i>	34±8	250 mL	4
		30	250 mL	4
798	Milk, reduced fat with added omega 3 (Take Care™, Dairy Farmers Ltd, Australia) <sup>25</sup>	23±3	250 mL	3
799	Milk, reduced fat (98% fat free) with added omega 3 (Farmers Best™, Dairy Farmers Ltd, Australia) <sup>25</sup>	27±6	250 mL	4

<b>Milk, reduced- or low-fat, flavored</b>			
800	Big M™ flavored milk, chocolate or strawberry (National Foods Ltd, Australia)	37±4	250 mL 9
801	Masters® Light, 99% fat free chocolate or mocha milk (National Foods Ltd, Australia)	27±5	250 mL 6
802	Masters®, reduced fat, chocolate or strawberry milk (National Foods Ltd, Australia)	35±5	250 mL 9
803	Milk, low-fat, chocolate, with aspartame, Lite White™ (Dairy Farmers Ltd, Australia)	24±6	250 mL 3
804	Milk, low-fat, chocolate, with sugar, Lite White™ (Dairy Farmers Ltd, Australia)	34±4	250 mL 9
<b>Rush® flavored milk (Parmalat Australia Ltd, South Brisbane, Australia)</b>			
805	Rush® Heavenly Vanilla Malt milk	31±4	250 mL 7
806	Rush® Intense Coffee milk	24±3	250 mL 5
807	Rush® Ultimate Chocolate milk	26±5	250 mL 5
808	Rush® Wicked Latte milk	26±3	250 mL 5
<b>Milk, skim/low-fat</b>			
809	Pura™ HiLo milk (National Foods Ltd, Australia)	20±5	250 mL 3
810	Pura™ Skimmer milk (National Foods Ltd, Australia)	20±5	250 mL 3
811	Milk, skim, made from powder (Arla Foods, Sweden) <sup>8,9</sup>	27	250 mL 3
812	Pura™ Light Start milk (National Foods Ltd, Australia)	30±5	250 mL 4
813	Pura™ Tone milk (National Foods Ltd, Australia)	30±5	250 mL 5
814	Milk, skim (Canada)	32±5	250 mL 4
815	Milk, skim (Dairy Farmers Ltd, Australia) <sup>25</sup>	32±6	250 mL 4
816	Milk, skim (USA)	32	250 mL 4
817	Milk, skim (USA) <sup>8</sup>	37±3	250 mL 5
818	Milk, skimmed, pasteurised, British (Dairycrest, UK) <sup>8</sup>	48±15	250 mL 6
819	Shape™ milk, fat free (Dairy Farmers Ltd, Australia) <sup>25</sup> <i>mean of eleven studies</i>	34±3 31±2	250 mL 6 250 mL 4
820	Milkshake, made from Chocollo™, low-fat chocolate ice cream, skim milk and malted milk powder (Wendy's Supa Sundaes Pty Ltd, Australia)	21±4	250 mL 6
<b>Mousse, prepared</b>			
821	Nestlé Combo mousse (Nestlé, Australia)	42±5	70 5
822	Nestlé Milo flavored mousse (Nestlé, Australia)	46±3	70 6
<b>Mousse, reduced-fat, prepared from</b>			

<b>commerical mousse mix with water</b>				
823	Butterscotch, 1.9% fat (Nestlé, Australia)	36±4	50	4
824	Chocolate, 2% fat (Nestlé, Australia)	31±4	50	3
825	Citrus (Nestlé, Australia)	47±5	50	14
826	Hazelnut, 2.4% fat (Nestlé, Australia)	36±4	50	4
827	Mango, 1.8% fat (Nestlé, Australia)	33±5	50	4
828	Mixed berry, 2.2% fat (Nestlé, Australia)	36±5	50	4
829	Strawberry, 2.3% fat (Nestlé, Australia)	32±3	50	3
	<i>mean of seven foods</i>	36±2	50	4
<b>Pudding, instant (White Wings, Australia)</b>				
830	Chocolate, made from powder and whole milk	47±4	100	7
831	Vanilla, made from powder and whole milk	40±4	100	6
<b>Pudding, made from dairy and rice, Yoplait™</b>				
<b>Le Rice® (National Foods Ltd, Australia)</b>				
832	Le Rice®, Apple & Cinnamon flavor	52±4	180	20
833	Le Rice®, Apricot & Almond Muesli flavor	45±4	180	18
834	Le Rice®, Caramel flavor	41±6	180	16
835	Le Rice®, Forest Berries flavor	45±4	180	16
836	Le Rice®, Raspberry & Apple flavor	52±4	180	20
837	Le Rice®, Strawberry flavor	54±6	180	21
838	Le Rice®, Tropical Mango flavor	54±6	180	20
839	Le Rice®, Vanilla flavor	43±4	180	16
	<i>mean of eight foods</i>	48±2	180	18
<b>Yoghurt</b>				
840	Jalna Bush Honey Bio Dynamic yoghurt (Jalna Dairy Foods, VIC, Australia) <sup>25</sup>	26±3	200	3
841	Jalna Premium Vanilla Creamy yoghurt (Jalna Dairy Foods, Australia)	18±4	200	3
842	Yoghurt, black cherry (Finest, UK) <sup>8</sup>	17±3	200	2
843	Yoghurt, black cherry (Healthy Living Light, UK) <sup>8</sup>	67±15	200	8
844	Yoghurt, bourbon vanilla (Finest, UK) <sup>8</sup>	64±14	200	20
845	Yoghurt, champagne rhubarb (Finest, UK) <sup>8</sup>	49±12	200	19
846	Yoghurt, Devonshire fudge (Finest, UK) <sup>8</sup>	37±7	200	13
847	Yoghurt, Greek style, honey topped (UK) <sup>8</sup>	36±7	200	12
848	Yoghurt, lemon curd (Finest, UK) <sup>8</sup>	67±14	200	30
849	Yoghurt, orange blossom (Finest, UK) <sup>8</sup>	42±11	200	17
850	Yoghurt, peach & apricot (Healthy Living Light, UK) <sup>8</sup>	28±6	200	5

851	Yoghurt, peach melba (Value, UK) <sup>8</sup>	57±5	200	18
852	Yoghurt, raspberry (Healthy Living Light, UK) <sup>8</sup>	43±8	200	7
853	Yoghurt, red fruit: Morello cherry <sup>8</sup> (Healthy Living Light, UK) <sup>8</sup>	35±6	200	4
854	Yoghurt, red fruit: raspberry and black cherry (Healthy Living Light, UK) <sup>8</sup>	37±8	200	5
855	Yoghurt, red fruit: raspberry and cranberry (Healthy Living Light, UK) <sup>8</sup>	42±12	200	11
856	Yoghurt, Scottish raspberry (Finest, UK) <sup>8</sup>	32±7	200	13
857	Yoghurt, strawberry (Healthy Living Light, UK) <sup>8</sup>	30±6	200	5
858	Yoghurt, strawberry and cream (Finest, UK) <sup>8</sup>	41±6	200	16
859	Yoghurt, summer fruit: apricot <sup>8</sup> (Healthy Living Light, UK)	11±4	200	1
860	Yoghurt, summer fruit: peach and vanilla <sup>8</sup> (Healthy Living Light, UK)	26±7	200	3
861	Yoghurt, summer fruit: raspberry <sup>8</sup> (Healthy Living Light, UK)	28±5	200	3
862	Yoghurt, summer fruit: strawberry <sup>8</sup> (Healthy Living Light, UK)	36±9	200	5
863	Yoghurt, toffee (Healthy Living Light, UK) <sup>8</sup>	41±11	200	7
864	Yoghurt, tropical fruit: guava and passionfruit <sup>8</sup> (Healthy Living Light, UK)	24±7	200	3
865	Yoghurt, tropical fruit: mango <sup>8</sup> (Healthy Living Light, UK)	32±8	200	4
866	Yoghurt, tropical fruit: peach and apricot <sup>8</sup> (Healthy Living Light, UK)	27±6	200	3
867	Yoghurt, tropical pineapple <sup>8</sup> (Healthy Living Light, UK)	38±7	200	5
868	Yoghurt, Valencia orange <sup>8</sup> (Finest, UK)	34±7	200	11
869	Yoghurt, vanilla <sup>8</sup> (Healthy Living Light, UK)	47±13	200	7
870	Yoghurt, white peach <sup>8</sup> (Finest, UK)	54±12	200	17
	<b>Yoghurt, frozen, President's Choice® Blue Menu™ brand (Loblaw Brands Limited, Canada)</b>			
871	Mochaccino frozen yoghurt	51±5	125	11
872	Strawberry Banana frozen yoghurt	55±6	125	11
873	Vanilla frozen yoghurt	46±5	125	10
	<i>mean of three foods</i>	51	125	11
	<b>Low-fat yoghurt</b>			

874	Low-fat, fruit, aspartame, Ski™ (Dairy Farmers, Australia)	14±4	200	2
875	Low-fat, fruit, sugar, Ski™ (Dairy Farmers, Australia)	33±7	200	10
876	Low-fat, sugar-sweetened, strawberry classic, Yoplait™ Lite (National Foods Ltd, Australia)	33±5	200	10
877	Low-fat (0.9%), fruit, wild strawberry (Ski d'lite™, Dairy Farmers Ltd, Australia)	31±14	200	9
878	Low-fat, Nestlé Diet Blueberry (Nestlé, Australia)	32±4	200	4
879	Low-fat, Nestlé Diet Mixed Berry (Nestlé, Australia)	28±4	200	3
880	Low-fat, Nestlé Diet Peaches & Cream (Nestlé, Australia)	28±3	200	3
881	Low-fat, apricot (UK) <sup>8</sup>	42±6	200	12
882	Low-fat, black cherry (UK) <sup>8</sup>	41±5	200	11
883	Low-fat, hazelnut (UK) <sup>8</sup>	53±9	200	15
884	Low-fat, peach melba (Value, UK) <sup>8</sup>	56±11	200	16
885	Low-fat, raspberry (UK) <sup>8</sup>	34±6	200	10
886	Low-fat, strawberry (UK) <sup>8</sup>	61±11	200	18
	<b>Vaalia®, low-fat, sugar sweetened yoghurt (Pauls Ltd, Australia)</b>			
887	Heavenly Honey flavor	32±4	200	11
888	Lemon Creme flavor	43±6	200	17
889	Luscious Berries flavor	29±2	200	9
890	Passionfruit flavor	32±3	200	11
891	Strawberry flavor	28±3	200	8
	<i>mean of five foods</i>	33±3	200	11
	<b>Natural yoghurt</b>			
892	Fat-Free Natural yoghurt (Jalna Dairy Foods, Australia) <sup>25</sup>	19±5	200	2
893	Greek Style yoghurt, Premium blend (Jalna Dairy Foods, Australia) <sup>25</sup>	12±4	200	1
894	Leben European Style yoghurt (Jalna Dairy Foods, Australia) <sup>25</sup>	11±5	200	1
895	Yoghurt, low fat, natural (UK) <sup>8</sup>	35±10	200	12
	<i>mean of four foods</i>	19±6	200	3
	<b>Non-fat yoghurt</b>			
896	Passionfruit yoghurt, fat-free (Jalna Dairy Foods, Australia)	27±4	200	5

<b>Diet Vaalia™, sweetened with acesulfame K and Splenda</b>				
897	Diet Vaalia™, exotic fruits (Pauls Ltd., Australia) <sup>8</sup>	23±2	200	4
898	Diet Vaalia™, mango (Pauls Ltd., Australia) <sup>8</sup>	23±2	200	3
899	Diet Vaalia™, mixed berry (Pauls Ltd., Australia) <sup>8</sup>	25±3	200	3
900	Diet Vaalia™, strawberry (Pauls Ltd., Australia) <sup>8</sup>	23±2	200	3
901	Diet Vaalia™, vanilla (Pauls Ltd, Australia) <sup>8</sup>	23±2	200	3
	<i>mean of five foods</i>	23±1	200	3
<b>Ski™, non-fat, sugar sweetened</b>				
902	Ski™, Honey flavor (Dairy Farmers Ltd, Australia)	40±2	200	14
903	Ski™, vanilla flavor (Dairy Farmers Ltd, Australia)	40±4	200	12
<b>Yoplait™, non-fat, artificially sweetened yoghurts (National Foods Ltd, Australia)</b>				
904	Yoplait™ No Fat berry fruit flavors <sup>8</sup>	16±3	200	2
905	Yoplait™ No Fat Strawberry Classic flavor <sup>8</sup>	19±3	200	2
906	Yoplait™ No Fat tropical fruit flavors <sup>8</sup>	20±4	200	3
907	Yoplait™ No Fat yoghurt, various flavors <sup>8</sup>	18±3	200	3
	<i>mean of four foods</i>	18±1	200	2
<b>Probiotic yoghurt</b>				
908	Yoghurt, probiotic, prune (UK) <sup>8</sup>	44±10	200	13
909	Yoghurt, probiotic, raspberry (UK) <sup>8</sup>	45±10	200	13
910	Yoghurt, probiotic, strawberry (UK) <sup>8</sup>	52±14	200	15
	<i>mean of three foods</i>	47	200	14
<b>Reduced-fat yoghurt</b>				
911	Reduced-fat, Vaalia™, apricot & mango (Pauls Ltd., Australia) <sup>8</sup>	26±4	200	8
912	Reduced-fat, Vaalia™, french vanilla (Pauls Ltd., Australia) <sup>8</sup>	26±4	200	3
913	Reduced-fat, Extra-Lite™, strawberry (Pauls Ltd., Australia) <sup>8</sup>	28±4	200	9
914	Reduced-fat, strawberry (Czech Republic)	43±5	200	14
915	Reduced-fat, Yoplait™ Lite, berry fruit flavors (National Foods Ltd, Australia)	25±3	200	9
916	Reduced-fat, Yoplait™ Lite, tropical fruit flavors (National Foods Ltd, Australia)	37±3	200	12
917	Reduced-fat, Yoplait™ Lite, various flavors	27±2	200	9

	(National Foods Ltd, Australia)			
918	Reduced-fat, Yoplait™ Lite, Fruit Salad flavor (National Foods Ltd, Australia)	32±5	200	9
	<b>Yoghurt drinks</b>			
919	Probiotic drink, cranberry (UK) <sup>8</sup>	56±9	250 mL	17
920	Probiotic drink, orange (UK) <sup>8</sup>	30±8	250 mL	10
921	Probiotic drink, original (UK) <sup>8</sup>	34±5	250 mL	11
922	Vitalise Multivitamin Cultured Milk Fruit Drink (Jalna Dairy Foods, Australia)	24±5	250 mL	4
923	Wildberry Yoghourt on the Go (Jalna Dairy Foods, Australia)	19±4	250 mL	4
924	Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit (Pauls Ltd., Australia) <sup>8</sup>	38±4	250 mL	14
	<b>Soy-based dairy product alternatives</b>			
	<b>Soy milks</b>			
925	Soy milk, full-fat (3%), Original, 0 mg calcium, with maltodextrin, (So Natural Foods, Australia) <sup>8</sup>	44±5	250 mL	8
926	Soy milk, full-fat (3%), Calciforte, 120 mg calcium, with maltodextrin (So Natural Foods, Australia) <sup>8</sup> (2000)	36±4	250 mL	6
927	Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia) <sup>8</sup> (2006)	41±4	250 mL	6
928	Soy milk, Vitasoy® Organic (National Foods Ltd, Australia) <sup>8</sup>	43±3	250 mL	7
929	Soy milk, Vitasoy® So Milky Regular (National Foods Ltd, Australia) <sup>8</sup>	21±5	250 mL	2
930	Soy milk, low-fat (0.7%), Vitasoy® Light Original (National Foods Ltd, Australia) <sup>8</sup>	45±5	250 mL	4
931	Soy milk, reduced-fat (1.5%), Vitasoy® So Milky Lite (National Foods Ltd, Australia) <sup>8</sup>	17±3	250 mL	1
932	Soy milk, reduced-fat (1.5%), 120 mg calcium, Light, containing maltodextrin (So Natural Foods, Australia) <sup>8</sup>	44±3	250 mL	8
933	Soy milk, reduced-fat (1.8%), 120 mg calcium, Vitasoy® Premium Vitality+ (National Foods Ltd, Australia) <sup>8</sup>	18±3	250 mL	2
	<b>Soy milk drinks</b>			
934	Soy Beverage, Chocolate flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	40±5	250 mL	11
935	Soy Beverage, Original flavored, President's Choice®	15±4	250 mL	1



	Blue Menu™ (Loblaw Brands Limited, Canada)			
936	Soy Beverage, Vanilla flavored, President's Choice®	28±3	250 mL	4
	Blue Menu™ (Loblaw Brands Limited, Canada)			
937	Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Chocolate (National Foods Ltd, Australia) <sup>8</sup>	31±3	250 mL	6
938	Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Vanilla (National Foods Ltd, Australia) <sup>8</sup>	31±3	250 mL	5
939	Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia) <sup>8</sup>	30±3	250 mL	7
940	Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia) <sup>8</sup>	34±3	250 mL	8
941	Up & Go™, cocoa malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium, Australia) <sup>8</sup>	43±5	250 mL	11
942	Up & Go™, original malt flavor (soy milk, rice cereal liquid breakfast) (Sanitarium, Australia) <sup>8</sup>	46±5	250 mL	11
943	Xpress™, chocolate (soy bean, cereal, legume extract drink with fructose) <sup>8</sup> (So Natural Foods, Australia) Soy yoghurt	39±2	250 mL	13
944	Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia) <sup>8</sup>	50±3	200	13

## FRUIT AND FRUIT PRODUCTS

### Apples, raw

945	Apple, Golden Delicious (Canada)	39±3	120	6
946	Apple, dried (Australia)	29±5	60	11
947	Sliced Apples, canned, solid packed without juice (Langeberg and Ashton Foods Pty Ltd, South Africa)	42±2	120	4

### Apricots

948	Apricots, raw, NS (Australia)	34±3	120	3
949	Apricot Halves canned in fruit juice (Langeberg and Ashton Foods Pty Ltd, South Africa)	51±5	120	6

### Apricots, dried

950	Apricots, dried (Australia)	30±7	60	8
951	Apricots, dried, ready to eat (UK)	31±6	60	7
952	Apricots, dried, ready to eat, bite size (UK) <i>mean of three studies</i>	32±7	60	7
953	Apricot dried fruit snack (Australia)	42±3	15	5

954	Apricot & apple fruit strips, gluten-free (Freedom Foods, Australia)	29±6	20	5
	<b>Apricot jam/fruit spread</b>			
955	Apricot 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)	43±6	30	7
956	Apricot 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	50±6	30	9
957	Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, Australia)	55±7	30	7
958	President's Choice® Blue Menu™ Twice the Fruit Apricot spread (Loblaw Brands Limited, Canada)	56±8	30	7
	<i>mean of four studies</i>	51±3	30	8
	<b>Banana, raw</b>			
959	Banana (Australia)	47±5	120	11
960	Banana (Canada)	62±9	120	16
961	Banana (South Africa)	70±5	120	16
962	Banana, processed fruit fingers, Heinz Kidz™ (H J Heinz, Malvern, Australia)	61±11	30	12
963	Blackberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	46±5	30	8
964	Blackberry Sour Buzz dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia)	35±5	30	7
965	Blueberries, wild (Wild Blueberries Association, Canada)	53±7	100	5
	<b>Breadfruit (<i>Artocarpus altilis</i>)</b>			
966	Breadfruit, peeled, boiled 10 min (Jamaica)	47±5	120	10
967	Breadfruit, peeled, boiled 26 min (Jamaica)	60±9	120	17
968	Breadfruit, raw (Australia) <sup>8</sup>	68	120	18
969	Breadfruit, roasted on preheated charcoal (Jamaica)	72±8	120	20
	<i>mean of four studies</i>	62±6	120	16
970	Cherries, dark, raw, pitted (Australia) <sup>25</sup>	63±6	120	9
971	Cherries, sour, pitted, canned (Always Fresh brand, Australia) <sup>8</sup>	41±5	120	9
972	Custard apple, raw, flesh only (Australia)	54±2	120	10
	<b>Dates</b>			
973	Dates, Barhi variety, dried and vacuum packed (United Arab Emirates)	50±6	60	22
974	Dates, Bo ma'an variety, dried and vacuum packed (United Arab Emirates)	31±5	60	14

975	Dates, Khalas (Rutab, soft early ripened) variety (United Arab Emirates)	47±5	60	14
976	Dates, Khalas (Tamer, sun dried stored in traditional Bedu manner) variety (United Arab Emirates)	45±8	60	20
977	Dates, Khalas variety, dried and vacuum packed (United Arab Emirates) <i>mean of five studies</i>	36±3	60	16
		42±4	60	18
978	Divine Date spread (Buderim Ginger, Buderim, QLD, Australia)	29±4	25	5
979	Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, Australia)	61±6	60	16
980	Fruit Salad canned in fruit juice, containing peach, pear, apricot, pineapple and cherries (Langeberg and Ashton Foods Pty Ltd, South Africa)	54±3	120	6
	<b>Ginger</b>			
981	Ginger, candied, sucrose-free (Buderim Ginger, Australia)	10±4	25	2
982	Ginger Spread, sucrose-free (Buderim Ginger, Australia)	10±2	25	2
983	Original Ginger marmalade (Buderim Ginger, Australia)	50±7	25	9
984	Grapes, black, Waltham Cross (Australia)	59	120	11
985	Grape Nectar (Chateau Barrosa, Lyndoch, SA, Australia)	52±5	20	8
986	Grapefruit, ruby red segments, canned in juice (Woolworths Limited, Australia)	47±5	120	10
987	Kiwi fruit (Australia) <sup>8</sup>	58±7	120	7
988	Lychee, canned in syrup and drained, Narcissus brand (China)	79±8	120	16
989	Mandarin segments, canned in juice (Woolworths Limited, Australia)	47±2	120	6
990	Mango ( <i>Mangifera indica</i> ) (Australia) <sup>8</sup>	51±3	120	8
991	Mango, low-fat frozen fruit dessert, Frutia™ (Weis Frozen Foods, Toowong, Australia)	42±3	100	10
992	Mixed fruit, dried (Value, UK)	60±7	60	24
993	Nectarines, raw (Australia) <sup>8</sup>	43±6	120	4
	<b>Oranges, raw</b>			
994	Oranges, type NS (South Africa)	33±6	120	3

