

REVISED INTERNATIONAL TABLE OF GLYCEMIC INDEX (GI) AND GLYCEMIC LOAD (GL)—2002 1

Food Number GI 2

	Serve glucose 100	GL 3 size grams	per serve
BAKERY PRODUCTS			
Cakes			
1 Angel food cake (Loblaws, Toronto, Canada)	67	50	19
2 Banana cake, made with sugar	47±8	80	18
3 Banana cake, made without sugar	55±10	80	16
4 Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, MN, USA)	38±3	111	20
5 Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Vic, Australia)	73±12	38	19
6 Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)	87±17	50	25
7 Pound cake (Sara Lee Canada, Bramalea, Canada)	54	53	15
8 Sponge cake, plain	46±6	63	17
9 Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA)	42±4	111	24
10 Croissant (Food City, Toronto, Canada)	67	57	17
11 Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	69	50	13
12 Doughnut, cake type (Loblaws, Canada)	76	47	17
13 Flan cake (Weston's Bakery, Toronto, Canada)	65	70	31
14 Muffins			
Apple, made with sugar 4	44±6	60	13
Apple, made without sugar 4	48±10	60	9
Apple, oat, sultana, made from packet mix (Defiance Milling Co., Acacia Ridge, Qld, Australia)	54±4	50	14
Apricot, coconut and honey, made from packet mix (Defiance Milling Co., Australia)	60±4	50	16
Banana, oat and honey, made from packet mix (Defiance Milling Co., Australia)	65±11	50	17
Bran (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	60	57	15
Blueberry (Culinar Inc., Canada)	59	57	17
Carrot (Culinar Inc., Canada)	62	57	20
Chocolate butterscotch, made from packet mix (Defiance Milling Co., Australia)	53±5	50	15
Corn muffin, low-amylose 5	102	57	30
Corn muffin, high-amylose 5	49		
Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	69	50	24
15 Pancakes, prepared from shake mix (Green's General Foods, Glendenning, NSW, Australia)	67±5	80	39
16 Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Vic, Australia)	102±11	77	22
17 Pastry	59±6	57	15
18 Pikelets, Golden brand (Tip Top Bakeries, Chatswood, NSW, Australia)	85±14	40	18
19 Scones, plain, made from packet mix (Defiance Milling Co., Australia)	92±8	25	8
20 Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76	35	10
BEVERAGES			
21 Coca Cola ®			
Coca Cola ®, soft drink (Coca Cola Amatil, Sydney, NSW, Australia)	53±7	250	14
Coca Cola ®, soft drink/soda (Coca Cola Bottling Company, Atlanta, GA, USA)	63	250	16
mean of two types	58±5		
22 Cordial, orange, reconstituted (Berri Ltd., Berri, SA, Australia)	66±8	250	13

23 Fanta® , orange soft drink (Coca Cola Amatil, Australia)	68±6	250	23
24 Lucozade® , original (sparkling glucose drink) (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)	95±10	250	40
25 Smoothie, raspberry (Con Agra Inc., Omaha, NE, USA)	33±9	250	14
26 Smoothie drink, soy, banana (So Natural Foods, Tarren Point, NSW, Australia) 6	30±3	250	7
27 Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia) 6	34±3	250	8
28 Solo TM, lemon squash, soft drink (Cadbury Schweppes, Sydney, NSW, Australia) 6	58±5	250	17
29 Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) 6 (Sanitarium Health Foods, Berkeley Vale, NSW, Australia)	43±5	250	11
30 Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast) 6 (Sanitarium Health Foods, Australia)	46±5	250	11
31 Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) 6 (So Natural Foods, Australia)	39±2	250	13
Juices			
32 Apple juice			
Apple juice, pure, unsweetened, reconstituted (Berri Ltd., Berri, SA, Australia)	39±5		
Apple juice, unsweetened	40		
Apple juice, unsweetened (Allens, Toronto, Canada)	41		
mean of three studies	40±1	250	12
33 Apple juice, pure, clear, unsweetened (Wild About Fruit, Wandin, Vic, Australia)	44±2	250	13
34 Apple juice, pure, cloudy, unsweetened (Wild About Fruit, Australia)	37±3	250	10
35 Apple and cherry juice, pure, unsweetened (Wild About Fruit, Australia)	43±3	250	14
36 Carrot juice, freshly made (Sydney, Australia) 6	43±3	250	10
37 Cranberry juice cocktail (Ocean Spray® , Melbourne, Vic, Australia)	52±3	250	16
38 Cranberry juice cocktail (Ocean Spray® Inc., Lakeville-Middleboro, MA, USA)	68±3	250	24
39 Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	250	16
40 Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250	11
41 Orange juice			
Orange Juice (Canada)	46±6		
Orange juice, unsweetened, reconstituted (Quelch® , Berri Ltd., Carlton, Vic, Australia)	53±6		
mean of two studies	50±4	250	13
42 Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	250	16
43 Tomato juice, canned, no added sugar (Berri Ltd., Berri, SA, Australia) 6	38±4	250	4
44 Yakult® , fermented milk drink with Lactobacillus casei (Yakult, Dandenong, Vic, Australia)	46±6	65	6
Sports drinks			
45 Gatorade® (Spring Valley Beverages Pty Ltd., Cheltenham, Vic, Australia)	78±13	250	12
46 Isostar® (Novartis Consumer Health, Nyon, Switzerland)	70±15	250	13
47 Sports Plus® (Berri Ltd., Berri, SA, Australia)	74±6	250	13
48 Sustagen Sport® (Mead Johnson, Rydalmere, NSW, Australia)	43±9	250	21
Drinks made from drinking mix powders			
49 Build-Up TM nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, NSW, Australia)	41±4	250	14
50 Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3	250	11
51 Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, NSW, Australia) mixed in reduced-fat (1.5%) cow's milk	36±3	250	7
52 Malted milk powder in full-fat cow's milk (Nestlé, Australia)	45±3	250	12
53 Milo TM (chocolate nutrient-fortified drink powder)			
Milo TM (Nestlé, Australia) dissolved in water	55±3	250	9
Milo TM (Nestlé, Auckland, New Zealand) dissolved in water	52±5	250	9