995	Oranges, type NS (Canada)	40±3	120	4
995	Orange & Grapefruit segments, canned in juice (Woolworths Limited, Australia)	53±4	120	10
<b>Orange Marmalade</b>				
996	Marmalade, orange 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)	27±3	30	4
997	Marmalade, orange (Australia)	48±9	30	9
998	Breakfast Marmalade 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	55±4	30	10
	<i>mean of three foods</i>	43	30	8
<b>Paw paw/papaya, raw</b>				
999	Paw paw ( <i>Carica papaya</i> (Australia) <sup>8</sup> )	56±6	120	5
<b>Peaches</b>				
1000	Peach, canned in natural juice (Goulburn Valley brand, Ardmona Foods, Mooroopna, Australia)	30±4	120	3
1001	Peach, canned in natural juice (SPC Ltd, Shepparton, Australia)	45±6	120	5
1002	Peach, canned in natural juice (SPC Ardmona Ltd, Shepparton, VIC, Australia)	46±4	120	6
	<i>mean of three studies</i>	40	120	5
1003	Peach, canned in heavy syrup (Letona Foods, Hawthorn East, VIC, Australia)	58±11	120	9
1004	Peach, canned in heavy syrup (Homebrand, Yennora, NSW, Australia)	64±3	120	12
1005	Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd, Australia)	62±9	120	11
1006	Peach & Grapes, canned in natural fruit juice (Woolworths Limited, Australia)	46±5	120	6
1007	Peach & Pineapple, canned in natural fruit juice (Woolworths Limited, Australia)	45±4	120	6
1008	Peach, dried (UK)	35±5	60	8
1009	Peach & pear fruit strips, gluten-free (Freedom Foods, Australia)	29±6	20	3
<b>Pears</b>				
1010	Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd, Australia)	25±6	120	4
1011	Pear halves, canned in natural juice (SPC Ltd, Australia)	43±15	120	5
1012	Pear, dried (UK)	43±15	60	12

<b>Pineapple</b>				
1013	Pineapple, raw (Australia) <sup>8</sup>	66±7	120	6
1014	Pineapple pieces, canned in fruit juice (Woolworths Limited, Australia)	43±4	120	8
1015	Pineapple pieces, canned in natural fruit juice (Woolworths Limited, Australia)	55±5	120	10
1016	Pineapple & Papaya pieces, canned in natural juice (Woolworths Limited, Australia)	53±7	120	9
1017	Prunes, pitted (Sunsweet Growers Inc., Yuba City, USA)	29±4	60	10
<b>Raisins</b>				
1018	Raisins (Canada)	64±11	60	28
1019	Raspberry 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)	26±4	25	3
1020	Raspberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	46±5	30	8
<b>Rockmelon/Cantaloupe</b>				
1021	Rockmelon/Cantaloupe, raw (Australia) <sup>8</sup>	65±9	120	4
1022	Rockmelon/Cantaloupe, raw (Australia) <sup>7</sup>	70	120	4
1023	Strawberries, fresh, raw (Australia) <sup>8</sup>	40±7	120	1
1024	Strawberry jam (Australia)	51±10	30	10
1025	Strawberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)	46±5	30	8
1025	President's Choice® Blue Menu™ Twice the Fruit Spread - Strawberry & Rhubarb (Loblaw Brands Limited, Canada)	69±12	25	6
1026	Strawberry fruit leather (Stretch Island Fruit Company™, Washington, USA)	29±4	30	7
1027	Strawberry & wildberry dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia)	40	30	8
1028	Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12	30	23
<b>Sultanas</b>				
1029	Sultanas (Australia)	56±11	60	26
1030	Sultanas (Value, UK)	56±6	60	23
1031	Sultanas (UK) <i>mean of three studies</i>	58±11	60	24
		57	60	25
1032	Tropical dried fruit snack (Australia)	41±3	15	5
1033	Vitari, wild berry, non-dairy, frozen fruit dessert	59±8	100	12

(Nestlé, Australia)			
<b>Watermelon</b>			
1034Watermelon, raw (Australia) <sup>8</sup>	72±13	120	4
1035Watermelon, raw (Australia) <sup>7</sup>	80±3	120	5
1036Wild berry dried fruit snack (Australia)	35±4	15	4
<b>FRUIT JUICES</b>			
<b>Apple juice</b>			
1037Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, Australia)	39±5	250 mL	10
1038Apple juice, Granny Smith, unsweetened (Australia)	44±3	250 mL	13
1039Apple juice, pure, clear, unsweetened (The Wild About Fruit Company, Wandin, VIC, Australia)	44±2	250 mL	13
1040Apple juice, pure, cloudy, unsweetened (The Wild About Fruit Company, Australia)	37±3	250 mL	10
1041Apple and blackcurrant juice, no added sugar (Berri Ltd, Australia)	45±4	250 mL	11
1042Apple and cherry juice, pure, unsweetened (The Wild About Fruit Company, Australia)	43±3	250 mL	14
1043Apple and mango juice, pure, unsweetened (The Wild About Fruit Company, Australia)	47±5	250 mL	16
1044Apple, pineapple and passionfruit juice, unsweetened (The Wild About Fruit Company, Australia)	48±5	250 mL	16
1045Carrot juice, freshly made (Sydney, Australia) <sup>8</sup>	43±3	250 mL	10
<b>Cranberry juice</b>			
1046Cranberry juice cocktail (Ocean Spray, Melbourne, Australia)	52±3	250 mL	16
1047Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)	68±3	250 mL	24
1048Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	250 mL	16
<i>mean of three studies</i>	59	250 mL	19
<b>Orange juice</b>			
1049Orange juice (Canada)	46±6	250 mL	12
1050President's Choice® Blue Menu™ Oh-Mega j Orange juice beverage (Loblaw Brands Limited, Canada)	48±4	250 mL	14
1051Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd, Australia)	53±6	250 mL	9

1052	Orange juice, unsweetened, reconstituted concentrate, Mr Juicy brand (Berri Ltd, Australia) <i>mean of four studies</i>	54±5	250 mL	11
		50±2	250 mL	12
1053	Prune juice (Golden Circle, Australia) SuperJuice (Berri Ltd, Australia)	43±3	250 mL	15
<b>1054</b>	<b>SuperJuice Greenzone, containing apple, orange and pineapple juice</b>	<b>47±3</b>	<b>250 mL</b>	<b>12</b>
1055	SuperJuice Immune, containing apple juice, pineapple juice and guava puree	47±3	250 mL	12
1056	SuperJuice Kickstart, containing apple juice, blueberry puree and banana puree	39±3	250 mL	11
	<b>Tomato juice</b>			
1057	Tomato juice, low sodium, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)	23±6	250 mL	2
1058	Tomato juice, no added sugar (Campbell's Soup Company, Camden, USA)	33±3	250 mL	3
1059	Tomato juice, canned, no added sugar (Berri Ltd, Australia) <i>mean of three studies</i>	38±4	250 mL	4
		31	250 mL	2
<b>INFANT FORMULA AND WEANING FOODS</b>				
<b>Formula</b>				
1060	Infasoy™, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia) <sup>8</sup>	55±6	100 mL	4
1061	Karicare™ gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand) <sup>8</sup>	35±5	100 mL	2
1062	Nan-1™ infant formula with iron (Nestlé, Australia) <sup>8</sup>	30±6	100 mL	2
1063	S-26™ infant formula (Wyeth Nutritionals, Australia) <sup>8</sup>	36±6	100 mL	3
<b>Weaning Foods</b>				
1064	Apple baby food (Czech Republic)	46±5	120	10
1065	Farex™ baby rice, 7 g cereal with 80 g water (Heinz Wattie's Ltd., Malvern, Australia) <sup>8</sup>	95±13	87	6
<b>Robinsons First Tastes from 4 months (Nutricia, Wells, UK)</b>				
1066	Apple, apricot and banana cereal <sup>8</sup>	56±8	75	7
1067	Creamed rice porridge <sup>8</sup>	59±8	75	5
1068	Rice pudding <sup>8</sup>	59±6	75	6

<b>Heinz for Baby from 4 months</b>				
<b>(Heinz Wattie's Ltd, Australia)</b>				
1069	Chicken and noodles with vegetables, strained <sup>8</sup>	67±11	120	5
1070	Sweetcorn and rice <sup>8</sup>	65±13	120	10
<b>Porridge/Gruel (Semper Foods AB, Sweden)</b>				
1071	Gruel (wholemeal wheat, rye, rice, wheat and oat flour), made with whole milk and water <sup>24</sup>	47	250	12
1072	Porridge (rice & wheat flour), apple-pear flavored, made with whole milk and water <sup>24</sup>	46	250	14
1073	Porridge (wholemeal wheat, oat, rice & wheat flour), fruit flavored, made with whole milk and water <sup>24</sup>	51	250	15
1074	Porridge (rice and wheat flour), made with whole milk and water <sup>24</sup>	54	250	16
1075	Rice porridge, made with whole milk and water <sup>24</sup>	51	250	15
<b>LEGUMES AND NUTS</b>				
<b>Baked Beans</b>				
1076	Baked Beans, canned (Canada)	40±3	150	6
1077	Baked Beans, Heinz Vegetarian baked haricot beans (HJ Heinz Company, Dandenong, VIC, Australia) <sup>11</sup>	40	150	6
1078	Baked Beans in Cheesy Tomato sauce (HJ Heinz, Australia)	44±4	150	10
1079	Baked Beans in Barbecue sauce (HJ Heinz, Australia)	47±4	150	13
1080	Baked Beans in Ham sauce (HJ Heinz, Australia)	53±4	150	13
1081	Baked Beans in Mild Curry sauce (HJ Heinz, Australia)	49±5	150	11
1082	Baked Beans in Sweet Chilli sauce (HJ Heinz, Australia)	46±3	150	12
1083	Baked Beans in Tomato sauce (HJ Heinz, Australia)	40±5	150	8
1084	Baked Beans in Tomato sauce, canned, reheated in microwave for 1.5 min (HJ Heinz, Australia)	57±7	150	13
<b>Beans, dried, boiled</b>				
1085	Beans, dried, type NS (Italy) <sup>24</sup>	37	150	11
<b>Blackeyed beans/peas (Cowpeas), boiled</b>				
1086	Blackeyed beans (Canada)	33±4	150	10
1087	Blackeyed peas ( <i>Vigna unguiculata</i> ), boiled (Nigeria) <sup>11,14</sup>	52	150	16
1088	Blackeyed peas ( <i>Vigna unguiculata</i> ), boiled, consumed with 4.24 g salt (Nigeria) <sup>11,14</sup>	38	150	11



<b>Butter Beans</b>				
1089	Butter beans, canned, drained, Edgell's™ brand (Simplot Australia, Cheltenham, Australia) <sup>8</sup>	36±3	150	8
1090	Butter beans, dried, soaked overnight, boiled 50 min (UK)	26±7	150	5
1091	Butter beans, dried, soaked overnight, cooked in salted water (South Africa)	28±7	150	6
1092	Butter beans (Canada) <i>mean of four studies</i>	36±4 32±3	150 150	7 7
1093	Cannellini beans, canned, drained, Edgell's™ brand (Simplot Australia, Cheltenham, Australia) <sup>8</sup>	31±5	150	6
<b>Chickpeas (Garbanzo beans, Bengal gram), boiled</b>				
1094	Chickpeas ( <i>Cicer arietinum</i> Linn), dried, soaked, boiled 35 min (Philippines)	10	150	3
1095	Chickpeas (Canada)	36±5	150	11
1096	Chickpeas, canned, drained, Edgell's™ brand (Simplot Australia, Australia) <sup>8</sup>	38±3	150	9
1097	Chickpea Hommus dip, Chris' Traditional brand (Capitol Chilled Foods Pty Ltd, ACT, Australia) <sup>8</sup>	22±5	30	1
1098	Four bean mix, canned, drained, Edgell's™ brand (Simplot Australia, Australia) <sup>8</sup>	37±5	150	9
<b>Haricot/Navy beans</b>				
1099	Haricot/Navy beans, boiled (Canada)	31±6	150	9
1100	Haricot/Navy beans (King Grains, Canada)	39	150	12
1101	Haricot beans, home-cooked, soaked overnight, boiled 1h in water, baked in tomato sauce 2 h <sup>11</sup> (HJ Heinz, Australia)	23	150	7
<b>Kidney Beans</b>				
1102	Kidney/white bean ( <i>Phaseolus vulgaris</i> Linn), soaked, boiled 17 min (Philippines)	14	150	3
1103	Kidney beans ( <i>Phaseolus vulgaris</i> ) (India)	19	150	5
1104	Kidney beans ( <i>Phaseolus vulgaris</i> L.), red, soaked 20 min, boiled 70 min (Sweden)	25	150	6
1105	Kidney beans (Canada) <i>mean of four studies</i>	29±8 22±3	150 150	7 6
1106	Kidney beans ( <i>Phaseolus vulgaris</i> L.), autoclaved	34	150	8
1107	Kidney beans, dried, soaked 12 h, stored moist 24 h,	70±11	150	17

steamed 1 h (India) <sup>14</sup>			
1108Black bean ( <i>Phaseolus vulgaris</i> Linn), soaked overnight, cooked 45 min (Philippines)	20	150	5
1109Dark Red Kidney beans, canned in brine, drained, Edgell's <sup>TM</sup> brand (Simplot Australia, Australia) <sup>8</sup>	43±5	150	10
1110Red Kidney beans, canned, drained, Edgell's <sup>TM</sup> brand (Simplot Australia, Australia) <sup>8</sup>	36±4	150	9
1111Red Kidney beans, dried, soaked overnight, boiled 60 min (UK)	51±5	150	12
<b>Lentils</b>			
1112Lentils, type NS (Canada)	29±3	150	5
1113Lentils, brown, canned, drained, Edgell's <sup>TM</sup> brand (Simplot Australia, Australia) <sup>8</sup>	42±5	150	9
1114Lentils, green, dried, boiled (Australia)	37±3	150	5
1115Lentils, red, split, dried, boiled 25 min (UK)	21±7	150	4
1116Marrowfat peas, dried, boiled (Canada)	47±3	150	9
<b>Mung beans</b>			
1117Mung bean ( <i>Phaseolus aureus</i> Roxb), soaked, boiled 20 min (Philippines)	31	150	5
1118Mung bean, fried (Australia)	53±8	150	9
1119Mung bean, germinated (Australia)	25±4	150	4
1120Mung bean, pressure cooked (Australia)	42±5	150	7
1121Pigeon Pea ( <i>Cajanus cajan</i> Linn. Huth.), soaked, boiled 45 min (Philippines)	22	150	4
<b>Pinto beans</b>			
1122Pinto beans, steamed (USA) <sup>11,14</sup>	33	150	8
1123Refried Pinto beans, Casa Fiesta <sup>TM</sup> brand (Capital Foods Pty Ltd, Australia)	38±3	150	10
<b>Soya beans</b>			
1124Soya beans, dried, boiled (Canada)	15±5	150	1
1125Soya beans, dried, boiled (Australia)	20±3	150	1
1126Soya beans, canned (Canada)	14±2	150	1
1127Soya beans, canned in brine, drained, Edgell's <sup>TM</sup> brand (Simplot Australia, Australia) <sup>7</sup>	14±3	150	1
1128Split peas, yellow, dried, soaked overnight, boiled 55 min (UK)	25±6	150	3

<b>MEAL REPLACEMENT &amp; WEIGHT MANAGEMENT PRODUCTS</b>				
1129	Chocolate, lactose-free, weight management drink (UK) <sup>24</sup>	29±10	250 mL	6
1130	Chocolate weight management bar (Shaklee Corporation, Pleasanton, CA, USA)	29±4	31	4
1131	Chocolate weight management drink (UK) <sup>24</sup>	23±5	250 mL	4
1132	Chocolate weight management drink (UK) <sup>24</sup>	39±8	250 mL	7
1133	Hazelnut & Apricot bar (Dietworks, South Yarra, Australia)	42±7	50	9
1134	InZone™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)	28±5	250 mL	2
1135	Juice Plus+® Complete meal replacement powder, Dutch chocolate flavor (Australia)	35±5	250 mL	7
1136	Juice Plus+® Complete meal replacement powder, French vanilla flavor (Australia)	32±4	250 mL	6
<b>Lean Cuisine™ frozen convenience meals (Nestlé, Australia)</b>				
1137	French style chicken with rice, reheated <sup>8</sup>	36±6	280	17
1138	Honey Soy Beef with Wholemeal Noodles, reheated	53±4	280	19
1139	Burmese Vegetable Curry & rice, reheated	49±6	280	20
1140	Chicken Pomodoro, reheated	46±8	280	17
<b>L.E.A.N™ products (Usana Inc., Salt Lake City, UT, USA)</b>				
1141	L.E.A.N Fibergy™ bar, Harvest Oat	45±4	50	13
1142	Nutrimeal™, drink powder, Dutch Chocolate	26±3	250	3
1143	L.E.A.N (Life long) NutriBar™, Peanut Crunch	30±4	40	6
1144	L.E.A.N (Life long) NutriBar™, Chocolate Crunch	32±4	40	6
1145	Lemon weight management bar (Shaklee Corporation, USA)	23±4	31	3
1146	Lemon weight management bar (UK) <sup>24</sup>	32±8	50	7
1147	Malt toffee weight management bar (UK) <sup>24</sup>	43±7	50	10
1148	Peanut Butter weight management bar (Shaklee Corporation, USA)	22±4	31	3
1149	Provide™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)	28±5	250 mL	2
1150	ReduceXS™ Chocolate Deluxe formulated meal replacement powder, prepared with water (Australia) <sup>8</sup>	10±6	250 mL	1

1151	SICCON D2™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)	28±5	250 mL	2
<b>SlimFast® weight management products</b>				
<b>SlimFast® bars</b>				
1152	SlimFast® chocolate caramel meal replacement bar (SlimFast Foods Ltd, Slough, Berks, UK)	54±3	50	18
1153	SlimFast® chocolate meal replacement bar (SlimFast Foods Ltd, UK)	27±3	50	6
1154	SlimFast® Chocolate Muesli snack bar (SlimFast Foods Ltd, UK)	49±6	50	16
<b>SlimFast® beverages</b>				
1155	SlimFast® Double Chocolate meal replacement powder, prepared with skim milk (SlimFast Foods Ltd, UK)	36±4	50	17
1156	SlimFast® French Vanilla ready-to-drink shake (Slim Fast Foods Company, Englewood, NJ, USA)	37±5	250 mL	10
1157	SlimFast® meal replacement powder, prepared with skim milk (Unilever Australasia, Australia)	35±6	250 mL	12
1158	SlimFast® Strawberry Supreme ready-to-drink shake (SlimFast Foods Ltd, UK)	33±3	250 mL	10
<b>SlimFast® meals</b>				
1159	SlimFast® Garden vegetable soup with peppers and croutons (SlimFast Foods Ltd, UK)	20±2	250 mL	5
1160	SlimFast® Pasta Florentina meal (SlimFast Foods, UK)	53±5	250	12
1161	Tony Ferguson's Meal Replacement Shake, all flavors, prepared with water (Australia)	22±2	250 mL	6
<b>Worldwide Sport Nutrition reduced-carbohydrate products (2000 formulations) (Worldwide Sport Nutritional Supplements Inc., Largo, FL, US)</b>				
1162	Designer chocolate, sugar-free <sup>8</sup>	14±3	35	3
<b>Burn-it™ bars</b>				
1163	Chocolate deluxe <sup>8</sup>	29±3	50	2
1164	Peanut butter <sup>8</sup>	23±3	50	1
<b>Pure-protein™ bars</b>				
1165	Chewy choc-chip <sup>8</sup>	30±4	80	4
1166	Chocolate deluxe <sup>8</sup>	38±4	80	5
1167	Peanut butter <sup>8</sup>	22±4	80	2
1168	Strawberry shortcake <sup>8</sup>	43±4	80	6

1169	White chocolate mousse <sup>8</sup>	40±4	80	6
	<b>Pure-protein™ cookies</b>			
1170	Choc-chip cookie dough <sup>8</sup>	25±3	55	3
1171	Coconut <sup>8</sup>	42±5	55	4
1172	Peanut butter <sup>8</sup>	37±7	55	3
	<b>MIXED MEALS AND CONVENIENCE FOODS</b>			
1173	Beef and ale casserole, convenience meal (Finest, UK) <sup>8</sup>	53±12	300	8
1174	Berrynice Yoghurt Crunch (low fat yoghurt, honey toasted oats, strawberries and blueberries) (McDonald's Australia Ltd, Australia)	43±5	216	15
	<b>Burgers</b>			
1175	Fillet-O-Fish™ burger (fish patty, cheese and tartare sauce on a burger bun) (McDonald's Australia Ltd, Australia)	66±10	128	20
1176	Hamburger (beef patty, ketchup, pickle, onion and mustard on a burger bun) (McDonald's Australia Ltd, Australia)	66±8	95	17
1177	Lean beef burger (lean beef patty, tomato, mixed lettuce, cheese, onion and sauce on a burger bun) (McDonald's Australia Ltd, Australia)	66±4	164	17
1178	McChicken™ burger (chicken patty, lettuce, mayonnaise on a burger bun) (McDonald's Australia Ltd, Australia)	66±3	186	26
1179	Vege Burger (vegetable patty, lettuce, tomato and sweet chilli sauce on a burger bun) (Australia)	59±8	100	14
1180	Cannelloni, spinach and ricotta (UK)	15±4	300	8
1181	Chicken korma and peshwari rice, prepared meal (Finest, UK)	44±6	300	21
1182	Chicken korma and rice, convenience meal (Healthy Living, UK)	45±9	300	21
1183	Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Tooronga, Australia)	46±4	100	7
1184	Chicken McNuggets™ consumed with sweet Thai chilli sauce (McDonald's, Australia)	55±6	100	12
1185	Chicken tikka masala and rice, convenience meal (Healthy Living, UK)	34±7	300	21

1186	Chilli beef noodles, prepared convenience meal (Finest, UK)	42±4	300	19
1187	Chilli con carne, made from haricot beans (Australia)	34±9	300	12
1188	Chow mein, chicken, convenience meal <sup>8</sup> (Healthy Living, UK)	55±7	300	13
1189	Chow mein, chicken, convenience meal (Serves One, UK)	47±7	300	18
	<b>Continental™ Wholegrain Pasta &amp; Sauce (Unilever Australiasia, Epping, NSW, Australia)</b>			
1190	Wholegrain Pasta & Sauce, Cheesy, prepared with water, reduced-fat milk & margarine	37±5	200	8
1191	Wholegrain Pasta & Sauce, Creamy Carbonara, prepared with water, reduced-fat milk & margarine	39±4	200	9
1192	Wholegrain Pasta & Sauce, Creamy Sun-dried Tomato, prepared with water, reduced-fat milk & margarine	43±6	200	10
1193	Wholegrain Pasta & Sauce, Parmesan and Cracked Pepper, prepared with water, reduced-fat milk and margarine	33±5	200	7
1194	Cottage pie (UK)	65±8	300	22
1195	Cumberland fish pie (UK)	40±5	300	12
1196	Cumberland pie (UK)	29±6	300	11
1197	Dates, Khalas (Rutab, soft early ripened) (90 g), eaten with full-fat plain yoghurt (125 g) (United Arab Emirates)	37±5	215	19
1198	Dates, Khalas (Tamer, dark brown commercial) (60 g), eaten with full-fat plain yoghurt (125 g) (United Arab Emirates)	29±4	185	15
1199	Dumpling, containing meat and shallots (China)	28±3	100	6
1200	Fajitas, chicken (UK)	42±14	300	18
1201	Greek lentil stew with a bread roll, home made (Australia)	40±5	360	15
1202	Instant mashed potato (McCain, McCain Foods, USA), eaten with 62 g cheese and 16 g butter (Canada)	66	100	22
1203	Kidney beans, (canned) with bacon and tomatoes (Australia)	36±8	250	12
1204	Kidney beans, (cooked from dried beans) with bacon and tomatoes (Australia)	21±9	250	7
1205	Lamb moussaka, prepared convenience meal <sup>8</sup>	35±8	300	10

(Finest, UK)			
<b>Lasagne</b>			
1206Lasagne, beef (frozen) (UK)	47±7	300	17
1207Lasagne, meat (Healthy Living, chilled, UK)	28±4	300	11
1208Lasagne, type NS (Finest, UK)	34±8	300	10
1209Lasagne, type NS (UK)	25±5	300	8
1210Lasagne, vegetarian (UK)	20±6	300	10
1211Lentil and cauliflower cury with rice (Australia)	60±10	300	25
1212Lentil and cheese pie (Australia)	25±8	300	11
1213Lentils and vegetables, steamed for 10 min then boiled for 10 min consumed with an orange (Chile)	35	200	7
1214Mushroom stroganoff with rice (UK)	26±6	300	11
1215Parboiled rice (Uncle Bens Converted, Mars, USA) consumed with 68 g cheese and 14 g butter (Canada)	27	100	10
1216Pasta bake, tomato and mozzarella (UK)	23±4	300	10
<b>Pasta eaten with other foods</b>			
1217Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water, served with canned tuna (UK)	28±3	-	-
1218Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water, served with cheddar cheese (UK)	27±4	-	-
1219Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water, served with chilli con carne (UK)	40±5	-	-
1220Spaghetti, beans & vegetables steamed for 25 min, consumed with an orange (Chile)	54	200	12
1221Pies, beef, party size (Farmland, Grocery Holdings, Australia)	45±6	100	12
<b>Pizza</b>			
1222Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6	100	9
1223Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4	100	7
1224Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia)	49±6	100	12
1225Stone Baked Whole Wheat Pizza - Vegetable, Pesto and Feta Cheese, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	54±4	100	11
<b>Potato with added ingredients</b>			
1226Potato, Estima (50 g), microwaved 6 min then	62±6	139	23

baked 10 min, served with baked beans (89 g) (UK)			
1227Potato, Estima (50 g), microwaved 6 min then baked 10 min, served with canned tuna (62 g) (UK)	76±7	112	20
1228Potato, Estima (50 g), microwaved 6 min then baked 10 min, served with cheddar cheese (62 g) (UK)	39±5	112	10
1229Potato, Estima (50 g), microwaved 6 min then baked 10 min, served with chilli con carne (63 g) (UK)	75±7	113	23
1230Potato noodles with meat (China)	17±3	300	8
<b>President's Choice® Blue Menu™ convenience meals (Loblaw Brands Limited, Canada)</b>			
1231Barley Risotto with Herbed Chicken (entree)	38±4	300	15
12324-Bean Salad, low-fat	13±3	100	1
1233Cauliflower-Topped Shepherd's Pie (entree)	21±4	300	4
1234Chicken Curry with Vegetables (entree)	26±8	300	3
1235Deluxe Cheddar Macaroni & Cheese Dinner	34±6	60	13
1236Ginger-Glazed Salmon (entree)	41±3	300	18
1237Lentil and Bean Vegetable Patties	54±5	113	15
1238Linguine with Shrimp Marinara (entree)	40±6	300	11
1239Penne with Roasted Vegetables (entree)	39±5	300	17
1240Rotini with Chicken Pesto (entree)	57±4	300	25
12413-Rice Bayou Blend Rice & Beans Sidedish	44±4	50	15
12424-Rice Pilaf Rice & Beans Sidedish	46±5	50	16
1243Rice & Lentils Espana Sidedish	49±5	50	17
1244Sesame Ginger Chicken with Vegetables (entree)	44±8	300	8
1245Tomato and Herb Chicken (entree)	29±5	300	9
1246Vegetable Ancient Grain Vegetable Patties	54±3	113	14
1247Vegetarian Chili	39±6	300	11
1248Yellow Curry Chicken (entree)	25±5	300	4
1249Sausages and mash potato, prepared convenience meal (UK)	61±7	300	25
1250Sirloin chop with mixed vegetables and mashed potato, homemade (Australia)	66±12	360	35
1251Shepherds pie, prepared convenience meal (UK)	66±9	300	29
1252Spaghetti bolognese, home made (Australia)	52±9	360	25
1253Steak and ale with cheddar mash potato <sup>8</sup> convenience meal (Finest, UK)	48±12	300	12
1254Stuffed bun, with shallots and meat, steamed (China)	39±4	100	12

**Sushi**



1255	Sushi, salmon ('I Love Sushi', Sydney, Australia) <sup>8</sup>	48±8	100	17
1256	Sushi, roasted sea algae, vinegar and rice (Japan)	55	100	20
1257	Sweet and sour chicken with noodles, prepared convenience meal (Serves One, UK)	41±7	300	21
1258	Tandoori chicken masala & rice convenience meal (Finest, UK)	45±5	300	27
<b>White bread with accompaniments</b>				
1259	Chicken Tandoori Deli Choice white French roll (tandoori chicken, tomato, lettuce, cucumber, mint & yoghurt sauce on a roll) (McDonald's Australia)	78±7	270	44
1260	Chicken Tandoori Deli Choice Multigrain roll (tandoori chicken, tomato, lettuce, cucumber, mint & yoghurt sauce on a roll) (McDonald's Australia)	67±6	270	32
1261	Turkey & Cranberry Deli Choice Multigrain roll (turkey, lettuce, cranberry sauce, cheese and mayonnaise on a roll) (McDonald's Australia)	63±5	200	34
1262	White wheat flour bread, butter, cheese, regular milk and fresh cucumber (Sweden) <sup>8</sup>	55	200	37
1263	White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden) <sup>8</sup>	39	200	11
1264	White bread roll with cheese (UK)	50±5	100	20
1265	White bread (Rustico Panem, Panem, Verona, Italy), consumed with 35 g butter <sup>11,14</sup> (Burro Galbani, Cademartori, Lodi, Italy)	78	36	11
1266	White bread (Rustico Panem, Panem, Verona, Italy), eaten with 35 g Mazola corn oil (CDC, Milan, Italy) <sup>11,14</sup>	20	36	3
1267	White bread (Rustico Panem, Panem, Verona, Italy), eaten with 35 g olive oil (Olio Sagra, Lucca, Italy) <sup>11,14</sup>	20	36	3
1268	White bread consumed with margarine, eggs and orange juice	58±13	-	-
1269	White bread (30 g), toasted, served with baked beans (51 g) (Hovis, UK)	50±6	81	11
1270	White bread (30 g), toasted, served with cheddar cheese (36 g) (Hovis, UK)	35±2	66	5
1271	White Bread (Wonder Bread, Interstate Bakeries) (140 g), consumed with 30 g raw almonds (Canada)	74	170	37
1272	White Bread (Wonder Bread, Interstate Bakeries) (140 g), consumed with 60 g raw almonds (Canada)	44	200	23

1273	White bread (Wonder Bread, Interstate Bakeries), (100 g), consumed with 60 g raw, unblanched almonds (California Almonds, USA)	39	160	20
1274	White Bread (Wonder Bread, Interstate Bakeries) (140 g), consumed with 90 g raw almonds (Canada)	31	230	16
<b>NUTRITIONAL SUPPORT PRODUCTS</b>				
1275	Choice <sub>d m</sub> <sup>TM</sup> , vanilla (Mead Johnson Nutritionals, Evansville, USA)	23±4	237 mL	6
1276	Diasip®, diabetes-specific enteral formula <sup>8</sup> (Nutricia N.V., Netherlands)	12±3	250 mL	3
1277	Diason®/Nutrison Diabetes, diabetes-specific enteral <sup>8</sup> formula (Nutricia N.V., Netherlands)	17±4	250 mL	5
1278	Diben®, diabetes-specific enteral formula <sup>8</sup> (Fresenius Kabi AG, Germany)	22±7	250 mL	5
1279	Enercal Plus <sup>TM</sup> , made from powder (Wyeth-Ayerst International Inc, Madison, USA)	61±13	237 mL	24
1280	Ensure <sup>TM</sup> , vanilla (Abbott Australasia, Kurnell, NSW, Australia)	50±8	237 mL	19
1281	Ensure <sup>TM</sup> , vanilla (Abbott Australasia)	48±3	237 mL	16
1282	Ensure <sup>TM</sup> bar, chocolate fudge brownie (Abbott Australasia)	43±3	38	8
1283	Ensure <sup>TM</sup> Hospital, nutritional supplement powder, prepared with water (Abbott Nutrition International)	51±5	250 mL	3
1284	Ensure Plus <sup>TM</sup> , vanilla (Abbott Australasia)	40±4	237 mL	19
1285	Ensure Pudding <sup>TM</sup> , old fashioned vanilla (Abbott Laboratories Inc, Ashland, USA)	36±4	113	9
1286	Fortimel® enteral formula (Nutricia N.V., Netherlands) <sup>8</sup>	25±8	250 mL	6
1287	Glucerna Chocolate Graham nutritional supplement bar (Ross Nutrition, Canada)	20±2	50	5
1288	Glucerna, diabetes-specific enteral formula (Abbott Laboratories Inc, USA)	15±3	250 mL	4
<b>Glucerna enteral nutritional supplement, vanilla</b>				
1289	Glucerna <sup>TM</sup> , vanilla flavor <sup>8</sup> (Abbott Nutrition International)	19±4	250 mL	4
1290	Glucerna <sup>TM</sup> , vanilla flavor <sup>8</sup> (Abbott Nutrition International)	20±4	250 mL	4

1291	Glucerna™, vanilla flavor (Ross Nutrition, Canada)	26±2	250 mL	8
1292	Glucerna™, vanilla (Abbott Laboratories Inc., USA) <sup>8</sup> <i>mean of four studies</i>	31±2	250 mL	8
		24±3	250 mL	6
1293	Glucerna Select, enteral nutritional supplement <sup>8</sup> (Abbott Nutrition International)	16±3	250 mL	2
1294	Glucerna SR, diabetes-specific enteral formula (Abbott Laboratories Inc., USA)	23±5	250 mL	6
1295	Inslow™ (Abbott Nutrition International -Japan) <sup>8</sup>	25±3	250 mL	6
1296	Jevity™ (Abbott Australasia)	48±3	237 mL	17
1297	Jevity™ HiCal, enteral nutritional supplement (Abbott Nutrition International)	59±6	250 mL	27
1298	Novasource Diabet®, diabetes-specific enteral formula <sup>8</sup> (Novartis Consumer Health SA, Switzerland)	26±5	250 mL	8
1299	Nutridrink (Nutricia N.V., Netherlands) <sup>9</sup>	25	250 mL	12
1300	Nutridrink Multifiber, containing 2.3 g fiber/100 mL (Nutricia N.V., Netherlands) <sup>9</sup>	22	250 mL	10
1301	Nutrison Mutli fiber® enteral formula <sup>8</sup> (Nutricia N.V., Netherlands)	28±10	250 mL	9
1302	Nutrison Standard® enteral formula <sup>8</sup> (Nutricia N.V., Netherlands)	34±8	250 mL	10
1303	Promote with fiber™ nutritional supplement (Ross Nutrition, USA)	49±8	237 mL	16
1304	Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International)	54±5	237 mL	20
1305	Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International)	55±5	237 mL	23
1306	Resource Diabetic™, French vanilla (Novartis Nutrition Corp., Young America, USA) <sup>8</sup>	34±3	237 mL	8
1307	Resource Diabetic™, Swiss chocolate (Novartis, Auckland, New Zealand)	16±4	237mL	7
1308	Resource™ fruit beverage, peach flavor (Novartis, New Zealand)	40±8	237 mL	16
1309	Resource™ thickened orange juice, honey consistency (Novartis, New Zealand)	47±9	237 mL	18
1310	Resource™ thickened orange juice, nectar consistency (Novartis, New Zealand)	54±7	237 mL	19
1311	Sustagen™, Dutch Chocolate (Mead Johnson,	31±4	250 mL	13

Bristol Myers Squibb, Rydalmere, Australia)			
1312Sustagen™ Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia)	33±4	250 mL	15
1313Sustagen™ Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia)	27±3	250	13
1314Tapion™ nutritonal supplement (Abbott Nutrition International - Japan)	27±5	250 mL	7
1315TwoCal HN™, high nitrogen nutritional supplement, vanilla flavor (Abbott Nutrition International)	55±5	237 mL	27
1316Ultracal™ with fiber (Mead Johnson, Evansville, IN, USA)	40	237 mL	12

## NUTS

### Cashew nuts

1317Cashew nuts, salted (Coles Supermarkets, Australia) <sup>8</sup>	22±5	50	3
1318Cashew nuts (UK) <sup>8</sup>	25±6	50	3
1319Cashew nuts, organic, roasted and salted (UK) <sup>8</sup>	25±12	50	3
1320Cashew nut halves (UK) <sup>8</sup>	27±6	50	3
1321Cashew nuts, roasted and salted (UK) <sup>8</sup>	27±9	50	3
<i>mean of five foods</i>	25±1	50	3
1322Mixed nuts and raisins (UK)	21±5	50	3
1323Mixed nuts, roasted and salted (UK)	24±10	50	4

### Peanuts

1324Peanuts, crushed (South Africa) <sup>8</sup>	7±4	50	0
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## PASTA and NOODLES

1325Buckwheat noodles (China)	59±1	180	25
1326Buckwheat noodles, instant (China)	53±2	180	22
1327Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, VIC, Australia) (2007)	68±7	180	31
1328Corn pasta, gluten-free (Orgran Natural Foods, Australia)	78±10	180	32

### Fettucine, egg

1329Fettucine, egg (Australia)	32±4	180	15
1330Fettucine, egg (Mother Earth Fine Foods, Rowville, Australia)	47±6	180	22

### Fusilli pasta twists

1331Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water (UK)	61±9	180	29
1332Fusilli pasta twists, dry pasta, boiled in 10 min in unsalted water (UK)	54±11	180	26
1333Fusilli pasta twists, tricolour, dry pasta, boiled 10 min in unsalted water (UK)	51±11	180	23
1334Fusilli pasta twists, wholewheat, dry pasta, boiled 10 min in unsalted water (UK) <i>mean of four studies</i>	55±8 55±2	180 180	23 25
1335Gluten-free pasta, maize starch, boiled 8 min (UK)	54	180	23
1336Gnocchi, type NS (Latina, Pillsbury Australia Ltd, Mt. Waverley, Australia) <b>Instant noodles</b>	68±9	180	33
1337Instant 'two-minute' noodles, Maggi® (Nestlé, Australia) (1995)	46±5	180	11
1338Instant 'two-minute' noodles, Maggi® (Nestlé, Auckland, New Zealand)	48±8	180	12
1339Instant 'two-minute' noodles, Maggi®, all flavors (Nestlé Australia) (2005)	52±7	180	13
1340Instant noodles, all flavors (Woolworths Limited, Australia) <i>mean of four studies</i>	52±5 50±2	180 180	11 12
<b>Lasagne pasta sheets, boiled for 10 min</b>			
1341Lasagne sheets, dry pasta, boiled in unsalted water (Value, UK)	55±8	180	26
1342Lasagne, egg, dry pasta, boiled in unsalted water (UK)	53±9	180	23
1343Lasagne, egg, verdi, dry pasta, boiled in unsalted water (UK) <i>mean of three studies</i>	52±6 53	180 180	23 24
<b>Linguine</b>			
1344Thick, durum wheat, white, fresh (Sweden)	43	180	21
1345Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48	180	23
1346Thin, durum wheat (Sweden)	49	180	23
1347Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61	180	29
1348Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45	180	18
1349Thin, fresh, with 0.6% w/w monoglycerides and	53	180	22

30% w/w egg, boiled 3 min (Sweden)			
<i>mean of four studies</i>	52±3	180	23
1350Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)	39±9	180	18
1351Proti pasta, protein-enriched, boiled in water (Vital Nature Inc, San Antonio, TX, USA)	28±1	180	14
1352Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	180	15
<b>Rice noodles/pasta</b>			
1353Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
1354Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4	180	15
1355Rice noodles made from IR42 (high amylose) rice flour, boiled for 22 min (Philippines)	41	180	18
1356Rice pasta, gluten-free (Freedom Foods, Australia)	51	180	24
1357Rice pasta, brown, boiled 16 min (Rice Grower's Co-op, Australia)	92±8	180	35
1358Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Australia)	76±6	180	37
<b>Spaghetti</b>			
1359Spaghetti, gluten-free, rice and Hi-Maize (high-amylose) flour (Freedom Foods, Australia)	51±5	180	25
1360Spaghetti, gluten-free, rice and split pea, canned in tomato sauce	68±9	220	19
1361Spaghetti, 75% durum wheat flour and 25% chickpea flour boiled 10 min (Rio Dulce SA, Guadalajara, Spain)	41	180	19
1362Spaghetti, soy (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) <sup>8</sup>	47±7	180	17
<b>Spaghetti, white or type NS, boiled 10-15 min</b>			
1363White, boiled for 10 min (Rio Dulce SA, Guadalajara, Spain)	51	180	24
1364White, durum wheat, boiled 10 min in salt water (Barilla, Parma, Italy) <sup>15</sup>	58	180	28
1365White, durum wheat flour, boiled 12 min (Starhushalls, Kungsornen AB, Jarna, Sweden)	47	180	23
1366White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53	180	25
1367White, boiled 15 min in salted water	44±3	180	21

(Unico, Concord, ON, Canada)			
1368100% durum semolina spaghetti, boiled 15 min	41	180	19
(Unico, Canada)			
<i>mean of six studies</i>	49±3	180	24
<b>Spaghetti, white or type NS, boiled 20 min</b>			
1369White, durum wheat, boiled 20 min (Australia)	58±7	180	26
<b>Spaghetti, white, boiled</b>			
1370White (France)	39	180	18
1371White (Nishin Shokuhin, Japan)	46	180	22
1372White (Unico, Canada)	48±3	180	23
1373White (Vetta, Greens Foods, Glendenning, Australia)	49±7	180	22
1374White (Canada)	50±8	180	24
<i>mean of five studies</i>	46±2	180	22
<b>Spaghetti, white, durum wheat semolina</b>			
<b>(Panzani, Marseilles, France)</b>			
1375Boiled in 0.7% salted water for 11 min	59±15	180	28
1376Boiled in 0.7% salted water for 16.5 min	65±15	180	31
1377Boiled in 0.7% salted water for 22 min	46±10	180	22
<i>mean of three cooking times</i>	57	180	27
<b>Spaghetti, wholemeal, boiled</b>			
1378Wholemeal (Canada)	42±4	180	17
1379President's Choice® Blue Menu™ Whole Wheat spaghetti (Loblaw Brands Limited, Canada)	45±5	180	18
1380Wholemeal pasta, dark durum wheat, boiled 10 min in salted water (Melia Ltd, Raisio, Finland)	58	180	29
1381Spirali, durum wheat, white, boiled to al dente texture (Vetta, Australia)	43±10	180	19
1382Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6	180	9
1383Tagliatelle, egg pasta, boiled in water for 7 min (UK)	46±6	180	20
1384Tagliatelle, egg, boiled (Sainsbury's, UK)	54±5	180	24
1385Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia) <sup>8</sup>	62±8	180	30
1386Vermicelli, white, boiled, Vetta™ (Australia)	35±7	180	16
1387Wheat noodle, dried (China)	46±2	180	19
1388Wheat noodle, fresh (China)	82±7	180	34