mean of two studies	54±2		
Milo TM (Nestlé, Australia) dissolved in full-fat cow's milk	35±2	250	9
Milo TM (Nestlé, New Zealand) dissolved in full-fat cow's milk	36±3	250	9
mean of two studies	36±1		
54 Nutrimeal TM, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, UT, USA)	26±3	250	4
55 Quik TM (sweet drink powder)			
Quik TM, chocolate (Nestlé, Sydney, NSW, Australia), dissolved in water	53±5	250	4
Quik TM, chocolate (Nestlé, Australia), dissolved in 1.5% fat milk	41±4	250	5
Quik TM, strawberry (Nestlé, Australia), dissolved in water	64±8	250	5
Quik TM, strawberry (Nestlé, Australia), dissolved in 1.5% fat milk	35±3	250	4
BREADS			
56 Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72	70	25
57 Baguette, white, plain (France)	95±15	30	15
58 French baguette with chocolate spread (France)	72±8	70	27
59 French baguette with butter and strawberry jam (France)	62±7	70	26
60 Pain au lait (Pasquier, France)	63±10	60	20
61 Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74	30	16
Barley Breads			
62 Coarse barley kernel bread, 75-80% kernels			
75% kernels	27	30	5
80% scalded intact kernels (20% white wheat flour)	34	30	7
80% intact kernels (20% white wheat flour)	40	30	8
mean of three studies	34±4		
63 Barley kernel bread, 50% kernels			
50% kernels (Canada)	43	30	9
50% kibbled barley (Australia)	48	30	10
mean of two studies	46±2	30	9
64 Sunflower and barley bread (Riga bakeries, Sydney, NSW, Australia)	57±6	30	6
65 Barley flour breads			
100% barley flour (Canada); (rye bread composition)	67	30	9
Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67	30	13
Wholemeal barley bread, flat, thin, soft	50	30	7
(50% regular barley flour, 50% high-fibre barley flour) (Sweden)			
Wholemeal barley bread, flat, thin, soft	43	30	5
(20% regular barley flour, 80% high-fibre barley flour) (Sweden)			
66 Wholemeal barley flour (80%) and white wheat flour (20%) breads - fermented or with added organic acids or salts (Sweden)			
Wholemeal barley flour bread (used as reference for the 5 breads below) 5	70	30	14
Wholemeal barley flour bread with sourdough (lactic acid) 5	53	30	10
Wholemeal barley flour bread with lactic acid 5	66	30	12
Wholemeal barley flour bread with calcium lactate 5	59	30	12
Wholemeal barley flour bread with sodium propionate 5	65	30	13
Wholemeal barley flour bread with higher dose sodium propionate 5	57	30	11
Buckwheat bread			
67 Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)	47	30	10
Fruit Breads			