## SNACK FOODS AND CONFECTIONERY

1389	Brownies, containing coconut flour (Philippines)	42	50	11
1390	Chick Pea chips (Freedom Foods, Australia)	44±7	50	8
1391	Chocolate crinkles, containing coconut flour (Philippines)	43	50	10
	<b>Chocolate, dark</b>			
1392	Chocolate, dark, Dove® (M&M/Mars, USA)	23±3	50	6
1393	Chocolate, dark with raisins, peanuts and jam (Czech Republic)	44±5	50	12
	<b>Chocolate, milk, plain</b>			
1394	Chocolate, milk, plain with sucrose (Belgium) <sup>8</sup>	34±5	50	7
1395	Chocolate, milk (Cadbury's Confectionery, Ringwood, Australia)	49±6	50	14
1396	Chocolate, milk, Dove® (Mars Confectionery, Ballarat, Australia)	45±8	50	13
1397	Chocolate, milk (Nestlé, Sydney, NSW, Australia)	42±8	50	13
	<i>mean of four studies</i>	43±3	50	12
	<b>Chocolate, milk, artificially sweetened</b>			
1398	Chocolate candy, sugar free, Dove® (M&M/Mars, USA) <sup>8</sup>	23±3	50	3
1399	Chocolate, white, Milky Bar® (Nestlé, Australia)	44±6	50	13
1400	Cocoavia™ Chocolate Covered Almonds (M&M/Mars, USA) <sup>8</sup>	21±3	30	2
1401	Combos Snacks Cheddar Cheese Crackers (M&M/Mars, USA)	54±6	50	17
1402	Combos Snacks Cheddar Cheese Pretzels (M&M/Mars, USA)	52±6	50	18
	<b>Corn chips</b>			
1403	Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia) (1998)	42±4	50	11
1404	Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia) (1985)	72	50	18
	<b>Chips or Crisps, made from flaxseed, corn or rice</b>			
	<b>President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)</b>			
1405	Flaxseed Tortilla chips, Sea Salt	45±6	50	9
1406	Flaxseed Tortilla chips, Spicy	34±5	50	7
1407	Japanese Tamari Rice & Corn Crisps	91±6	50	35
1408	Japanese Wasabi & Honey Rice & Corn Crisps	82±7	50	32



1409	Thai Curry Rice & Corn Crisps	84±6	50	33
1410	Fruit and nut mix (Finest, UK)	15±3	50	4
<b>Fruit Bars</b>				
1411	Apple Fruit Bar, fat-free, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	90±13	40	27
1412	Apricot and Almond bar (UK)	34±6	30	5
1413	Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry) (Mother Earth, New Zealand)	50±8	50	17
1414	Apricot & Yoghurt Healtheries Simple Bar, wheat and gluten-free (Aussie Bodies Pty. Ltd., Australia)	40±5	50	10
1415	Berry & Yoghurt Healtheries Simple Bar, wheat and gluten free (Aussie Bodies Pty. Ltd., Australia)	51±4	50	13
1416	Berrylicious Trim Bar (Aussie Bodies Pty. Ltd., Australia)	46±4	50	8
1417	Blackberry Sour Buzz dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia)	35±5	30	7
1418	Fig Fruit bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	70±8	40	21
1419	Fruit & Yogurt Apple Cinnamon Chewy Bars (Soy), President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	34±3	40	7
1420	Fruit & Yogurt Cranberry Blueberry Bars (Soy), President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	33±2	40	7
1421	Heinz Kidz™ Fruit Fingers, banana (HJ Heinz, Australia)	61±11	30	12
1422	Raspberry Fruit bar, fat-free, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	74±11	40	23
1423	Real Fruit Bars, strawberry (Uncle Toby's, Australia)	90±12	30	23
1424	Roll-Ups®, processed fruit snack (Uncle Toby's, Australia)	99±12	30	24
1425	Strawberry fruit leather (Stretch Island Fruit Company™, Washington, USA)	29±4	30	7
1426	Strawberry & Wildberry dried fruit leather, Sunripe school straps (Windsor Farm Foods, Australia)	40	30	8
<b>Gelato</b>				
1427	Gelati, sucrose-free frozen dessert, chocolate flavor (Alba Foods, Newtown, Australia)	37±5	100	10
1428	Gelati, sucrose-free frozen dessert, vanilla flavor	39±4	100	11

(Alba Foods, Newtown, Australia)			
<b>Ice cream and cone</b>			
1429Chocollo™, low-fat chocolate flavored ice cream eaten with a plain cone (Wendy's Supa Sundaes Pty Ltd, Australia)	44±7	100	8
1430Chocollo™, low-fat chocolate flavored ice cream eaten with a waffle cone (Wendy's Supa Sundaes Pty Ltd, Australia)	55±6	110	15
1431Jelly, made from commercial jelly crystals, Raspberry Razzle flavor (Aeroplane Jelly Company, West Ryde, Australia)	53±6	120	10
<b>Jelly beans</b>			
1432Jelly beans, assorted colors (Allen's, Nestlé, Australia)	80±8	30	22
1433Jelly beans, assorted colors (Savings, Grocery Holdings, Tooronga, Australia)	76±6	30	21
1434Kudos Milk Chocolate Granola bar with M&M's Milk Chocolate Mini Baking Bits (M&M/Mars, USA)	52±4	50	18
1435Kudos Whole-Grain bars, chocolate chip (M&M/Mars, Hackettstown, USA)	62±8	50	20
1436Kudos Milk Chocolate Granola bars, Peanut Butter flavor (M&M/Mars, USA)	45±6	50	14
1437Licorice, soft (Coles Supermarkets, Australia)	78±11	30	16
1438Life Savers®, peppermint candy (Nestlé, Australia)	70±6	30	21
1439M & M's®, peanut (Mars Confectionery, Australia)	33±3	30	6
<b>Mars Bar®</b>			
1440Mars Bar® (Mars Confectionery, Australia)	62±8	60	25
1441Mars Bar® (M&M/Mars, USA)	68±12	60	27
1442Marshmallows (Candy Lane, Australia)	62±6	30	15
1443Milky Way® bar (M&M/Mars, USA)	62±8	60	26
1444Milky Way® Lite bar (M&M/Mars, USA)	45±5	45	15
1445Muesli bar, crunchy, containing dried apricot (Uncle Toby's, Australia)	61±7	30	13
1446Nougat, Jijona (La Fama, Spain) <sup>9</sup>	32	30	4
1447Nutella®, chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia) (1997)	33±4	20	4
1448Nutella®, chocolate hazelnut spread (Ferrero Australia, Australia) (2003)	30±4	20	4
1449Nutella®, chocolate hazelnut spread	25±4	20	3

(Ferrero Australia, Australia) (2007)			
<i>mean of three studies</i>	29	20	3
1450Pirate's Booty, aged white cheddar extruded snack, made from corn and rice (Robert's American Gourmet, Sea Cliff, NY, USA)	70±5	20	8
<b>Popcorn</b>			
1451Microwave Popping Corn, butter flavor, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	72±8	20	9
1452Microwave Popping Corn, natural flavor, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	58±8	20	7
1453Popcorn (China)	55±1	20	6
1454Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)	55±7	20	6
1455Poppin Microwave Popcorn, butter flavor (Green's Foods, Australia) <sup>8</sup>	62±8	20	6
1456Poppin Lite Microwave Popcorn, butter flavor, 50% reduced fat (Green's Foods, Australia) <sup>8</sup>	67±8	20	7
1457Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)	89	20	10
<i>mean of seven studies</i>	65±5	20	7
1458Pop Tarts™, double choc (Kellogg's, Australia)	70±2	50	24
<b>Potato crisps</b>			
1459Potato crisps, plain, salted (Canada)	51±7	50	12
1460Potato crisps, plain, salted (Arnott's, Australia)	57	50	10
1461Potato crisps (China)	60±2	50	12
<i>mean of three studies</i>	56	50	12
1462President's Choice® Blue Menu™ Original and Tomato Basil Vegetable Sticks (Loblaw Brands Limited, Canada)	66±8	50	25
<b>Pretzels</b>			
1463Pretzels, oven-baked, traditional wheat flavor (Parker's, Smith's Snack Food Co., Australia)	83±9	30	16
1464Pretzels, oven-baked, traditional wheat flavor, 97% fat free (Parker's, Smith's Snack Food Co., Australia)	84±6	30	20
1465Puffed rice squares (Czech Republic)	77±5	30	19
1466Skittles® (Mars Confectionery, Australia)	70±5	50	32

**Snack bars**

1467	Chewy Chocolate Chip & Marshmallow Granola Bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	78±6	26	16
1468	Chewy Cranberry Apple Granola Bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	58±5	26	12
1469	Chocolate Healtheries Simple bar, wheat and gluten free (Aussie Bodies Pty. Ltd., Australia)	35±3	50	10
1470	Chocolate Raspberry Zing™ bar (Revival Soy®, Physicians Pharmaceuticals, Inc., USA) <sup>7</sup>	47±5	50	2
1471	Cocoavia™ Chocolate Almond Snack bar (M&M/Mars, USA)	63±7	50	17
1472	Cocoavia™ Cripsy Chocolate Bar (M&M/Mars, USA)	33±5	50	8
1473	ExtendBar™ Apple Cinnamon Delight Bar (ExtendBar, USA)	33±7	50	5
1474	ExtendBar™ Chocolate Delight Bar (ExtendBar, USA)	41±6	50	7
1475	ExtendBar™ Peanut Delight Bar (ExtendBar, USA)	32±5	50	5
1476	Granola bar, containing coconut flour (Philippines)	46	50	9
1477	Munch Peanut Butter bar (M&M/Mars, USA)	27±5	50	5
1478	Oat bar, made from oat flour and bran starch (Canada) <sup>9</sup>	59	50	14
1479	Peanut Butter Chocolate Pal™ bar (Revival Soy®, Physicians Pharmaceuticals, Inc., USA) <sup>8</sup>	52±4	50	13
1480	60% Whole Wheat Fig Fruit bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	72±6	50	26
1481	Slimfast® Meal Options bar, rich chocolate brownie (SlimFast Foods Co, West Palm Beach, USA)	64±13	50	21
1482	Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)	40±8	50	12
1483	Snack bar, Peanut Butter and Choc-Chip (Con Agra Inc., USA)	37±6	50	10
1484	Trim bar, Chocorama (Aussie Bodies Pty. Ltd., Australia)	31±3	50	4
1485	Trim Bar, Mocha flavor (Aussie Bodies Pty. Ltd., Australia) <b>Snickers Bar®</b>	25±3	50	3

1486Snickers Bar® (Mars Confectionery, Australia)	41±5	60	15
1487Snickers Bar® (M&M/Mars, USA)	43±4	60	15
1488Snickers Bar® (M&M/Mars, USA) <sup>9</sup>	68	60	23
<i>mean of three studies</i>	51	60	18
<b>Soy Joy Fruit &amp; Soy Bar® (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)</b>			
1489Apple Soy Joy Bar	19±2	30	2
1490Apricot Soy Joy Bar	27±4	30	3
1491Chocolate Orange Soy Joy Bar	41±7	30	5
1492Mango Coconut Soy Joy Bar	28±2	30	3
1493Plum + Fe Soy Joy Bar	25±3	30	3
1494Plum + Folic acid Soy Joy Bar	27±2	30	3
1495Raisin Almond Soy Joy Bar	28±4	30	3
1496Sanzashi Soy Joy Bar	29±5	30	4
1497Strawberry Soy Joy Bar	33±2	30	4
1498Sunshine™ soy protein chips, lightly salted <sup>8</sup>	87±8	50	23
(Revival Soy®,Physicians Pharmaceuticals, Inc., USA)			
1499Tropical fruit and nut mix (Finest, UK)	49±7	50	14
1500Twisties™, cheese-flavored, extruded snack, rice and corn (Smith's Snackfood Co., Australia)	74±5	50	22
1501Twix® Cookie Bar, caramel (M&M/Mars, USA)	44±6	60	17
1502Yummiees lollies (Allseps Pty. Ltd., Australia)	43±3	15	2
<b>SPORTS (ENERGY) BARS</b>			
1503Clif bar, Chocolate Brownie Energy bar (Clif Bar Inc., Berkeley, USA)	57±6	65	22
1504Performance Chocolate Energy bar (Power Bar, USA)	53±6	65	22
<b>Power Bar® (Powerfood Inc., Berkeley, USA)</b>			
1505Power Bar®, chocolate	58±5	65	24
1506Power Bar®, chocolate <sup>9</sup>	53	65	22
1507Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA) <sup>9</sup>	39	65	10
<b>SmartZone Nutrition Bar (Hershey's Food Corporation, Hershey, PA, USA)</b>			
1508SmartZone Chocolate flavor	11±4	50	2
1509SmartZone Chocolate flavor	16±3	50	3
1510SmartZone Crunchy Blueberry flavor	15±3	50	3
1511SmartZone Crunchy Chocolate Brownie flavor	23±5	50	4

1512SmartZone Crunchy Chocolate Caramel flavor	16±4	50	3
1513SmartZone Crunchy Chocolate Peanut Butter flavor	14±3	50	3
1514SmartZone Crunchy Key Lime flavor	14±3	50	3
1515SmartZone Peanut Butter flavor	18±2	50	3
<b>Snickers® Marathon Energy Bar (M&amp;M/Mars, USA)</b>			
1516Chewy Chocolate Peanut flavor	36±5	50	9
1517Cookies & Creme flavor	50±4	50	14
1518Multi Grain Crunch flavor	50±4	50	14
1519Peanut Butter flavor	34±5	50	8
<b>Snickers® Marathon Low Carb Lifestyle Energy Bar (M&amp;M/Mars, USA)</b>			
1520Chocolate Fudge Brownie flavor	20±4	50	2
1521Peanut Butter flavor	21±4	50	2
<b>Snickers® Marathon Nutrition Bar (M&amp;M/Mars, USA)</b>			
1522Dark Chocolate Crunch flavor	49±6	25	5
1523Honey & Roasted Almond flavor	41±3	25	4
<b>Snickers® Marathon Protein Performance Bar (M&amp;M/Mars, USA)</b>			
1524Caramel Nut Rush flavor	26±3	50	6
1525Chocolate Nut Burst flavor	32±4	50	6
<b>SoLo GI Nutrition Bar (New Era Nutrition Inc, Alberta, Canada)</b>			
1526SoLo GI Berry Bliss Nutrition bar	29±5	50	6
1527SoLo GI Chocolate Charger Nutrition bar	28±2	50	6
1528SoLo GI Lemon Lift Nutrition bar	29±5	50	6
1529SoLo GI Mint Mania Nutrition bar	23±3	50	5
1530SoLo GI Peanut Power Nutrition bar	27±4	50	5
<b>SoLo GI Snack Bar (New Era Nutrition Inc, Alberta, Canada)</b>			
1531SoLo GI Berry Bliss Snack bar	29±5	25	3
1532SoLo GI Chocolate Charger Snack bar	28±2	25	3
1533SoLo GI Lemon Lift Snack bar	29±5	25	3
1534SoLo GI Mint Mania Snack bar	23±3	25	2
1535SoLo GI Peanut Power Snack bar	27±4	25	3
1536VO2 Max Chocolate Energy bar (M&M/Mars, USA)	49±8	65	22
1537ZonePerfect Nutrition bar, Double Chocolate flavor	44±7	50	8

(Abbott Laboratories, Abbott Park, USA)

**SOUPS**

1538	Barley Vegetable Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	41±3	250	11
1539	Carrot soup, President's Choice® Blue Menu™ Soupreme (Loblaw Brands Limited, Canada)	35±4	250	5
1540	Chicken and mushroom soup (UK) <sup>24</sup>	46±6	250	8
1541	Chicken and mushroom soup (UK) <sup>24</sup>	69±14	250	13
1542	Chicken & Vegetable with wholegrain pasta, Country Ladle® (Campbell's Soups, Homebush, NSW, Australia) <sup>8</sup>	43±3	250	5
1543	Garden vegetable soup with peppers and croutons, SlimFast® (SlimFast Foods Ltd, Slough, Berks, UK)	20±2	250	5
1544	Indian Lentil Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	62±7	250	12
1545	Lentil, ready-to-serve, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	57±9	250	11
	<b>Minestrone</b>			
1546	Minestrone, condensed, prepared with water (Campbell's Soup Company, Camden, NJ, USA)	48±6	250	18
1547	Minestrone, Traditional, Country Ladle® (Campbell's Soups, Australia) <sup>8</sup>	39±3	250	7
1548	Minestrone & Pasta Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) <i>mean of three studies</i>	54±3	250	22
		47	250	15
1549	Mushroom Barley, ready-to-serve, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	45±10	250	3
1550	Pasta & Fagioli soup, ready-to-serve, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	52±8	250	10
1551	Pumpkin Soup, creamy, Heinz® Very Special™, with pumpkin, cream, potatoes (Heinz Wattie's Ltd, Australia)	76±7	250	14
1552	Spicy Black Bean Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	57±5	250	18
1553	Spicy Black Bean with Vegetables soup,	46±5	250	12

President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)			
1554 Spicy Thai Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	56±4	250	17
1555 Tomato soup, condensed, prepared with water (Campbell's Soup Company, Camden, NJ, USA)	52±4	250	15
1556 Tomato & Herb, President's Choice® Blue Menu™ Supreme (Loblaw Brands Limited, Canada)	47±5	250	7
1557 Vegetable soup (UK) <sup>24</sup>	60±12	250	11
1558 Vegetable Couscous Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	57±4	250	19
1559 Vegetarian Chili Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)	36±4	250	10
1560 Winter Squash, President's Choice® Blue Menu™ Supreme (Loblaw Brands Limited, Canada)	41±4	250	5
<b>SUGARS AND SYRUPS</b>			
<b>Blue Agave cactus nectar, high-fructose</b>			
1561 Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA) <sup>8</sup>	11±1	10	1
1562 Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA) <sup>8</sup>	10±1	10	1
1563 Premium Agave nectar (Sweet Cactus Farms, USA) <i>mean of three studies</i>	19±4 13	10 10	2 1
<b>Fructose</b>			
1564 25 g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada) <sup>8</sup>	11	10	1
1565 50 g portion (Sweeten Less, Canada)	12	10	1
1566 50 g portion (China) <i>mean of three studies</i>	23±1 15	10 10	2 2
<b>Glucose</b>			
1567 50 g portion (dextrose)	96	10	10
1568 50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	96	10	10
1569 50 g portion (Canada)	100	10	10
1570 50 g portion (Glucodin™ glucose tablets, Boots, North Ryde, NSW, Australia)	102±9	10	10



157125 g portion (Bio-Health, Canada) <sup>8</sup>	103	10	10
157250 g portion (dextrose)	111	10	11
1573100 g portion (Bio-Health, Canada) <sup>8</sup>	114	10	11
<i>mean of seven studies</i>	103±3	10	10
<b>Glucose consumed with American ginseng</b>			
<b>(<i>Panax quinquefolius L.</i>)</b>			
157425 g glucose (Glucodex) 40 min before 3 g dried ginseng <sup>8,27</sup>	76	10	8
<b>Glucose consumed with gum/fiber</b>			
157546 g Glucose + 15 g apple and orange fiber extract (FITA, Chatswood, NSW, Australia) (total carbohydrate content of drink = 50 g)	79±3	10	6
157650 g Glucose + 14.5 g guar gum	62	10	6
157750 g Glucose + 14.5 g oat gum (78% oat β-glucan)	57	10	6
1578100 g Glucose + 20 g acacia gum <sup>15,28</sup>	85	10	9
157975 g Glucose + 4.24 g salt (Nigeria) <sup>11,14</sup>	86	10	9
1580Golden Syrup (Australia)	63±6	25	13
<b>Honey</b>			
1581Yellow box (46% fructose) (Australia) <sup>8</sup>	35±4	25	6
1582Stringy Bark (52% fructose) (Australia) <sup>8</sup>	44±4	25	9
1583Red Gum (35% fructose) (Australia) <sup>8</sup>	46±3	25	8
1584Iron Bark (34% fructose) (Australia) <sup>8</sup>	48±3	25	7
1585Capilano Premium Honey, blend of eucalypt & floral honeys (Capilano Honey Limited, QLD, Australia)	51±3	25	11
1586Yapunya (42 % fructose) (Australia) <sup>8</sup>	52±5	25	9
1587Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6	25	12
1588Leabrook Farms Yellow box honey (Spring Gully Foods Pty Ltd, SA, Australia)	60±4	25	13
1589Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia) <sup>8</sup>	62±3	25	11
1590Salvation Jane (32% fructose) (Australia) <sup>8</sup>	64±5	25	10
1591Clover honey, ratio of fructose: glucose, 1.09 (Vazza Farms, Hermiston, OR, USA)	69±8	25	15
1592Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia) <sup>8</sup>	72±6	25	9
1593Buckwheat honey, ratio of fructose:glucose, 1.12 (Vazza Farms, USA)	73±6	25	16

1594Cotton honey, ratio of fructose:glucose, 1.03 (Gene Brandi Apiaries, Los Banos, CA, USA)	74±7	25	16
1595Honey, NS type (China)	74±4	25	16
1596Tupelo honey, ratio of fructose:glucose, 1.54 (Tropical Blossom Honey Co, Edgewater, FL, USA)	74±8	25	16
1597Honey, NS (Canada) <sup>8</sup> <i>mean of seventeen types of honey</i>	87±8	25	18
	61±3	25	12
<b>Lactose</b>			
159850 g portion (China)	46±1	10	5
159925 g portion (BDH, Poole, UK) <sup>8</sup>	48	10	5
<b>Maltose</b>			
160050 g portion (Canada)	105±12	10	11
160150 g portion (China)	105±2	10	11
1602Maple flavored syrup (Cottee's Foods, Australia)	68±5	25	15
1603Maple syrup, pure Canadian (Queen Foods, Australia) Sucrose	54±6	25	10
160450 g portion (Redpath Sugars, Toronto, Canada)	58	10	6
160550 g portion (Japan)	60	10	6
160625 g portion (Redpath Sugars, Canada) <sup>8</sup>	60	10	6
160750 g portion (South Africa)	65±9	10	7
1608100 g portion (Redpath Sugars, Canada) <sup>15</sup>	65	10	7
160950 g portion (China) <i>mean of six studies</i>	84±4	10	8
	65±4	10	7
<b>VEGETABLES</b>			
1610Broad beans, frozen, reheated in microwave (Logan Farm Pty Ltd, Australia) <sup>8</sup>	63±9	80	3
<b>Green peas</b>			
1611Pea, frozen, boiled (Canada) <sup>8</sup>	51±6	80	4
1612Pea, green ( <i>Pisum Sativum</i> ) (India) <sup>14</sup>	54±14	80	4
<b>Pumpkin</b>			
1613Butternut pumpkin, boiled (Australia) <sup>8</sup>	51±6	80	3
1614Pumpkin ( <i>Cucurbita moschata</i> ), peeled, cubed, boiled 30 min (Jamaica)	66±4	80	12
1615Pumpkin, boiled in salted water (South Africa) <i>mean of three studies</i>	75±9	80	3
	64	80	6
<b>Sweet corn</b>			
1616Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	80	6