68	Bürgen TM Fruit loaf (Tip Top Bakeries, Chatswood, NSW, Australia)	44±5	30	6
69	Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, NSW, Australia)	54±6	30	8
70	Continental fruit loaf, wheat bread with dried fruit (Australia)	47±6	30	7
71	Happiness TM (cinnamon, raisin, pecan bread) (Natural Ovens, Manitowoc, WI, USA)	63±5	30	9
72	Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)	54±6	30	7
73	Hamburger bun (Loblaw's, Toronto, Canada)	61	30	9
74	Kaiser rolls (Loblaw's, Canada)	73	30	12
75	Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70	30	16
	Gluten-free bread			
76	Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Vic, Australia)	79±13	30	10
77	Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71	30	11
	Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80	30	12
	mean of two studies	76±5	30	11
78	Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69	30	9
	Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76	30	10
	mean of two studies	73±4	30	9
	Oat Bread			
79	Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65	30	12
	Oat bran bread			
80	50% oat bran (Australia)	44	30	8
81	45% oat bran and 50% wheat flour (Sweden)	50	30	9
	mean of two studies	47±3	30	9
	Rice bread			
82	Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, NSW, Australia)	72±9	30	8
83	Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)	61±9	30	7
	Rye Bread			
84	Rye kernel (pumpernickel) bread			
	Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	41	30	5
	Rye kernel bread (Pumpernickel) (Canada)	41	30	5
	Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46	30	5
	Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55	30	7
	Cocktail, sliced (Kasselar Food Products, Toronto, Canada)	55	30	7
	Cocktail, sliced (Kasselar Food Products, Canada)	62	30	8
	mean of six studies	50±4	30	6
85	Wholemeal rye bread			
	Wholemeal rye bread (Canada)	41		
	Wholemeal rye bread (Canada)	62		
	Wholemeal rye bread (Canada)	63		
	Wholemeal rye bread (Canada)	66		
	mean of four studies	58±6	30	8
	Specialty rye breads			
86	Blackbread, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	76±14	30	10
87	Bürgen TM Dark/Swiss rye (Tip Top Bakeries, Australia)	55±12		
	Bürgen TM Dark/Swiss rye (Tip Top Bakeries, Australia)	74±6		
	mean of two studies	65±10	30	7
88	Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67	30	9
89	Light rye (Silverstein's Bakery, Toronto, Canada)	68	30	10

90 Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	55	30	7
91 Roggenbrot, Vogel's (Stevens & Co, Sydney, NSW, Australia)	59±5	30	8
92 Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	86±15	30	12
93 Sourdough rye (Canada)	57		
Sourdough rye (Australia)	48		
mean of two studies	53±5	30	6
94 Volkornbrot, wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	56	30	7
Wheat Breads			
95 Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	52	30	10
96 Cracked wheat kernel (bulgur) bread			
50% cracked wheat kernel (Canada)	58	30	12
75% cracked wheat kernels (Canada)	48	30	10
mean of two studies	53±3	30	11
Spelt wheat breads			
97 White spelt wheat bread 9 (Slovenia)	74	30	17
98 Wholemeal spelt wheat bread 9 (Slovenia)	63	30	12
99 Scalded spelt wheat kernel bread 9 (Slovenia)	67	30	15
100 Spelt multigrain bread ® (Pav's bakery, Australia)	54±10	30	7
101 White wheat flour bread			
White flour (Canada)	69±5	30	10
White flour (USA)	70	30	10
White flour, Sunblest TM (Tip Top Bakeries, Australia)	70	30	10
White flour (Dempster's Corporate Foods Ltd., Canada)	71	30	10
White flour (South Africa)	71±7	30	9
White flour (Canada)	71	30	10
mean of six studies	70±0	30	10
102 White wheat flour bread, hard, toasted (Italian)	73	30	11
103 Wonder TM, enriched white bread (Interstate Brands Companies, Kansas City, MO, USA)	71±9		
Wonder TM, enriched white bread (Interstate Brands Companies, USA)	72±4		
Wonder TM, enriched white bread (Interstate Brands Companies, USA)	77±3		
mean of three studies	73±2	30	10
104 White Turkish bread (Turkey)	87	30	15
White bread with enzyme inhibitors			
105 White bread + acarbose (200mg) (Mexico)	18	30	3
White bread + acarbose (200mg) (Mexico)	50	30	8
mean in two groups of subjects	34±16	30	6
106 White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor) (Switzerland) 5	48	30	6
107 White bread roll + 6 mg trestatin (Switzerland) 5	29	30	4
White bread with soluble fiber			
108 White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	41	30	7
White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	65	30	11
mean in two groups of subjects	53±12	30	9
109 White bread eaten with vinegar as vinaigrette (Sweden)	45	30	7
110 White bread eaten with powdered dried seaweed (Nori alga) (Spain)	48	30	7
111 White bread containing Eurylon ® high-amylase maize starch (France) 12	42	30	8
White fiber-enriched bread			
112 White, high-fiber (Dempster's Corporate Foods Ltd., Canada)	67		