1617	Sweet corn on the cob, boiled 20 min (Sydney, Australia)	48	80	8
1618	Sweet corn (China)	55±2	80	9
1619	Sweet corn, boiled (USA)	60	80	11
1620	Sweet corn (South Africa) <i>mean of five studies</i>	62±5 52±5	80 80	11 9
<b>Root vegetables</b>				
<b>Carrots</b>				
1621	Carrots, raw, diced (Australia)	35±5	80	2
1622	Carrots, raw, ground (Australia)	39±1	80	2
1623	Carrots, peeled, boiled (Sydney, NSW, Australia) <sup>8</sup>	33±5	80	2
1624	Carrots, peeled, diced boiled (Sydney, NSW, Australia) <sup>8</sup> <i>mean of four studies</i>	49±2 39±4	80 80	2 2
1625	Cassava ( <i>Manihot esculenta</i> ), peeled, boiled 30 min, frozen, thawed and reheated for 1 min	94±11	120	36
1626	Parsnips, peeled, boiled (Australia) <sup>8</sup>	52±5	80	4
<b>Potato</b>				
<b>Baked potato</b>				
1627	Potato, white with skin, baked (UK)	69±5	150	19
1628	Irish potato ( <i>Solanum tuberosum</i> ), peeled, baked 45 min (Jamaica)	83±6	150	25
1629	Pontiac, peeled and baked (Australia)	93±11	150	17
1630	Potato, white without skin, baked (UK) <i>mean of four foods</i>	98±8 86±6	150 150	26 22
<b>Baked, Russet Burbank potatoes</b>				
1631	Russet, baked without fat (USA)	111	150	33
<b>Boiled potato</b>				
1632	Asterix, peeled, boiled 30 min (Sweden)	78	150	20
1633	Asterix, peeled, boiled 30 min, served with 15.4 g sunflower oil (Ica Handlarna, Solna, Sweden)	92	150	24
1634	Charlotte, peeled, quartered, boiled 15 min (UK)	66±5	150	15
1635	Charlotte, boiled (UK)	81±11	150	19
1636	Desiree, peeled, boiled 35 min (Australia)	101±15	150	17
1637	Estima, peeled, quartered, boiled 15 min (UK)	66±5	150	17
1638	Irish potato ( <i>Solanum tuberosum</i> ), peeled, cubed, boiled 30 min (Jamaica)	59±4	150	19
1639	King Edward potato, peeled, quartered,	75±10	150	21

boiled 15 min in unsalted water (UK)			
1640 Marfona potato, peeled, quartered, boiled 15 min in unsalted water (UK)	56±3	150	18
1641 Maris Piper potato, peeled, quartered, boiled 15 min in unsalted water (UK)	85±4	150	25
1642 Nicola potato, peeled, quartered, boiled 15 min (UK)	59±7	150	9
1643 Nicola potato, unpeeled, boiled whole for 15 min (Australia)	58±3	150	9
1644 Pontiac, peeled, boiled whole for 30 min (Australia)	56	150	14
1645 Pontiac, peeled, boiled 35 min (Australia)	88±9	150	16
1646 Sava, peeled, boiled 21-30 min (Sweden)	118	150	24
1647 Sebago, peeled, boiled 35 min (Australia)	87±7	150	14
<b>Boiled/cooked, white/Type NS</b>			
1648 Type NS, boiled (China)	66±1	150	13
1649 Type NS, boiled in salted water (India)	76	150	26
1650 Red potatoes, boiled with skin on in salted water for 12 min (Canada)	89±7	150	19
1651 Potato, white, boiled (UK)	96±10	150	24
<i>mean of four studies</i>	82±7	150	21
<b>Boiled potato cooked then cooled</b>			
1652 Sava, peeled, boiled 21-30 min, refrigerated 24 h, consumed cold (Sweden)	88	150	18
1653 Sava, peeled, boiled 21-30 min, refrigerated 24 h, consumed cold with white vinegar (28 g) and olive oil (8 g) (Sweden)	67	150	13
1654 Type NS, boiled in salted water, refrigerated, reheated (India)	23	150	8
1655 Potato, red, cubed, boiled in salted water 12 min, stored overnight in refrigerator, consumed cold (Canada)	56±5	150	12
<b>Canned potatoes</b>			
1656 New, canned, heated in microwave 3 min (Mint Tiny Taters™, Edgell's™ brand, Cheltenham, Australia)	65±9	150	12
<b>French Fries</b>			
1657 French fries (Ica Handlarna, Solna, Sweden), baked at 250°C for 9 min	54	150	16
1658 French Fries, baked 15 min (OreIda Golden Fries,	64±6	150	21

H.J. Heinz Co, Pittsburgh, PA, USA)				
1659	Irish potato ( <i>Solanum tuberosum</i> ), peeled, fried in vegetable oil (Jamaica)	70±6	150	21
<b>Instant Mashed potato</b>				
1660	Instant (Idahoan Foods, Lewisville, ID, USA)	79±7	150	16
1661	Instant (Canada)	80±13	150	16
1662	Instant (Edgell's Potato Whip, Edgell's, Australia)	86	150	17
1663	Instant (Idahoan Foods, Lewisville, ID, USA)	88±8	150	18
1664	Instant (Idahoan Foods, Lewisville, ID, USA), prepared with water	92±4	150	18
1665	Instant (Idahoan Foods, Lewisville, ID, USA)	97±6	150	19
	<i>mean of six studies</i>	87±3	150	17
<b>Instant mashed potato consumed with added fat</b>				
1666	Mashed potato, instant (Farmland, Australia) consumed with 30 g Sunola oil (80% MUFA oil)	71±10	150	17
1667	Mashed potato, instant (Farmland, Australia) consumed with 36.5 g butter (69% saturated fat)	74±10	150	18
1668	Mashed potato, instant (Farmland, Australia) consumed with 30 g sunflower oil (64% PUFA oil)	68±8	150	17
<b>Mashed potato</b>				
1669	Type NS (South Africa)	71±10	150	14
1670	Type NS (China)	73±3	150	15
1671	Type NS (France)	83	150	17
	<i>mean of three studies</i>	76	150	15
1672	Desiree potato, mashed (UK)	102±13	150	26
1673	Pontiac, peeled, cubed, boiled 15 min, mashed (Australia)	91±9	150	18
<b>Microwaved potato</b>				
1674	Estima, microwaved 6 min then baked 10 min (UK)	93±8	150	24
1675	Pontiac, peeled and microwave on high for 6-7.5 min (Australia)	79±9	150	14
1676	Prince Edward Island white potato, cooked in microwave for 18 min (Canada)	73±5	150	15
1677	Russet Burbank potato, unpeeled, cooked in microwave for 18 min (Canada)	77±9	150	19
<b>New Potato</b>				
1678	New (Canada)	70±8	150	12
1679	New, unpeeled and boiled 20 min (Australia)	78±12	150	16

1680	New potato, boiled (UK)	80±15	150	18
	<i>mean of three studies</i>	76	150	16
	<b>Steamed potato</b>			
1681	Potato, NS type, steamed (China)	62±2	150	12
1682	Potato ( <i>Solanum Tuberosum</i> ), peeled, steamed 1 h (India) <sup>14</sup>	65±11	150	18
1683	California white potatoes, cubed, roasted in soybean oil (Canada)	72±8	150	14
	<b>Sweet potato, cooked</b>			
1684	Sweet potato ( <i>Ipomoea batatas</i> ), boiled (Australia)	44	150	11
1685	Sweet potato ( <i>Ipomoea batatas</i> ), peeled, cubed, boiled 30 min (Jamaica)	46±5	150	15
1686	Sweet potato, orange flesh, peeled, cut into pieces, boiled for 8 min (Australia) (2006)	61±6	150	11
1687	Sweet potato, kumara (New Zealand)	77±12	150	19
1688	Sweet potato ( <i>Ipomoea batatas</i> ), peeled, baked 45 min (Jamaica)	94±8	150	42
1689	Sweet potato ( <i>Ipomoea batatas</i> ), peeled, fried in vegetable oil (Jamaica)	76±7	150	34
1690	Sweet potato ( <i>Ipomoea batatas</i> ), peeled, roasted on preheated charcoal (Jamaica)	82±5	150	37
1691	Sweet potato, orange (China)	77±4	150	16
1692	Sweet potato, purple skin white flesh, peeled, cut into pieces, boiled for 8 min (Australia) (2006)	75±5	150	22
	<i>mean of nine studies</i>	70±6	150	22
	<b>Tapioca</b>			
1693	Tapioca ( <i>Manihot Utilissima</i> ), steamed 1 h (India) <sup>14</sup>	70±10	250	12
	<b>Taro</b>			
1694	Taro (China)	48±5	150	4
1695	Taro ( <i>Colocasia esculenta</i> ) peeled, boiled (Australia)	54	150	4
1696	Taro, peeled, boiled (New Zealand)	56±12	150	4
	<i>mean of three studies</i>	53	150	4
	<b>Yam</b>			
1697	Yam, peeled, boiled (New Zealand)	35±5	150	13
1698	Yam (China)	54±2	150	19
1699	Yam, steamed (China)	51±4	150	18
1700	Yam ( <i>Dioscorea spp.</i> ), boiled (Nigeria) <sup>11,14</sup>	74	150	28
	<i>mean of four studies</i>	54±8	150	20

1701 Yam ( <i>Dioscorea spp.</i> ), boiled, consumed with 4.24 g salt (Nigeria) <sup>11,14</sup>	74	150	28
1702 Coco yam ( <i>Xanthosoma spp.</i> ), peeled, cubed, boiled 30 min (Jamaica)	61±5	150	28
<b>Yam, Lucea (<i>Dioscorea rotundata</i>)</b>			
1703 Lucea Yam, peeled, cubed, boiled 30 (Jamaica)	74±7	150	20
1704 Lucea Yam, peeled, roasted on preheated charcoal (Jamaica)	77±5	150	29
<b>Yam, Negro (<i>Dioscorea rotundata</i>)</b>			
1705 Negro yam, peeled, cubed, boiled 30 min (Jamaica)	73±4	150	23
1706 Negro yam, peeled, roasted on preheated charcoal (Jamaica)	73±6	150	28
<b>Yam, Round leaf yellow (<i>Dioscorea cayenensis</i>)</b>			
1707 Round leaf yellow yam, peeled, cubed, boiled 30 min (Jamaica)	68±3	150	23
1708 Round leaf yellow yam, peeled, roasted on preheated charcoal (Jamaica)	80±7	150	32
<b>Yam, Sweet (<i>Dioscorea alata</i>)</b>			
1709 Sweet yam, peeled, cubed, boiled 30 min (Jamaica)	79±4	150	20
1710 Sweet yam, peeled, roasted on preheated charcoal (Jamaica)	82±7	150	32
<b>Yam, White (<i>Dioscorea alata</i>)</b>			
1711 White yam, peeled, cubed, boiled 30 min (Jamaica)	75±6	150	24
1712 White yam, peeled, roasted on preheated charcoal (Jamaica)	80±6	150	28
<b>INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS</b>			
<b>AFRICAN</b>			
1713 Brown beans (South Africa)	24±8	50 (dry)	6
1714 FooFoo corn ( <i>Zea mays</i> ) and ndole (vegetable soup) <sup>14</sup> (Cameroon)	34	-	-
1715 Ga kenkey, prepared from fermented cornmeal ( <i>Zea mays</i> ) eaten with fish, tomato and onion sauce (Ghana)	12±1	150	7
1716 Gari, roasted cassava dough ( <i>Manihot utilissima</i> ) eaten with fish, tomato and onion sauce (Ghana)	56±3	100	15
1717 Gram dhal soaked overnight, cooked in salted water (South Africa)	5±3	50 (dry)	1

1718	Kidney bean ( <i>Phaseolus vulgaris</i> ) stew and plantain <sup>14</sup> ( <i>Musa paradisiaca</i> ) (Cameroon)	48	-	-
1719	Koki beans ( <i>Phaseolus vulgaris</i> ) and cassava <sup>14</sup> ( <i>Manihot esculenta</i> ) (Cameroon)	52	-	-
1720	Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa)	71±6	50 (dry)	25
1721	Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa)	74±7	50 (dry)	30
1722	M'fino/Morogo, wild greens (South Africa)	68±8	120	34
1723	Rice ( <i>Oriza sativa</i> ) and tomato soup (Cameroon) <sup>14</sup>	46	-	-
1724	Unripe plantain ( <i>Musa paradisiaca</i> ) eaten with fish, tomato and onion sauce (Ghana)	40±4	120 (raw)	13
1725	White rice ( <i>Oryza sativa</i> ), boiled, eaten with fish, tomato and onion sauce (Ghana)	34±3	150	14
1726	Yam ( <i>Dioscoria</i> species) eaten with fish, tomato and onion sauce (Ghana)	66	150	24
1727	Yam ( <i>Dioscorea</i> species) and groundnut <sup>14</sup> ( <i>Arachis hypogaea</i> ) soup (Cameroon)	50	-	-
<b>ARABIC AND TURKISH</b>				
1728	Dates, Khalas (Rutab, soft early ripened) (90 g), eaten with full-fat plain yoghurt (125 g) (United Arab Emirates)	37±5	215	19
1729	Dates, Khalas (Tamer, dark brown commercial) (60 g), eaten with full-fat plain yoghurt (125 g) (United Arab Emirates)	29±4	185	15
1730	Hummus (chickpea salad dip)	6±4	30	0
1731	Lebanese bread (white, unleaved), hummus, falafel and tabbouleh	86±12	120	39
1732	Stuffed grapevine leaves (rice and lamb stuffing with tomato sauce)	30±11	100	5
<b>ASIAN</b>				
1733	Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)	86±8	150	37
1734	Butter rice, warm white rice and butter (Japan)	79	150	40
1735	Curry rice (Japan)	67	150	41
1736	Curry rice with cheese (Japan)	55	150	27



1737	Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan)	65	100	27
1738	Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)	94±6	150	31
1739	Glutinous rice, type NS (Esubi Shokuhin, Japan)	86	150	56
1740	Glutinous rice ball with cut glutinous cake (mochi) (Japan)	48	75	13
1741	Glutinous rice cake with dried sea algae (Japan)	83	75	32
1742	Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	150	46
1743	Lotus root powder (China)	33±6	15	3
1744	Low-protein white rice with dried sea algae (Japan)	70	150	42
1745	Lychee, canned in syrup, drained (Narcissus brand, China)	79±8	120	16
1746	Mung bean noodles, dried, boiled (China)	39±9	180	18
1747	Non-glutaminous rice flour, served warm with drink (Yamato Nousan, Japan)	68	100	34
1748	Rice cracker, plain (Sakada, Japan)	91	30	23
1749	Rice gruel with dried algae (Satou Co Ltd., Japan)	81	250	15
1750	Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
1751	Rice noodles, fresh, boiled (Sydney, NSW, Australia)	40±4	180	15
1752	Roasted rice ball (Satou Co Ltd., Japan)	77	75	21
1753	Salted rice ball (Satou Co Ltd., Japan)	80	75	21
1754	Soba noodles, instant, reheated in hot water, served with soup (Japan)	46	180	22
1755	Sushi, salmon ('I Love Sushi', Sydney, Australia) <sup>8</sup>	48±8	100	17
1756	Sushi, roasted sea algae, vinegar and rice (Japan)	55	100	20
1757	Udon noodles, fresh, reheated (Fantastic brand, Windsor Gardens, SA, Australia) <sup>8</sup>	62±8	180	30
1758	Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48	180	23
1759	White rice, dried sea algae and milk, eaten together (Japan)	57	300	27
1760	White rice, dried sea algae and milk (milk eaten before rice) (Japan)	56	300	26
1761	White rice, dried sea algae and milk (milk eaten after rice) (Japan)	55	300	26

<i>mean of three types</i>	56	300	26
1762 White rice with dried fish strip (okaka) (Japan)	79	150	40
1763 White rice with fermented soybean (natto) (Japan)	56	150	24
1764 White rice with instant miso soup (soybean paste soup) (Japan)	61	150	29
1765 White rice with low-fat milk (Japan)	69	300	32
1766 White rice and non-sugar yoghurt (yoghurt eaten before rice) (Japan)	59	150	19
1767 White rice and non-sugar yoghurt eaten together (Japan)	58	150	19
1768 White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan)	63	150	27
1769 White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan)	61	150	26
1770 White rice topped with raw egg and soy sauce (Japan)	72	150	26
1771 White rice with roasted ground soybean (Japan)	56	150	29
1772 White rice with salted dried plum (umeboshi) (Japan)	80	150	39
1773 White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77	150	39
<b>ASIAN INDIAN</b>			
1774 Bajra ( <i>Pennisetum typhoideum</i> ), eaten as roasted bread made from bajra flour	49	75 (dry)	25
1775 Banana, ( <i>Musa sapientum</i> ), Nendra variety, unripe, steamed 1 h <sup>14</sup>	70±11	120	31
1776 Barley ( <i>Hordeum vulgare</i> )	48	150	16
1777 Bengal gram dhal, chickpea	11	150	4
1778 Black gram, ( <i>Phaseolus mungo</i> ), soaked 12 h, stored moist 24 h, steamed 1 h <sup>14</sup>	43±10	150	8
<b>Chapatti</b>			
1779 Chapatti, bajra	49	-	-
1780 Chapatti, barley	48	-	-
1781 Chapatti, maize ( <i>Zea mays</i> )	59	-	-
1782 Chapatti, flour from malted wheat, moth bean ( <i>Phaseolus aconitifolius</i> ) and bengal gram ( <i>Cicer arietinum</i> )	66±9	60	25
1783 Chapatti, flour made from popped wheat, moth bean and bengal gram	40±8	60	14

1784	Chapatti, flour from roller dried wheat, moth bean and bengal gram	60±9	60	23
1785	Chapatti, wheat flour, thin, with green gram ( <i>Phaseolus aureus</i> ) dhal	44±3	200	22
	<b>Cheela (thin savoury pancake made from legume flour batter)</b>			
1786	Cheela, bengal gram ( <i>Cicer arietinum</i> )	42±1	150	12
1787	Cheela, bengal gram ( <i>Cicer arietinum</i> ), fermented batter	36±1	150	10
1788	Cheela, green gram ( <i>Phaseolus aureus</i> )	45±1	150	12
1789	Cheela, green gram ( <i>Phaseolus aureus</i> ), fermented batter	38±1	150	10
1790	Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	55±2	150	22
1791	Green gram, ( <i>Phaseolus aureus</i> ), soaked 12 h, stored moist 24 h, steamed 1 h <sup>14</sup>	38±14	150	6
1792	Horse gram, ( <i>Dolichos biflorus</i> ) soaked 12 h, stored moist 24 h, steamed 1 h <sup>14</sup>	51±11	150	15
1793	Idli (parboiled and raw rice with black dhal, soaked, ground, fermented, steamed) with chutney	60±2	250	31
1794	Lentil and cauliflower curry with rice (Australia)	60±10	360	31
1795	Millet/Ragi, ( <i>Eleusine coracana</i> ), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h <sup>14</sup>	68±10	150	23
1796	Pongal (rice and roasted green gram dhal, pressure cooked)	45±2	250	35
1797	Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	57±1	150	28
1798	Porridge, made from scoured wheat, consumed with Bengal gram, green gram and black gram	39	100	23
1799	Porridge, made from decorticated finger millet, eaten with Bengal gram, green gram and black gram	65	100	44
1800	Porridge, made from popped rice (aralu), consumed with Bengal gram, green gram and black gram	76	100	52
1801	Porridge, made from expanded rice (puri), consumed with Bengal gram, green gram and black gram	74	100	47
1802	Rajmah, <i>Phaseolus vulgaris</i> (India)	19	150	6
1803	Tapioca ( <i>Manihot utilissima</i> ), steamed 1h <sup>14</sup>	70±10	250	12
1804	Upittu (roasted semolina and onions, cooked in water)	69±4	150	28

<b>AUSTRALIAN ABORIGINAL</b>				
1805	<i>Acacia aneura</i> (mulga seed) roasted, wet ground to paste <sup>8</sup>	8	50	1
1806	<i>Acacia coriacea</i> , desert oat seed bread <sup>8</sup>	46	75	11
1807	<i>Araucaria bidwillii</i> (bunya tree nut), baked 10 min <sup>8</sup>	47	50	7
1808	Bush honey, sugar bag <sup>8</sup>	43	30	11
1809	<i>Castanospermum austral</i> (blackbean seed), sliced, soaked 1 wk, pounded and baked <sup>8</sup>	8	50	1
1810	<i>Dioscorea bulbifera</i> (cheeky yam), peeled, sliced, soaked 2 d, baked 15 min <sup>8</sup>	34	150	12
1811	<i>Macrozamia communis</i> (cycad palm seed), sliced, soaked 1 wk, pounded, baked <sup>8</sup>	40±2	50	10
<b>PACIFIC ISLANDERS</b>				
1812	Breadfruit ( <i>Artocarpus altilis</i> ) (Australia) <sup>8</sup>	68	120	18
<b>Banana/plantain, green</b>				
1813	Green banana, boiled (New Zealand)	38±10	120	8
1814	Plantain ( <i>Musa AAB</i> ) (Fiji)	68±6	120	21
1815	Roti/chappati (Fiji)	59±5	60	16
<b>Sweet Potato</b>				
1816	Sweet potato ( <i>Ipomoea batatas</i> ) (Australia)	44	150	11
1817	Sweet potato, kumara (New Zealand)	77±12	150	19
1818	Tannia ( <i>Xanthosoma sagittifolium</i> ) (Fiji)	63±5	150	23
<b>Taro</b>				
1819	Taro ( <i>Colocasia esculenta</i> ) peeled, boiled (Australia)	54	150	4
1820	Taro, peeled, boiled (New Zealand)	56±12	150	4
1821	Yam, peeled, boiled (New Zealand)	35±5	150	13
<b>PIMA INDIAN</b>				
1822	Acorns ( <i>Quercus emoryi</i> , stewed with venison) <sup>8</sup>	16±1	100	1
1823	Cactus jam ( <i>Stenocereus thurberi</i> )	91	30	18
1824	Corn hominy ( <i>Zea mays</i> ) <sup>8</sup>	40±5	150	12
1825	Fruit Leather ( <i>Stenocereus thurberi</i> )	70	30	17
1826	Lima beans broth ( <i>Phaseolus lunatus</i> ) <sup>8</sup>	36±3	250	12
1827	Tortilla ( <i>Zea mays</i> and <i>Oleña tesota</i> )	38	60	9
1828	White teparies broth ( <i>Phaseolus acutifolius</i> ) <sup>8</sup>	31±3	250	10

1829	Yellow teparies broth ( <i>Phaseolus acutifolius</i> ) <sup>8</sup>	29±3	250	8
<b>SOUTH AMERICAN</b>				
1830	Arepa, corn bread cake, made with corn flour (Mexico) <sup>14</sup>	72	100	31
1831	Arepa, made from ordinary dehulled dent corn flour <sup>12,31</sup> (25% amylose)	81	100	35
1832	Arepa, made from dehulled high-amylose (70%) corn flour <sup>12,31</sup>	44	100	11
1833	Arepa, made from white corn meal flour (Venezuela)	54	100	19
1834	Arepa, made from white corn meal flour, supplemented with 20% stabilised rice bran (Venezuela)	60	100	19
1835	Corn tortilla (Mexico)	52	50	12
1836	Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexico)	39	100	9
1837	Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexico)	78	100	11
1838	Ground beef served with rice and an orange (Chile)	31±9	300	24
1839	Lentil soup, pureed consumed with an orange (Chile)	49±9	300	16
1840	Pinhao, Brazilian Parana Pine seeds ( <i>Araucaria angustifolia</i> ) with coat, cooked for 1.5 h in 1 L of water (Brazil)	47	50	8
1841	Pinhao, without coat, cooked for 1h in 1L of water (Brazil)	43	50	8
1842	Pinto beans, boiled in salted water (Mexico)	14	150	4
1843	Spaghetti served with beef tomato sauce and an orange (Chile)	42±7	300	21
1844	Spaghetti served with pressure-cooked white beans and an orange (Chile)	77±14	300	25
1845	Wheat tortilla (Mexico)	30	50	8
1846	Wheat tortilla served with refried pinto beans and tomato sauce (Mexico)	28	100	5
<b>WEST INDIAN/CARIBBEAN</b>				
1847	Breadfruit ( <i>Artocarpus altilis</i> ), peeled, boiled 26 min, frozen, thawed and reheated for 1 min	60±9	120	17
1848	Cassava ( <i>Manihot esculenta</i> ), peeled, boiled 30 min, frozen, thawed and reheated for 1 min Dasheen ( <i>Colocasia esculenta</i> )	94±11	120	36

1849	Dasheen, peeled, boiled 30 min, refrigerated, reheated for 1 min	77±10	150	44
1850	Dasheen, peeled, boiled 30 min, crushed, refrigerated, reheated for 1 min	66±6	150	38
1851	Dasheen, peeled, boiled 30 min, uncrushed (whole), refrigerated, reheated for 1 min	75±12	150	43
1852	Dasheen, peeled, cubed, boiled 30 min (Jamaica)	72±5	150	19
	<i>mean of four foods</i>	73±2	150	36
1853	Eddoe ( <i>Colocasia esculenta</i> var. <i>antiquorum</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min	61±10	150	21
	<b>Green banana/plantain (<i>Musa sapientum</i>)</b>			
1854	Green banana, peeled, boiled 10 min (Jamaica)	37±5	120	10
1855	Green banana, peeled, fried in vegetable oil (Jamaica)	35±3	120	11
1856	Green banana/plantain, boiled 23 min, frozen, thawed and reheated for 1 min	65±11	120	17
1857	Green plantain ( <i>Musa paradisiaca</i> ), peeled, boiled 10 min (Jamaica)	39±4	120	9
1858	Green plantain ( <i>Musa paradisiaca</i> ), peeled, fried in vegetable oil (Jamaica)	40±3	120	14
1859	Ripe plantain ( <i>Musa paradisiaca</i> ), peeled, boiled 10 min (Jamaica)	66±2	120	13
1860	Ripe plantain ( <i>Musa paradisiaca</i> ), peeled, fried in vegetable oil (Jamaica)	90±6	120	26
1861	Irish potato ( <i>Solanum tuberosum</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min	71±8	150	35
1862	Irish potato, peeled, boiled 30 min, crushed	66±7	150	33
1863	Irish potato, peeled, boiled 30 min, uncrushed (whole), refrigerated, reheated for 1 min	66±10	150	33
	<i>mean of three foods</i>	68	150	34
1864	Sadha roti (leavened wheat-based bread)	65±9	-	-
1865	Tannia ( <i>Xanthosoma sagittifolium</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min	60±5	150	33
1866	Tannia, peeled, boiled 30 min, crushed, refrigerated, reheated for 1 min	52±5	150	29
1867	Tannia, peeled, boiled 30 min, uncrushed (whole), refrigerated, reheated for 1 min	50±8	150	28
	<i>mean of three foods</i>	54	150	30

**Yam**

1868	Coco yam ( <i>Xanthosoma spp.</i> ), peeled, cubed, boiled 30 min (Jamaica)	61±5	150	28
1869	Lucea yam ( <i>Dioscorea rotunda</i> ), peeled, cubed, boiled 30 (Jamaica)	74±7	150	20
1870	Lucea yam, peeled, roasted on preheated charcoal (Jamaica)	77±5	150	29
1871	Negro yam ( <i>Dioscorea rotundata</i> ), peeled, cubed, boiled 30 (Jamaica)	73±4	150	23
1872	Negro yam, peeled, roasted on preheated charcoal (Jamaica)	73±6	150	28
1873	Round leaf yellow yam ( <i>Dioscorea cayenensis</i> ), peeled, cubed, boiled 30 min (Jamaica)	68±3	150	23
1874	Round leaf yellow yam, peeled, roasted on preheated charcoal (Jamaica)	80±7	150	32
1875	Sweet yam ( <i>Dioscorea alata</i> ), peeled, cubed, boiled 30 min (Jamaica)	79±4	150	20
1876	Sweet yam, peeled, roasted on preheated charcoal (Jamaica)	82±7	150	32
1877	White yam ( <i>Dioscorea alata</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min	62±6	150	15
1878	White yam, peeled, cubed, boiled 30 min (Jamaica)	75±6	150	24
1879	White yam, peeled, roasted on preheated charcoal (Jamaica)	80±6	150	28

### Footnotes

1. NS, not specified; AUC, area under the curve. Serving sizes in grams unless otherwise specified.
2. Mean ± SEM. Two GI values are shown for each food - one in which glucose sugar was used as the reference food and one in which white bread was used as the reference food.
3. Estimated by multiplying the food's listed GI value with glucose as the reference food by the listed g carbohydrate per serving and dividing by 100.
4. Sydney University's Glycemic Index Research Service (Human Nutrition Unit, University of Sydney, Australia), unpublished observations, 1995-2007.
5. Glycemic Index Laboratories, Inc. (Toronto, Canada), unpublished observations, 2004 - 2007.
6. International Diabetes Institute (Melbourne, Australia), unpublished observations, 2006 - 2007.
7. Portions of the test food and the reference food contained 10 g carbohydrate.
8. Portions of the test food and the reference food contained 25 g carbohydrate.

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



Glycemic index (GI) and glycemic load (GL) values determined  
in subjects with impaired glucose tolerance, small subject  
numbers or values showing wide variability: 2008

Food Number and Item	GI <sup>2</sup> (Glucose = 100)	Serve Size g	GL <sup>3</sup> per serve
<b>BAKERY PRODUCTS</b>			
<b>Cakes</b>			
1880Angel food cake (Loblaw's, Toronto, Canada)	67	50	19
1881Carrot cake, prepared with coconut flour (Philippines)	39	60	9
1882Pound cake (Sara Lee Canada, Bramalea, Canada)	54	53	15
1883Sponge cake, plain (Canada)	46±6	63	17
1884Croissant (Food City, Toronto, Canada)	67	57	17
1885Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	69	50	13
1886Doughnut, cake type (Loblaw's, Canada)	76	47	17
1887Flan cake (Weston's Bakery, Toronto, Canada)	65	70	31
<b>Muffins</b>			
1888Blueberry muffin (Culinar Inc., Canada)	59	57	17
1889Bran muffin (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	60	57	14
1890Carrot muffin (Culinar Inc., Canada)	62	57	20
1891Corn muffin, low-amylose <sup>4</sup>	102	57	30
1892Corn muffin, high-amylose <sup>4</sup>	49	57	14
1893Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	69	50	24
<b>Pancakes</b>			
1894Pancakes, prepared with coconut flour (Philippines)	51	80	11
1895Pan de sal (sweet bread roll), containing coconut flour (Philippines)	68	80	24
1896Pastry (Canada)	59±6	57	15
1897Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76	35	10
<b>BEVERAGES</b>			
1898Lucozade®, original (sparkling glucose drink)	95±10	250 mL	40

(Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)

**Sports drinks**

1899Allsport®, orange (PepsiCo Inc., Somers, NY, USA)	53±4	250 mL	11
1900Cytomax®, orange (Cytosport, Concordia, CA, USA)	62±7	250 mL	7
1901Gatorade®, orange flavor, US formula (Gatorade, Chicago, IL, USA)	89±12	250 mL	13
1902GatorLode®, orange flavor (Gatorade, Chicago, IL, USA)	100±9	250 mL	51
1903Poweraid®, orange (Coca-Cola Company, Atlanta, GA, USA)	65±5	250 mL	13
1904XLR8®, orange flavor (Softpac Industries Inc., Plymouth, Minn, USA)	68±7	250 mL	9

**BREADS**

1905Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72	70	25
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**Baguette, white**

1906Baguette, white, plain (France)	95±15	30	14
1907Classic French baguette (prepared with wheat flour, ascorbic acid, water, salt & 50 g yeast) (France)	83±6	30	15
1908Classic French baguette (prepared with wheat flour, ascorbic acid, water, salt & 50 g yeast) (France)	78±17	30	14
1909French bread, fermented with leaven (France)	80±18	30	13
1910French bread, fermented with yeast (France)	81±35	30	13
1911Traditional French baguette (prepared with wheat flour, water, salt and 20 g yeast) (France)	69±5	30	12
1912Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74	30	16

**Barley Breads**

1913Coarse barley kernel bread, 75% kernels	27	30	5
1914Barley kernel bread, 50% kernels (Canada)	43	30	9
1915Barley flour bread, 100% barley flour (Canada)	67	30	9
1916Hamburger bun (Loblaw's, Toronto, Canada)	61	30	9
1917Kaiser rolls (Loblaw's, Canada)	73	30	12
1918Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70	30	16

**Gluten-free bread**

1919Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71	30	11
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1920	Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80	30	12
1921	Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69	30	9
1922	Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76	30	10
	<b>Rye kernel (pumpernickel) bread</b>			
1923	Rye kernel bread (Pumpernickel) (Canada)	41	30	5
1924	Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46	30	5
1925	Wholemeal rye bread (75% rye flour with 25% cracked rye grains) (Schilstad bread, Aarhus, Denmark)	54	30	7
1926	Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55	30	7
1927	Cocktail, sliced (Kasselar Food Products, Toronto, Canada)	55	30	7
1928	Pumpernickel bread (Canada)	56	30	7
1929	Cocktail, sliced (Kasselar Food Products, Canada) <i>mean of seven studies</i>	62 53±3	30 30	8 6
	<b>Wholemeal rye bread</b>			
1930	Wholemeal rye bread (Canada)	41	30	6
1931	Wholemeal rye bread (Canada)	62	30	9
1932	Wholemeal rye bread (Canada)	63	30	9
1933	Wholemeal rye bread (Canada) <i>mean of four studies</i>	66 58±6	30 30	9 8
	<b>Specialty rye breads</b>			
1934	Bürge® Dark/Swiss rye (Tip Top Bakeries, Australia)	74±6	30	7
1935	Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67	30	9
1936	Light rye (Silverstein's Bakery, Toronto, Canada)	68	30	10
1937	Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	55	30	7
1938	Sourdough rye (Canada)	57	30	7
1939	Volkornbrot, wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	56	30	7
	<b>Wheat Breads</b>			
	<b>Cracked wheat kernel (bulgur) bread</b>			
1940	50% cracked wheat kernel (Canada)	58	30	12
1941	75% cracked wheat kernels (Canada)	48	30	10

<b>White wheat flour bread</b>				
1942	White flour (USA) <sup>5</sup>	70	30	10
1943	White flour (Dempster's Corporate Foods Ltd., Canada)	71	30	10
1944	White flour (Canada)	71	30	10
1945	White flour (Israel)	78±5	30	12
	<i>mean of four studies</i>	73±2	30	10
1946	White wheat flour bread, hard, toasted (Italy)	73	30	11
1947	White Turkish bread (Turkey)	87	30	15
<b>White bread, fiber-enriched</b>				
1948	White, high-fiber (Dempster's Corporate Foods Ltd., Canada)	67	30	9
1949	White, high-fiber (Weston's Bakery, Toronto, Canada)	69	30	9
<b>White bread with enzyme inhibitors</b>				
1950	White bread + acarbose (200 mg) (Mexico)	18	30	3
1951	White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor) (Switzerland) <sup>6,7</sup>	48	30	6
1952	White bread roll + 6 mg trestatin (Switzerland) <sup>6,7</sup>	29	30	3
<b>White bread with soluble fiber</b>				
1953	White bread + 15 g psyllium fiber ( <i>Plantago psyllium</i> ) (Mexico)	41	30	7
<b>White bread with Sunfibre (<i>Cyamopsis tetragonolobus</i>) (Indian cluster guar beans)</b>				
1954	White bread with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	53	30	8
1955	White bread with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	49	30	8
1956	White bread with 10 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	47	30	8
1957	White bread with 15 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	37	30	6
1958	White bread with 5 g Sunfibre, viscosity 2 (Taiyo Kagaku Co., Ltd, Japan), viscosity 2	39	30	6
<b>White bread consumed with fiber drink</b>				
1959	White bread consumed with 5 g Sunfibre (Taiyo Kagaku Co., Ltd, Japan) dissolved in 250 mL water	46	-	-
1960	White bread consumed with 10 g Sunfibre (Taiyo Kagaku Co., Ltd, Japan) dissolved in 250 mL water	41	-	-
1961	White bread consumed with 10 g insoluble dextrin	48	-	-

(Matsutani Chemical Industry Co. Ltd, Japan) in 250 mL water			
1962 White bread with 10 g inulin (Orafti, Tienen, Belgium) in 250 mL water	46	-	-
<b>Wholemeal (whole wheat) wheat flour bread</b>			
1963 Wholemeal flour (Canada) <sup>3</sup>	52	30	6
1964 Wholemeal flour (Canada)	64	30	8
1965 Wholemeal flour (Canada)	65	30	8
1966 Wholemeal flour (Canada)	67	30	8
1967 Wholemeal flour (Canada)	67	30	8
1968 Wholemeal flour (Canada)	69	30	8
1969 Wholemeal flour (Canada)	69	30	8
1970 Wholemeal flour (Canada)	71	30	9
1971 Wholemeal flour (Denmark) <sup>6,7</sup>	71	30	10
1972 Wholemeal flour (USA) <sup>4</sup>	73	30	10
1973 Wholemeal flour (Kenya) <i>mean of eleven studies</i>	87	30	11
	69±2	30	9
1974 Wholemeal Turkish bread	49	30	8
<b>Specialty wheat breads</b>			
1975 Bûrger® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)	69±6	30	8
1976 Molenberg™ (Goodman Fielder, New Zealand)	84±8	30	12
1977 Multigrain loaf, containing coconut flour (Philippines)	65	30	8
1978 Semolina bread (Kenya) <sup>5</sup>	64	-	-
1979 Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74	30	16
1980 Middle Eastern flatbread	97±29	30	15
1981 Pita bread, white (Canada)	57	30	10
1982 Pita bread, white (Sainsbury's, UK)	67±16	30	10
1983 Pita bread, white (Value, UK)	69±20	30	10
1984 Wheat flour flatbread (India)	66±9	30	11
1985 Amaranth : wheat (25:75) flour flatbread (India)	66±10	30	10
1986 Amaranth : wheat (50:50) flour flatbread (India)	76±20	30	11
<b>BREAKFAST CEREALS</b>			
1987 All-Bran™, high-fiber, extruded wheat bran cereal (Kellogg's Inc., Etobicoke, Canada)	50	30	12
1988 Amaranth ( <i>Amaranthus esculentum</i> ) popped,	97±19	30	18

eaten with milk and non-nutritive sweetener (India)			
1989Bran Buds™ (Kellogg's Inc., Canada) <sup>9</sup>	58	30	7
1990Bran Buds with psyllium (Kellogg's Inc., Canada) <sup>9</sup>	47	30	6
1991Bran Chex™ (Nabisco Brands Ltd., Toronto, Canada) <sup>9</sup>	58	30	11
1992Cheerios™ (General Mills Inc., Etobicoke, Canada) <sup>9</sup>	74	30	15
1993Corn Bran™ (Quaker Oats Co. of Canada, Peterborough, Canada) <sup>9</sup>	75	30	15
1994Corn Chex™ (Nabisco Brands Ltd., Canada) <sup>9</sup>	83	30	21
<b>Cornflakes™</b>			
1995Cornflakes™ (Kellogg's, Auckland, New Zealand)	72±16	30	18
1996Cornflakes™ (Kellogg's Inc., Canada)	86	30	22
1997Cornflakes™ (Kellogg's, USA) <sup>4</sup>	92	30	24
1998Cornflakes (Kellogg's, France)	93±16	30	25
1999Cornflakes (Kellogg's, MI, USA)	132±33	30	33
<i>mean of five studies</i>	95±10	30	25
2000Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada) <sup>9</sup>	74	30	17
2001Cream of Wheat™ (Nabisco Brands Ltd., Canada) <sup>9</sup>	66	250	17
2002Cream of Wheat™, Instant (Nabisco Brands Ltd., Canada) <sup>9</sup>	74	250	22
2003Crispix™ (Kellogg's Inc., Canada) <sup>9</sup>	87	30	22
2004Fruitful Lite™ (Hubbards, Auckland, New Zealand)	30	12	
2005Golden Grahams™ (General Mills Inc., Canada) <sup>9</sup>	71	30	18
2006Grapenuts™ (Post, Kraft General Foods Inc., Canada) <sup>9</sup>	67	30	13
2007Grapenuts™ Flakes (Post, Kraft General Foods Inc., Canada) <sup>9</sup>	80	30	17
2008Life™ (Quaker Oats Co., Canada) <sup>9</sup>	66	30	17
2009Muesli, No Name (Sunfresh Ltd., Toronto, Canada) <sup>9</sup>	60	30	11
<b>Oat bran</b>			
2010Oat bran, raw (Quaker Oats Co., Canada) <sup>9</sup>	50	10	2
2011Oat bran, raw	59	10	3
2012Oat Bran (Quaker Oats Co, Peterborough, ON, Canada)	60	10	4
<i>mean of three studies</i>	56	10	3
2013Oat bran crisp (Natureal® GI-crisp, Finn Cereal, Vantaa, Finland) <sup>10,11</sup>	79	30	10
2014Oat bran flour (Natureal® GI-flour, Finn Cereal,	40	30	2

Vantaa, Finland), consumed mixed with cold water <sup>10,11</sup>			
<b>Porridge made from rolled oats</b>			
2015Porridge (Canada)	62	250	14
2016Porridge (Canada)	69	250	16
2017Porridge (USA) <sup>4</sup>	75	250	17
<i>mean of three studies</i>	69	250	16
<b>Instant Porridge</b>			
2018Quick Oats (Quaker Oats Co., Canada)	65	250	17
2019One Minute Oats (Quaker Oats Co., Canada) <sup>9</sup>	66	250	17
2020Pro Stars <sup>TM</sup> (General Mills Inc., Canada) <sup>9</sup>	71	30	17
2021Puffed Wheat (Quaker Oats Co., Canada) <sup>9</sup>	67	30	13
2022Red River Cereal (Maple Leaf Mills, Toronto, Canada) <sup>9</sup>	49	30	11
2023Rice Chex <sup>TM</sup> (Nabisco Brands Ltd., Canada) <sup>9</sup>	89	30	23
2024Rice Krispies <sup>TM</sup> (Kellogg's Inc., Canada) <sup>9</sup>	82	30	22
2025Shredded Wheat <sup>TM</sup> (Nabisco Brands Ltd., Canada) <sup>9</sup>	83	30	17
2026Sultana Bran (Healthy Living, UK)	90±17	30	15
2027Team <sup>TM</sup> (Nabisco Brands Ltd., Canada) <sup>9</sup>	82	30	18
2028Thank Goodness <sup>TM</sup> (Hubbards, New Zealand)	65±18	30	15
2029Total <sup>TM</sup> (General Mills Inc., Canada) <sup>99</sup>	76	30	17
2030Wheat flakes, enriched with extruded oat-bran concentrate (8.1% β-glucan) (Canada)	36	30	6
2031Weetabix <sup>TM</sup> , plain flaked wheat biscuits (Weetabix of Canada Ltd., Thornhill, Canada) <sup>9</sup>	74	30	16
2032Juicy cereal bar (stavnata tycinka FIT, Usovsko, Czech Republic)	85±16	30	17
2033Wheat flake bar, containing fructose and extruded oat bran concentrate (6.5% β-glucan) (Canada)	30	30	5
<b>CEREAL GRAINS</b>			
<b>Amaranth</b>			
2034Amaranth ( <i>Amaranthus esculentum</i> ) popped, eaten with milk and non-nutritive sweetener (India)	97±19	30	21
<b>Barley</b>			
<b>Pearl Barley</b>			
2035Barley, pearled (Canada)	22	150	9
2036Barley (Canada)	22	150	9
2037Barley (Canada)	27	150	11