113	White, high-fiber (Weston's Bakery, Toronto, Canada)	69		
	mean of two studies	68±1	30	9
	White resistant starch-enriched bread			
114	Fibre White TM (Nature's Fresh, Auckland, New Zealand)	77±10	30	11
115	Wonderwhite TM (Buttercup Bakeries, Australia)	80±8	30	11
116	Wholemeal (whole wheat) wheat flour bread			
	Wholemeal flour (Canada)	52	30	6
	Wholemeal flour (Canada)	64	30	8
	Wholemeal flour (Canada)	65	30	8
	Wholemeal flour (Canada)	67	30	8
	Wholemeal flour (Canada)	67	30	8
	Wholemeal flour (Canada)	69	30	8
	Wholemeal flour (Canada)	71	30	8
	Wholemeal flour (Canada)	72±6	30	8
	Wholemeal flour (USA) 5	73	30	10
	Wholemeal flour (South Africa)	75±9	30	9
	Wholemeal flour (Tip Top Bakeries, Australia)	77±9	30	9
	Wholemeal flour (Tip Top Bakeries, Australia)	78±16	30	9
	Wholemeal flour (Kenya)	87	30	11
	mean of thirteen studies	71± 2	30	9
117	Wholemeal Turkish bread	49	30	8
	Specialty wheat breads			
118	Bürgen ® Mixed Grain bread (Australia)			
	Bürgen ® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)	34±4		
	Bürgen ® Mixed Grain	45±12		
	Bürgen ® Mixed Grain	69±6		
	mean of three studies	49±10	30	6
119	Bürgen ® Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia)	31±3	30	3
120	Bürgen ® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia)	36±4	30	3
121	English Muffin TM bread (Natural Ovens, USA)	77±7	30	11
122	Healthy Choice TM Hearty 7 Grain (Con Agra Inc., USA)	55±6	30	8
123	Healthy Choice TM Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	30	9
124	Helga's TM Classic Seed Loaf (Quality Bakers, Sydney, NSW, Australia)	68±9	30	9
125	Helga's TM traditional wholemeal bread (Quality Bakers, Australia)	70±14	30	9
126	Hunger Filler TM, whole grain bread (Natural Ovens, USA)	59±8	30	7
127	Molenberg TM (Goodman Fielder, Auckland, New Zealand)	75±10		
	Molenberg TM (Goodman Fielder, New Zealand)	84±8		
	mean of two studies	80±5	30	11
128	9-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5	30	6
129	Multigrain Loaf, spelt wheat flour (Australia)	54±10	30	8
130	Multigrain (50% kibbled wheat grain) (Australia)	43	30	6
131	Nutty Natural TM, whole grain bread (Natural Ovens, USA)	59±7	30	7
132	Performax TM (Country Life Bakeries, Dandenong, Vic, Australia)	38±3	30	5
133	Ploughman's TM Wholegrain, original recipe (Quality Bakers, Australia)	47	30	7
134	Ploughman's TM Wholemeal, smooth milled (Quality Bakers, Australia)	64±10	30	9
135	Semolina Bread (Kenya)	64		
136	Sourdough wheat (Australia)	54	30	8