2038	Barley, pearled (Canada)	29	150	12
	<i>mean of four studies</i>	25±2	150	11
2039	Barley ( <i>Hordeum vulgare</i> ) (India)	37	150	16
2040	Barley, cracked (Malthouth, Tunisia)	50	150	21
	<b>Buckwheat</b>			
2041	Buckwheat (Canada)	49	150	15
2042	Buckwheat (Canada)	51±10	150	15
2043	Buckwheat (Canada)	63	150	19
	<i>mean of three studies</i>	54	150	16
	<b>Corn/Maize</b>			
2044	Maize meal porridge/gruel (Kenya)	109	-	-
	<b>Cornmeal</b>			
2045	Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada)	68	150	9
2046	Cornmeal + margarine (McNair Products Co. Ltd., Canada)	69	150	8
	<b>Sweet corn</b>			
2047	Sweet corn, cooked (Israel)	52±7	150	17
2048	Sweet corn (Canada)	59±11	150	19
2049	Sweet corn (USA) <sup>5</sup>	60	150	20
	<i>mean of three studies</i>	57	150	19
2050	Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA) <sup>5</sup>	46	150	13
2051	Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	47	150	16
2052	Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	68	20	8
	<b>Couscous</b>			
2053	Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA)	61	150	21
2054	Couscous, boiled 5 min (Tunisia)	69	150	23
	<b>Millet</b>			
2055	Millet, boiled (Canada)	71±10	150	26
2056	Millet flour porridge (Kenya)	107	-	-
	<b>Rice, white</b>			
2057	White ( <i>Oryza sativa</i> ), boiled (India)	69±15	150	30
	<b>Rice, boiled white, type NS</b>			
2058	Type NS, boiled (France)	43	150	13



2059	Type NS, eaten alone (France)	45	150	14
2060	Type NS, boiled (France)	47	150	14
2061	Type NS (Canada)	51	150	21
2062	Type NS (France)	52	150	19
2063	Type NS (Canada)	56	150	23
2064	Type NS (Pakistan)	69	150	26
2065	Type NS (Kenya)	112	150	47
	<i>mean of eight studies</i>	59±8	150	21
	<b>Long grain, boiled</b>			
2066	Long grain, boiled 5 min (Canada)	41	150	16
2067	Gem long grain (Dainty Food Inc., Toronto, Canada)	55	150	22
2068	Long grain, boiled 25 min (Surinam)	56±2	150	24
2069	Gem long grain (Dainty Food Inc., Canada)	57	150	23
2070	Long grain, boiled 15 min	58	150	23
2071	Gem long grain (Dainty Food Inc., Canada)	60	150	24
2072	Gem long grain (Dainty Food Inc., Canada)	60	150	24
2073	Long grain, nonglutinous (non waxy) rice variety RD 21/23 (low amylose), boiled (Thailand)	71	150	29
	<i>mean of eight studies</i>	57±3	150	23
	<b>Rice, specialty rices</b>			
2074	Cajun Style, Uncle Ben's® (Effem Foods Ltd., Bolton, Canada)	51	150	19
2075	Garden Style, Uncle Ben's® (Effem Foods Ltd., Canada)	55	150	20
2076	Glutinous (waxy) rice, low-amylose, boiled (Thailand)	75	-	-
2077	Long Grain and Wild, Uncle Ben's® (Effem Foods Ltd., Canada)	54	150	20
2078	Mexican Fast and Fancy, Uncle Ben's® (Effem Foods Ltd., Canada)	58	150	21
2079	Saskatchewan wild rice (Canada)	57	150	18
	<b>Rice, white low-amylose</b>			
2080	White, low-amylose, boiled (Turkey)	17	150	7
	<b>Rice, white high-amylose</b>			
2081	Bangladeshi rice variety BR16 (28% amylose)	37	150	14
2082	Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min	39	150	15
	<b>Japonica rice enriched with Sunfibre (<i>Cyamoposis tetragonolobus</i>) (soluble fiber)</b>			

2083 Japonica rice with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	54	150	22
2084 Japonica rice with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	54	150	22
<b>Milled, white, high amylose rice</b>			
2085 Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	61	150	26
2086 Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	59	150	25
2087 Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	61	150	26
<b>Rice, brown</b>			
2088 Brown ( <i>Oryza Sativa</i> ), boiled (South India) <sup>6</sup>	50±19	150	17
2089 Brown, high amylose (IR42) rice, boiled 30 min (Philippines)	39	150	16
<b>Instant/puffed rice</b>			
2090 Instant rice, white, boiled 1 min (Canada)	46	150	19
<b>Parboiled rice</b>			
2091 Parboiled rice (Canada)	48	150	17
2092 Parboiled rice (USA) <sup>5</sup>	72	150	26
2093 Converted, white, Uncle Ben's® (Effem Foods Ltd., Canada) <sup>5</sup>	45	150	16
2094 Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)	50	150	18
2095 Boiled, 12 min (Denmark) <sup>4</sup>	39	150	14
2096 Boiled, 12 min (Denmark)	42	150	15
2097 Boiled, 12 min (Denmark)	43	150	15
2098 Boiled, 12 min (Denmark)	46	150	17
2099 Long grain, boiled 5 min (Canada)	38	150	14
2100 Long grain, boiled, 10 min (USA) <sup>4</sup>	61	150	22
2101 Long grain, boiled 15 min (Canada)	47	150	17
2102 Long grain, boiled 25 min (Canada) <i>mean of twelve studies</i>	48±3	150	17
2103 Parboiled rice, eaten as part of a traditional Indian meal (India) <sup>6</sup>	99	-	-
<b>Parboiled, low-amylose</b>			
2104 Bangladeshi rice variety BR2, parboiled (12% amylose)	51	150	19

<b>Parboiled, high-amylose</b>				
2105	Bangladeshi rice variety BR16, parboiled (28% amylose)	35	150	13
2106	Bangladeshi rice variety BR16, traditionally parboiled (27% amylose)	32	150	12
2107	Bangladeshi rice variety BR16, pressure parboiled (27% amylose)	27	150	11
2108	Bangladeshi rice variety BR4, parboiled (27% amylose)	33	150	13
	<i>mean of four studies</i>	32±2	150	12
<b>Rye, whole kernels</b>				
2109	Rye, whole kernels (Canada)	29	50 (dry)	11
2110	Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	34	50 (dry)	13
2111	Rye, whole kernels (Canada)	39	50 (dry)	15
	<i>mean of three studies</i>	34	50 (dry)	13
<b>Wheat</b>				
<b>Wheat, whole kernels</b>				
2112	Wheat, whole kernels (Canada)	42	50 (dry)	14
2113	Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	44	50 (dry)	14
2114	Wheat, whole kernels (Canada)	48	50 (dry)	16
	<i>mean of three studies</i>	45	50 (dry)	15
2115	Wheat, type NS (India) <sup>11</sup>	63	50 (dry)	24
2116	Wheat, type NS (India) <sup>6</sup>	90	50 (dry)	34
<b>Semolina</b>				
2117	Semolina, roasted at 105°C then gelatinised with water (India)	55±9	150	6
2118	Semolina, steamed and gelatinised (India)	54±13	150	6
<b>Cracked wheat (bulgur/bourghul)</b>				
2119	Bulgur, boiled (Canada)	46	150	12
2120	Bulgur, boiled in 800 mL water 20 min (Canada)	46	150	12
2121	Bulgur, boiled (Canada)	46	150	12
2122	Bulgur, boiled 20 min (Canada)	46	150	12
2123	Bulgur, boiled 20 min (Canada)	53	150	14
	<i>mean of five studies</i>	47±1	150	12

**COOKIES**

<b>Arrowroot</b>				
2124	Arrowroot (McCormick's, Interbare Foods, Toronto, Canada)	63	25	13
2125	Arrowroot plus (McCormick's, Canada)	62	25	11
2126	Chocolate chip cookies, containing coconut flour (Philippines)	50	25	8
<b>Digestives</b>				
2127	Digestives (Canada)	55	25	9
2128	Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada)	62	25	9
2129	Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	58	25	10
2130	Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand)	77±25	25	13
2131	Graham Wafers (Christie Brown & Co., Toronto, Canada)	74	25	13
2132	Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland)	57	25	8
2133	Macaroons, prepared with coconut flour (Philippines)	33	30	6
2134	Oro (Saiwa, Italy)	67±17	40	21
2135	Vanilla Wafers (Christie Brown & Co., Canada)	77	25	14
<b>CRACKERS</b>				
2136	Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	67	25	9
<b>Rye crispbread</b>				
2137	Rye crispbread (Canada)	63	25	10
2138	Rye crispbread (Ryvita Company Ltd., UK)	63	25	11
2139	High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	59	25	9
2140	Premium Soda Crackers (Christie Brown & Co., Canada)	74	25	12
2141	Stoned Wheat Thins (Christie Brown & Co., Canada)	67	25	11
<b>DAIRY PRODUCTS AND ALTERNATIVES</b>				
<b>Ice cream, Regular/NS</b>				
2142	Ice cream, NS (Canada)	36±8	50	5
2143	Ice cream, NS (USA) <sup>15</sup>	62	50	7

2144	Ice cream, chocolate flavored (USA)	68±15	50	10
2145	Ice cream (half vanilla, half chocolate) (Italy) <sup>16</sup>	80	50	10
	<i>mean of four studies</i>	62±9	50	8
	<b>Milk, full-fat</b>			
2146	Full-fat (Italy) <sup>16</sup>	24	250 mL	3
2147	Full-fat (USA) <sup>15</sup>	40	250 mL	4
2148	Milk, Full-fat + 20 g wheat bran (Italy) <sup>16</sup>	25	250 mL	3
2149	Probiotic drink, pink grapefruit (UK) <sup>4</sup>	60±18	250 mL	20
	<b>Yoghurt</b>			
2150	Yoghurt, type NS (Canada)	36±4	200	3
2151	Yoghurt, Strawberry (Healthy Living Light, UK) <sup>4</sup>	45±16	200	5
2152	Yoghurt, low-fat, toffee (UK) <sup>4</sup>	51±18	200	15
	<b>Soy-based dairy product alternatives</b>			
2153	Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA)	115±14	50	10
	<b>FRUIT AND FRUIT PRODUCTS</b>			
	<b>Apples, raw</b>			
2154	Apple, NS (Denmark)	28	120	4
2155	Apple, Braeburn (New Zealand) <sup>4</sup>	32±4	120	4
2156	Apple, NS (Canada)	34	120	5
2157	Apple, NS (USA) <sup>15</sup>	40	120	6
2158	Apple, NS (Italy)	44	120	6
	<i>mean of five studies</i>	36±3	120	5
	<b>Apricots</b>			
2159	Apricots, raw, NS (Italy)	57	120	5
2160	Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	64	120	12
2161	Apricots, dried (Wasco foods, Montreal, Canada)	32	60	10
	<b>Banana, raw</b>			
2162	Banana (Canada)	46	120	12
2163	Banana (Israel)	49±6	120	12
2164	Banana (Italy)	58	120	13
2165	Banana (Canada)	58	120	15
2166	Banana, ripe (all yellow) (USA) <sup>15</sup>	51	120	13
2167	Banana, under-ripe (Denmark) <sup>7,17</sup>	30	120	6
2168	Banana, slightly under-ripe	42	120	11

(yellow with green sections) (USA) <sup>15</sup>			
2169Banana, over-ripe (yellow flecked with brown) (USA) <sup>15</sup>	48	120	12
2170Banana, over-ripe (Denmark) <sup>7,17</sup>	52	120	11
<i>mean of nine studies</i>	48±3	120	11
2171Cherries, raw, sour (Canada)	22	120	3
2172Chico ( <i>Zapota zapotilla coville</i> ), raw (Philippines) <sup>4</sup>	40	120	12
2173Dates, dried (Australia)	103±21	60	42
2174Dates, NS type (Israel)	62±4	60	21
2175Fruit Cocktail, canned (Delmonte Canadian Canners Ltd., Hamilton, Canada)	55	120	9
2176Grapefruit, raw (Canada)	25	120	3
<b>Grapes, raw</b>			
2177Grapes, NS (Canada)	43	120	7
2178Grapes, NS (Italy)	49	120	9
2179Kiwi fruit, Hayward (New Zealand) <sup>4</sup>	47±4	120	6
<b>Mango, raw</b>			
2180Mango ( <i>Mangifera indica</i> ) (Philippines) <sup>4</sup>	41	120	8
2181Mango, ripe ( <i>Mangifera indica</i> ) (India) <sup>6</sup>	60±16	120	9
<b>Oranges, raw</b>			
2182Oranges, NS (Denmark)	31	120	3
2183Orange, NS (Israel)	47±5	120	6
2184Oranges, NS (Italy)	48	120	5
2185Oranges (Sunkist, Van Nuys, CA, USA)	48	120	5
2186Oranges NS (Canada)	51	120	6
<i>mean of five studies</i>	45±4	120	5
<b>Papaya/Paw paw, raw</b>			
2187Papaya/Paw paw, raw ( <i>Carica papaya</i> ) (Philippines) <sup>4</sup>	60	120	9
2188Paw paw (papaya), ripe (India) <sup>6</sup>	60±16	120	17
<b>Peach, raw</b>			
2189Peach, raw (Canada)	28	120	4
2190Peach, raw (Italy)	56	120	5
2191Peach, canned in light syrup (Delmonte, Canadian Canners Ltd., Canada)	52	120	9
<b>Pear, raw</b>			
2192Pear, raw, NS (Canada)	33	120	4
2193Pear, Winter Nellis, raw (New Zealand) <sup>4</sup>	34±4	120	4
2194Pear, Bartlett, raw (Canada)	41	120	3

2195	Pear, raw, NS (Italy)	42	120	5
	<i>mean of four studies</i>	38±2	120	4
2196	Pear, canned in pear juice, Bartlett (Delmonte, Canadian Cannery Ltd., Canada)	44	120	5
2197	Pineapple ( <i>Ananas comosus</i> ), raw (Philippines) <sup>4</sup>	51	120	8
	<b>Plum, raw</b>			
2198	Plum, raw, NS (Canada)	24	120	3
2199	Plum, raw, NS (Italy)	53	120	6
2200	Raisins (Israel)	66±6	60	28

## FRUIT JUICES

### Apple juice

2201	Apple juice, unsweetened (USA) <sup>15</sup>	41	250 mL	12
2202	Apple juice, unsweetened (Allens, Toronto, Canada)	41	250 mL	12
2203	Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250 mL	9
2204	Orange juice, reconstituted from frozen concentrate (USA) <sup>15</sup>	57±6	250 mL	15
2205	Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	250 mL	15

## LEGUMES AND NUTS

2206	Baked beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada)	56	150	9
2207	Beans, dried, boiled, type NS (Italy) <sup>16</sup>	20	150	6
2208	Blackeyed beans/peas (Cowpeas), boiled (Canada)	50	150	15
	<b>Butter Beans</b>			
2209	Butter beans, dried, soaked, cooked 1.25 h (South Africa)	29±8	150	6
2210	Butter beans, dried, boiled + 5 g sucrose (South Africa)	30±2	150	6
2211	Butter beans, dried, boiled + 10 g sucrose (South Africa)	31±2	150	6
2212	Butter beans, dried, boiled + 15 g sucrose (South Africa)	54±4	150	11
	<b>Chickpeas (Garbanzo beans, Bengal gram), boiled</b>			
2213	Chickpeas, dried, boiled (Canada)	31	150	9

2214	Chickpeas (Canada)	33	150	10
2215	Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	42	150	9
2216	Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	41	150	7
<b>Haricot/Navy beans</b>				
2217	Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	29	150	9
2218	Haricot/Navy beans, dried, boiled (Canada)	30	150	9
2219	Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Canada)	59	150	19
	<i>mean of three studies</i>	39	150	12
<b>Kidney Beans</b>				
2220	Kidney beans (USA) <sup>4</sup>	23	150	6
2221	Kidney beans, dried, boiled (France)	23±1	150	6
2222	Kidney beans, dried, boiled (Canada)	42	150	10
2223	Kidney beans (Canada)	46	150	11
	<i>mean of four studies</i>	34±6	150	9
2224	Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	52	150	9
<b>Lentils</b>				
2225	Lentils, type NS (USA) <sup>4</sup>	28	150	5
<b>Lentils, green</b>				
2226	Lentils, green, dried, boiled (Canada)	22	150	4
2227	Lentils, green, dried, boiled (France)	30±15	150	5
2228	Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	52	150	9
<b>Lentils, red</b>				
2229	Lentils, red, dried, boiled (Canada)	18	150	3
2230	Lentils, red, dried, boiled (Canada)	21	150	4
2231	Lentils, red, dried, boiled (Canada)	31	150	6
2232	Lentils, red, dried, boiled (Canada)	32	150	6
	<i>mean of four studies</i>	26±4	150	5
2233	Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	32	150	10
2234	Marrowfat peas, dried, boiled (USA) <sup>4</sup>	31	150	6
2235	Peas, dried, boiled (Australia)	22	150	2

**Pinto beans**



2236	Pinto beans, dried, boiled (Canada)	39	150	10
2237	Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	45	150	10
2238	Romano beans (Canada)	46	150	8
2239	Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada)	32	150	6

### MEAL REPLACEMENT & WEIGHT

#### MANAGEMENT PRODUCTS

2240	Boost®, vanilla flavor (Mead Johnson, Evansville, Ind, USA)	53±4	250 mL	23
2241	Boost High-Protein®, vanilla flavor (Mead Johnson, Evansville, Ind, USA)	59±9	250 mL	21
2242	Chocolate soya weight management drink (UK) <sup>16</sup>	73±17	250 mL	26
2243	GatorPro®, chocolate flavor (Gatorade, Chicago, IL, USA)	89±8	250 mL	40
2244	Met-RX ®, vanilla (Met-RX substrate Technology Inc., Irvine, CA, USA)	58±16	250 mL	6
2245	Optifuel (Twin Laboratories Inc, Ronkonkowa, NY, USA)	78±8	250 mL	27

### MIXED MEALS AND CONVENIENCE FOODS

2246	Fish Fingers (Canada)	38±6	100	7
2247	Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) (Israel)	65±6	150	31
<b>Pizza</b>				
2248	Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada)	60	100	16
2249	Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy)	80	100	22
2250	Sausages, NS type (Canada)	28±6	100	1
2251	Stirfried vegetables with chicken and boiled white rice, home made (Australia)	73±17	360	55
2252	White boiled rice, grilled beefburger, cheese, and butter (France)	27	440	14
2253	White boiled rice, grilled beefburger, cheese and butter (France)	22	440	11
<b>White bread with accompaniments</b>				
2254	Classic French Baguette with 10 g butter and	59±16	100	25

2 slices of ham (25 g) (France)			
2255 White bread with butter (Canada)	59	100	28
2256 White bread with Haricot/navy beans (Canada)	42	100	12
2257 White bread with Haricot/navy beans (Canada)	54	100	16
2258 White bread with butter and skim milk cheese (Canada)	62	100	23
2259 White bread with skim milk cheese (Canada)	55	100	26
2260 White/wholemeal wheat bread with peanut butter (Canada)	51	100	23
2261 White/wholemeal wheat bread with peanut butter (Canada)	67	100	29
<b>NUTRITIONAL SUPPORT PRODUCTS</b>			
2262 Biosorb® drink, standard (Nutricia N.V., Netherlands) <sup>4</sup>	50±16	250 mL	15
2263 Ensure™, vanilla flavor (Abbott Laboratories, Columbus, Ohio, USA)	75±10	250 mL	33
2264 Nutridrink® enteral formula (Nutricia N.V., Netherlands) <sup>4</sup>	61±19	250 mL	28
2265 Nutridrink Multi Fibre® enteral formula (Nutricia N.V., Netherlands) <sup>4</sup>	53±19	250 mL	24
<b>NUTS</b>			
<b>Peanuts</b>			
2266 Peanuts (Canada) <sup>4</sup>	13±6	50	1
2267 Peanuts (Mexico) <sup>4</sup>	23	50	2
<b>PASTA and NOODLES</b>			
2268 Capellini (Primo Foods Ltd., Toronto, Canada)	45	180	20
2269 Instant noodles (Mr Noodle, Vancouver, Canada)	47	180	19
<b>Mung bean noodles</b>			
2270 Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
2271 Mung bean noodles, boiled (Thailand)	45	180	20
2272 Imitation mung bean noodles, boiled (Thailand)	51	-	-
<b>Macaroni</b>			
2273 Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45	180	22
2274 Macaroni, plain, boiled (Turkey)	48	180	23

2275	Macaroni, boiled (Italy) <sup>7</sup>	56	180	27
	<i>mean of three studies</i>	50	180	24
2276	Macaroni and Cheese, boxed (Kraft General Foods Inc., Don Mills, Ontario, Canada)	64	180	33
	<b>Rice noodles/pasta</b>			
2277	Rice noodles made from IR42 (high amylose) rice flour, boiled for 22 min (Philippines)	45	-	-
2278	Rice noodles made from IR42 (high amylose) rice flour, boiled for 22 min (Philippines)	46	-	-
2279	Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58	180	23
	<b>Spaghetti</b>			
2280	Spaghetti, homemade, durum wheat, no monoglyceride, boiled 6 min (Denmark)	59	180	28
2281	Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27	180	14
	<b>Spaghetti, white, boiled 5 min</b>			
2282	Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
2283	Boiled 5 min (Canada)	34	180	16
2284	Boiled 5 min (Canada)	40	180	19
2285	Boiled 5 min (Middle East)	44	180	21
	<i>mean of four studies</i>	38±3	180	18
	<b>Spaghetti, white or type NS, boiled 10-15 min</b>			
2286	White, durum wheat, boiled 12 min (Denmark)	34	180	16
2287	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
2288	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36	180	17
2289	Boiled 15 min (Canada)	41	180	20
	<i>mean of four studies</i>	36±2	180	17
2290	Spaghetti, Durum wheat, boiled 20 min (USA)	64±15	180	27
	<b>Spaghetti, white, boiled</b>			
2291	White (Denmark)	33	180	16
2292	White, durum wheat (Catelli Ltd, Montreal, Canada) <sup>5</sup>	34	180	16
2293	White (Australia) <sup>5</sup>	38	180	17
2294	White (Israel)	42±7	180	20
2295	White (Canada)	42	180	20
2296	White (Italy)	42	180	19
2297	White (Canada)	45	180	22
2298	White (Canada)	48	180	23

<i>mean of eight studies</i>	41±2	180	19
2299Spaghetti, wholemeal, boiled (Australia) <sup>5</sup>	32	180	14
2300Star Pastina, white, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	38	180	18
2301Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50	180	10
2302Wheat (egg) noodles, boiled (Thailand)	57	-	-
<b>SNACK FOODS AND CONFECTIONERY</b>			
2303Brownies, containing coconut flour (Philippines)	43	50	12
2304Burger Rings™, barbeque-flavored (Smith's Snack Food Co, Chatswood, NSW, Australia)	90±16	50	28
2305Chocolate crinkles, containing coconut flour (Philippines)	54	50	12
2306Chocolate, milk, plain, low-sugar with maltitol (Belgium) <sup>4</sup>	35±16	50	8
2307Corn chips, Nachips™ (Old El Paso Foods Co., Canada)	74	50	21
2308Granola bar, containing coconut flour (Philippines)	50	50	10
2309Juicy cereal bar (Stavnata Tycinka FIT, Usovsko, Czech Republic)	85±16	30	17
<b>SPORTS (ENERGY) BARS</b>			
2310Clif bar, Cookies & Cream flavor (Clif Bar Inc, Berkeley, CA, USA)	101±6	65	49
2311MET-Rx Bar, vanilla flavor (Met-Rx Sibstrate Technology Inc, Irvine, CA, USA)	74±12	65	24
2312Power bar®, chocolate (Powerfood Inc, Berkeley, CA, USA)	83±11	65	37
2313PR-bar, Cookies 'N Cream flavor (Twin Laboratories Inc, Ronkonkowa, NY, USA)	81±12	65	23
<b>SOUPS</b>			
2314Black Bean soup (Wil-Pack Foods, San Pedro, CA, USA)	64	250	17
2315Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	66	250	27
2316Lentil, canned (Unico, Concord, Canada)	44	250	9
2317Noodle soup (traditional Turkish soup)	1	250	0

with stock and noodles)			
2318 Split Pea (Wil-Pak Foods, USA)	60	250	16
2319 Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers)	20	-	-
2320 Tomato soup (Canada)	38±9	250	6
<b>SUGARS, SYRUPS, AND SUGAR ALCOHOLS</b>			
<b>Fructose</b>			
2321 50 g portion	20±5	10	2
2322 50 g portion	21	10	2
2323 50 g portion (Sigma Chemical Company, St. Louis, MO, USA) <sup>15</sup>	24	10	2
2324 25 g portion, fed with oats <sup>19</sup>	25	10	2
<i>mean of four studies</i>	23±1	10	2
<b>Glucose</b>			
2325 50 g portion (dextrose) <sup>5</sup>	85	10	9
2326 25 g portion, fed with oats <sup>19</sup>	92	10	9
2327 50 g portion <sup>5</sup>	93	10	9
2328 50 g portion	96	10	10
<i>mean of four studies</i>	92±2	10	9
<b>Glucose consumed with American ginseng (<i>Panax quinquefolius L.</i>)</b>			
2329 25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng <sup>4,11</sup>	78	10	8
2330 25 g glucose (Glucodex) 40 min after 3 g dried ginseng <sup>4,11</sup>	80	10	8
2331 100 g Glucose + 20 g cellulose <sup>20</sup> (CSIR Biochemical Unit, New Delhi, India)	103±5	10	10
<b>Glucose consumed with a mixed meal</b>			
2332 30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate) (France)	55	250	19
2333 30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate) (France)	57	250	20
2334 25 g glucose with 30 g oat bran flour (Natureal® GI-flour, Finn Cereal, Vantaa, Finland) <sup>4</sup>	80	10	8

2335	Locust honey (Romania) <sup>4,11</sup>	32	25	7
	<b>Lactose</b>			
2336	50 g portion (Sigma Chemical Company, USA) <sup>15</sup>	43	10	4
2337	25 g portion, fed with oats <sup>19</sup>	48	10	5
	<b>Sucrose</b>			
2338	50 g portion (Sigma Chemical Company, USA) <sup>15</sup>	58	10	6
2339	50 g portion	59±10	10	6
2340	50 g portion	60	10	6
2341	25 g portion, fed with oats <sup>19</sup>	64	10	6
2342	30 g portion <sup>16</sup>	82	10	8
2343	25 g portion <sup>4</sup>	110±21	10	11
	<i>mean of six studies</i>	72±8	10	7
	<b>Sugar alcohols and sugar-replacement compounds - GI values based on the assumption that their carbohydrate is available</b>			
2344	Isomalt (Sudzucker AG, Mannheim, Germany) <sup>21</sup>	2±1	10	0
2345	Isomaltulose, Palatinose™ (Sudzucker AG, Mannheim, Germany) <sup>21</sup>	32±3	10	3
	<b>Lactitol</b>			
2346	25 g lactitol <sup>5,22</sup>	-1±7	10	0
2347	25 g lactitol MC (Danisco sweeteners, Surrey, UK) <sup>22</sup>	3±1	10	0
	<b>Litesse</b>			
2348	25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) <sup>22</sup>	7±2	10	1
2349	25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) <sup>22</sup>	4±2	10	0
2350	Lycasin® HBC, syrup containing 50-55% maltitol, 5-8% sorbitol and 35-40% hydrogenated oligo-saccharides (lab 2212, Roquette, France) <sup>21</sup>	47±10	10	5
2351	Lycasin® HBC, syrup containing 50-55% maltitol, 5-8% sorbitol and 35-40% hydrogenated oligo-saccharides (lab 2212, Roquette, France) <sup>21</sup>	25±6	10	3
	<b>Maltitol-based sweeteners or bulking agents</b>			
2352	Maltitol, 50 g portion (Japan) <sup>21</sup>	26	10	3
2353	25 g Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium) <sup>22</sup>	30±12	10	3
2354	25 g Maltidex 100 (> 72% maltitol)	44±11	10	4

(Cerestar, Vilvoorde, Belgium) <sup>22</sup>			
2355 Maltitol and Sucrose mixture (25 g Maltitol + 25 g Sucrose) (Japan) <sup>21</sup>	46	10	5
2356 25 g Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium) <sup>22</sup>	73±29	10	7
2357 25 g Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium) <sup>22</sup>	89±28	10	9
2358 Tagatose sugar replacement, Gaiο® (Arla Foods, Germany) <sup>21</sup>	3±1	10	0
<b>Xylitol</b>			
2359 25 g xylitol <sup>22</sup>	7±7	10	1
2360 25 g Xylitol C (Danisco Sweeteners, UK) <sup>22</sup>	8±2	10	1
<b>VEGETABLES</b>			
2361 Broad beans (Canada) <sup>4</sup>	79±16	80	9
<b>Green peas</b>			
2362 Pea, cooked (Israel)	35±4	80	5
2363 Pea, frozen, boiled (Canada) <sup>4</sup>	39	80	3
<b>Sweet corn</b>			
2364 Sweet corn, cooked (Israel)	52±7	150	17
2365 Sweet corn (Canada)	59±11	80	11
2366 Sweet corn, boiled (USA) <sup>5</sup> <i>mean of three studies</i>	60	80	11
	57	80	13
2367 Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA) <sup>5</sup>	46	80	6
2368 Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto, Canada)	47	80	7
<b>Root vegetables</b>			
2369 Beetroot (Canada) <sup>4</sup>	64±16	80	4
<b>Carrots</b>			
2370 Carrots, raw (Romania) <sup>4,11</sup>	16	80	1
2371 Carrots, NS (Canada) <sup>4</sup>	92±20	80	6
2372 Carrots, peeled, boiled, ground to smooth paste (Australia)	60±17	80	4
2373 Cassava, boiled, with salt (Kenya, Africa)	46	100	12
2374 Parsnips (Canada) <sup>4</sup>	97±19	80	12
<b>Potato</b>			

<b>Baked potato</b>				
2375	Ontario, white, baked in skin (Canada)	60	150	18
<b>Baked, Russet Burbank potatoes</b>				
2376	Russet, baked without fat (Canada)	56	150	17
2377	Russet, baked without fat, 45-60 min (USA) <sup>5</sup>	78	150	23
2378	Russet, baked without fat (USA) <sup>5</sup>	94	150	28
	<i>mean of three studies</i>	76	150	23
<b>Boiled potato</b>				
2379	Desiree, peeled, quartered, boiled 15 min in unsalted water (UK)	77±17	150	13
2380	Maris Peer potato, peeled, quartered, boiled 15 min in unsalted water (UK)	94±16	150	27
2381	Nardine, boiled (New Zealand)	70±17	150	18
2382	Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada)	58	150	16
2383	Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada)	63	150	11
<b>Boiled/cooked, white/Type NS</b>				
2384	Type NS (Kenya, Africa)	24	150	7
2385	White, cooked (Romania) <sup>4,11</sup>	41	150	12
2386	Potatoes (Germany)	49	150	15
2387	White, boiled (Canada)	54	150	15
2388	Type NS, boiled 19 min (Denmark)	56	150	11
2389	Potatoes, white (Italy)	61	150	16
2390	Type NS, peeled, boiled (Lebanon)	85	150	26
	<i>mean of seven studies</i>	53±7	150	14
<b>Boiled potato cooked then cooled</b>				
2391	Type NS, peeled, boiled and then cooled to 26°C (Lebanon)	54	150	16
<b>Canned potatoes</b>				
2392	Prince Edward Island, canned, heated in microwave (Avon, Cobi Foods Inc., Port Williams, Canada)	61	150	11
<b>French Fries</b>				
2393	French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	75	150	22
<b>Instant Mashed potato</b>				
2394	Instant (France)	74±12	150	15
2395	Instant (Carnation Foods Co. Ltd., Manitoba, Canada)	86	150	17



2396	Instant (Canada)	88	150	18
2397	Instant (UK)	95±16	150	17
	<i>mean of four studies</i>	86±4	150	17
	<b>Mashed potato</b>			
2398	Type NS (Canada)	67	150	13
2399	Ontario, white, peeled, cubed, boiled 15 min, mashed (Canada)	73	150	20
2400	Prince Edward Island, peeled, cubed, boiled 15 min mashed (Canada)	73	150	13
	<i>mean of three studies</i>	71	150	15
	<b>Microwaved potato</b>			
2401	Type NS, microwaved (USA) <sup>4</sup>	82	150	27
	<b>New Potato</b>			
2402	New (Canada)	47	150	10
2403	New (Canada)	54	150	11
	<b>Steamed potato</b>			
2404	Potato dumplings (60% white potatoes, 40% white wheat flour, boiled in salted water), consumed with olive oil, tomato sauce and parmesan cheese (Italy)	52	150	23
	<b>Sweet potato</b>			
2405	Sweet potato, NS (Canada)	48±6	150	16
2406	Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada)	59	150	18
2407	Sweet potato, kumara (New Zealand)	78±6	150	20
	<i>mean of three studies</i>	62	150	19
	<b>Swede</b>			
2408	Swede (rutabaga) (Canada) <sup>4</sup>	72±8	150	7
	<b>Tapioca</b>			
2409	Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	81	250	14
2410	Tapioca, boiled (India) <sup>6</sup>	93±2	250	17
	<b>Yam</b>			
2411	Yam, peeled, boiled (New Zealand)	25±4	150	9
2412	Yam (Canada)	51±12	150	18

**INDIGENOUS OR TRADITIONAL FOODS  
OF DIFFERENT ETHNIC GROUPS  
AFRICAN**

2413	Cassava, boiled, with salt (Kenya)	46	100	12
2414	Ga Kenkey, prepared from fermented cornmeal ( <i>Zea mays</i> ) (Ghana) <sup>23</sup>	44±6	150	18
2415	Gari, roasted cassava dough ( <i>Manihot utilissima</i> ) (Ghana) <sup>23</sup>	49±3	100	13
2416	Green plantain ( <i>musa paradisiaca</i> ), boiled (Ghana) <sup>23</sup>	41±5	120 (raw)	15
2417	Maize meal porridge/gruel (Kenya)	109	50 (dry)	41
2418	Millet flour porridge/gruel (Kenya)	107	-	-
2419	White rice ( <i>Oryza sativa</i> ), boiled (Ghana) <sup>23</sup>	40±6	150	17
2420	White yam ( <i>Dioscorea</i> species) (Ghana) <sup>23</sup>	65±7	150	26
<b>ARABIC AND TURKISH</b>				
2421	Kibbeh saynieh (made with lamb and burghul)	61±16	120	9
2422	Majadra (Syrian, lentils and rice)	24±5	250	10
2423	Middle Eastern flatbread	97±29	30	16
2424	Moroccan Couscous (stew of semolina, chickpeas, vegetables)	58±9	250	17
2425	Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	20	-	-
2426	Turkish bread, white wheat flour	87	30	15
2427	Turkish bread, whole wheat	49	30	8
2428	Turkish noodle soup	1	250	0
<b>ASIAN</b>				
2429	Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
2430	Rice vermicelli, Kongmoon (National Cereals, China)	58	180	23
2431	Stirfried vegetables, chicken and rice, home made (Australia)	73±17	360	55
<b>ASIAN INDIAN</b>				
2432	Amaranth ( <i>Amaranthus esculentum</i> ), popped, eaten with milk and non-nutritive sweetener	97±19	30	18
2433	Appam (thin pancake made from fermented rice flour batter with tender coconut) eaten with Bengal gram curry <sup>6</sup>	90±4	250	58
2434	Bajra ( <i>Pennisetum typhoideum</i> ), eaten as roasted bread made from bajra flour	55±13	75 (dry)	28

2435Bajra ( <i>Pennisetum typhoideum</i> )	67	75 (dry)	34
2436Barley ( <i>Hordeum vulgare</i> )	37	150	14
<b>Chapatti</b>			
2437Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	66±10	60	20
2438Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd and tomato curry	76±20	60	23
2439Chapatti, baisen (Pakistan)	27	165	- -
2440Chapatti, bajra ( <i>Pennisetum typhoideum</i> )	67	-	-
2441Chapatti, barley	37	-	-
2442Chapatti, maize ( <i>Zea mays</i> )	64	-	-
2443Chapatti, wheat, served with bottle gourd and tomato curry	66±9	60	21
2444Chapatti, wheat flour, thin, with green gram ( <i>Phaseolus aureus</i> ) dhal	81±4	200	41
2445Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35±4	100	7
2446Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31±6	150	9
2447Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	77±3	150	30
2448Green gram, whole with varagu ( <i>Paspalum scorbiculatum</i> ), pressure cooked	57±6	80 (dry)	29
2449Green gram dhal with varagu, pressure cooked	78±12	78 (dry)	39
2450Idiappam (steamed rice flour dough with tender coconut) eaten with Bengal gram curry <sup>6</sup>	86±4	250	52
2451Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	77±2	250	40
2452Jowar, roasted bread made from Jowar flour ( <i>Sorghum vulgare</i> )	77±8	70 (dry)	39
2453Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	24±4	50	7
2454Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	29±4	50	9
2455Millet/Ragi ( <i>Eleusine coracana</i> ) <sup>6</sup>	84	70 (dry)	42
2456Millet/Ragi ( <i>Eleusine coracana</i> ) flour eaten as roasted bread	104±13	70 (dry)	52
2457Pongal (rice and roasted green gram dhal,	90±3	250	47

pressure cooked)			
2458Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	82±2	150	34
2459Puttu (rice flour, steamed with tender coconut) eaten with Bengal gram curry <sup>6</sup>	79±4	250	58
2460Rice ( <i>Oryza Sativa</i> ), boiled served with bottle gourd and tomato curry	69±15	150	26
<b>Semolina</b>			
2461Semolina ( <i>Triticum aestivum</i> ), steamed	55±9	67 (dry)	28
2462Semolina ( <i>Triticum aestivum</i> ), pre-roasted	76±6	67 (dry)	38
2463Semolina ( <i>Triticum aestivum</i> ) with fermented black gram dhal ( <i>Phaseolus mungo</i> )	46±12	71 (dry)	23
2464Semolina ( <i>Triticum aestivum</i> ) with fermented green gram dhal ( <i>Phaseolus aureus</i> )	62±20	71 (dry)	31
2465Semolina ( <i>Triticum aestivum</i> ) with fermented bengal gram dhal ( <i>Cicer arietum</i> )	54±7	71 (dry)	27
2466Varagu ( <i>Paspalum scorbiculatum</i> ), pressure cooked	68±8	76 (dry)	34
2467Upittu (roasted semolina and onions, cooked in water)	67±3	150	28
2468Uppuma kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3	150	6
2469Uppuma kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water)	19±3	150	6
2470Varagu ( <i>Paspalum scorbiculatum</i> ), pressure cooked	68±8	76 (dry)	34
<b>ISRAELI</b>			
2471Melawach (dough made from white wheat flour and butter, fried)	61±10	115	32
2472Melawach	71±7	115	38
2473Melawach + 15 g locust bean ( <i>Ceratonia siliqua</i> ) fiber (soluble)	31±6	130	16
2474Melawach + 15 g maize cob fiber (insoluble)	59±10	130	31
2475Melawach + 15 g lupin ( <i>Lupinus albus</i> ) fiber	72±10	130	38
<b>PACIFIC ISLANDERS</b>			
2476Sweet potato, kumara (New Zealand)	78±6	150	20
2477Yam, peeled, boiled (New Zealand)	25±4	150	9

**PIMA INDIAN**

2478	Mesquite cakes ( <i>Prosopis velutina</i> ) <sup>4</sup>	25±3	60	1
<b>SOUTH AMERICAN</b>				
2479	Black Beans	30	150	7
2480	Brown beans	38	150	9
2481	Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla)	37±4	-	-
2482	Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	29±3	-	-
2483	Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans)	51±9	-	-
2484	Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans), consumed with nopales (prickly pear cactus)	35±8	-	-
2485	Nopales (prickly pear cactus)	7	100	0
2486	Quesadillas (made from low-fat cheese, avocado, boiled pinto beans and flour tortilla)	36±3	-	-
2487	Quesadillas (made from low-fat cheese, avocado, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	25±4	-	-

### Footnotes

1. NS, not specified; AUC, area under the curve. Serving sizes in grams unless otherwise specified.
2. Mean ± SEM. Two GI values are shown for each food - one in which glucose sugar was used as the reference food and one in which white bread was used as the reference food.
3. Estimated by multiplying the food's listed GI value with glucose as the reference food by the listed g carbohydrate per serving and dividing by 100.
4. Portions of the test food and the reference food contained 25 g carbohydrate.
5. GI calculated from the 180 min AUC data included in the original article using the AUC food/AUC reference food formula.
6. Portions of the test food and the reference food contained 75 g carbohydrate.
7. GI calculated from the 240 min AUC data included in the original article using the AUC food/AUC reference food formula.
8. GI value included in original article determined from AUC measured over 3 h for only 4 time points (0, 1, 2, and 3 h).
9. GI corrected for added milk and adjusted to represent a 50 g carbohydrate portion size.

10. Portions of the test food and the reference food contained 12.5 g carbohydrate.
  11. GI calculated from the 120 min AUC data included in the original article using the AUC food/AUC reference food formula.
  12. GI value included in original article determined from AUC measured over 3 h for only 5 time points (0, 30, 60, 120 and 180 min).
  13. Wheat chapatti was used as the 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.
  14. M Champ (INRA, France) and V Lang (Danone Vitapole Company, France), unpublished observations, 1998.
  15. GI calculated from the 300 min AUC data included in the original article using the AUC food/AUC reference food formula.
  16. Portions of the test food and the reference food contained 30 g carbohydrate.
  17. Portions of the test food and the reference food contained 20 g carbohydrate.
  18. Sydney University's Glycemic Index Research Service (Human Nutrition Unit, University of Sydney, Australia), unpublished observations, 1995-2007.
  19. GI for sugars calculated from the glycemic response for a meal of sugar and rolled oats minus the glycemic response for the oats alone.
  20. Portions of the test food and the reference food contained 100 g carbohydrate.
  21. Total weight of the test food was 50 g, whereas the reference food contained 50 g available carbohydrate. The carbohydrate content of the test food was assumed to be 100% available, which may be an overestimation.
  22. Total weight of the test food was 25 g, whereas the reference food contained 25 g available carbohydrate. The carbohydrate content of the test food was assumed to be 100% available, which may be an overestimation.
  23. Eaten as part of a mixed meal with fish, tomato, and onion sauce.
  24. GI value included in original article determined from AUC measured over 2 h for only 5 time points (0, 30, 60, 90 and 120 min).
  25. GI value included in original article determined from AUC measured over 2 h for only 4 time points (0, 30, 60 and 120 min).
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