137 Soy & Linseed bread (made from packet mix in bread maker) (Con Agra Inc., USA)	50±6	30	5
138 Stay Trim TM, whole grain bread (Natural Ovens, USA)	70±10	30	10
139 Sunflower & Barley bread, Riga brand (Berzin's Specialty Bakery, Australia)	57±6	30	7
140 Vogel's Honey & Oats (Stevns & Co., Sydney, NSW, Australia)	55±5	30	7
141 Vogel's Roggenbrot (Stevns & Co., Australia)	59±5	30	8
142 Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74	30	16
143 100% Whole Grain TM bread (Natural Ovens, USA)	51±11	30	7
144 White wheat flour flatbread (Sweden)	79	30	13
Unleavened Breads			
145 Lebanese bread, white (Seda Bakery, Sydney, NSW, Australia)	75±9	30	12
146 Middle Eastern flatbread	97±29	30	15
147 Pita bread, white (Canada)	57	30	10
148 Wheat flour flatbread (India)	66±9	30	10
149 Amaranth : wheat (25:75) composite flour flatbread (India)	66±10	30	10
150 Amaranth : wheat (50:50) composite flour flatbread (India)	76±20	30	11
BREAKFAST CEREALS AND RELATED PRODUCTS			
151 All-Bran TM (high-fiber, extruded wheat bran cereal)			
All-Bran TM (Kellogg's, Pagewood, NSW, Australia) 13	30	30	4
All-Bran TM (Kellogg's, Battle Creek, MI, USA)	38	30	9
All-Bran TM (Kellogg's Inc., Etobicoke, Canada)	50	30	9
All-Bran TM (Kellogg's Inc., Canada)	51±5	30	9
mean of four studies	42±5		
152 All-Bran Fruit 'n Oats TM (Kellogg's, Australia)	39	30	7
153 All-Bran Soy 'n Fibre TM (Kellogg's, Australia)	33±3	30	4
154 Amaranth (Amaranthus esculentum) popped, eaten with milk and non-nutritive sweetener (India)	97±19	30	18
Barley porridge			
155 Wholemeal barley flour porridge (100% regular barley) (flour:water = 1:3), boiled 2.5 min (Sweden)	68	50 (dry)	23
156 Wholemeal high-fibre barley flour porridge (50% regular barley flour: 50% high-fibre barley flour) (Sweden)	55	50 (dry)	8
157 Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden)	62	50 (dry)	17
158 Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden)	65	50 (dry)	18
159 Bran Buds TM (Kellogg's Inc., Canada) 15	58	30	7
160 Bran Buds with psyllium (Kellogg's Inc., Canada) 15	47	30	6
161 Bran Chex TM (Nabisco Brands Ltd., Toronto, Canada) 15	58	30	11
162 Bran Flakes TM (Kellogg's, Australia)	74	30	13
163 Cheerios TM (General Mills Inc., Etobicoke, Canada) 15	74	30	15
164 Chocapic TM (Nestlé, France)	84±9	30	21
165 Coco Pops TM (cocoa flavoured puffed rice)			
Coco Pops TM (Kellogg's, Australia)	77±8		
Coco Pops TM (Kellogg's, Australia)	77±3		
mean of two studies	77	30	20
166 Corn Bran TM (Quaker Oats Co. of Canada, Peterborough, Canada) 15	75	30	15
167 Corn Chex TM (Nabisco Brands Ltd., Canada) 15	83	30	21
168 Cornflakes TM			

Cornflakes TM (Kellogg's, Auckland, New Zealand)	72±16	30	18
Cornflakes TM (Kellogg's, Australia)	77	30	20
Cornflakes TM (Kellogg's Inc., Canada)	80±6	30	21
Cornflakes TM (Kellogg's Inc., Canada)	86	30	22
Cornflakes TM (Kellogg's, USA) 5	92	30	24
mean of five studies	81±3	30	21
169 Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada) 15	74	30	17
170 Cornflakes, Crunchy Nut TM (Kellogg's, Australia)	72±4	30	17
171 Corn Pops TM (Kellogg's, Australia)	80±4	30	21
172 Cream of Wheat TM (Nabisco Brands Ltd., Canada) 15	66	250	17
173 Cream of Wheat TM, Instant (Nabisco Brands Ltd., Canada) 15	74	250	22
174 Crispix TM (Kellogg's Inc., Canada) 15	87	30	22
175 Energy Mix TM (Quaker, France)	80±7	30	19
176 Froot Loops TM (Kellogg's, Australia)	69±9	30	18
177 Frosties TM, sugar-coated cornflakes (Kellogg's, Australia)	55	30	15
178 Fruitful Lite TM (Hubbards, Auckland, New Zealand)	61±20	30	12
179 Fruity-Bix TM, berry (Sanitarium, Auckland, New Zealand)	113±10	30	25
180 Golden Grahams TM (General Mills Inc., Canada) 15	71	30	18
181 Golden Wheats TM (Kellogg's, Australia)	71±8	30	16
182 Grapenuts TM			
Grapenuts TM (Post, Kraft General Foods Inc., Toronto, Canada) 15	67	30	13
Grapenuts TM (Kraft Foods Inc., Port Chester, NY, USA)	75±6	30	16
mean of two studies	71±4	30	15
183 Grapenuts TM Flakes (Post, Kraft General Foods Inc., Canada) 15	80	30	17
184 Guardian TM (Kellogg's, Australia)	37±9	30	5
185 Healthwise TM for bowel health (Uncle Toby's, Wahgunyah, Vic, Australia)	66±9	30	12
186 Healthwise TM for heart health (Uncle Toby's, Australia)	48±5	30	9
187 Honey Rice Bubbles TM (Kellogg's, Australia)	77±4	30	20
188 Honey Smacks TM (Kellogg's, Australia)	71±10	30	16
189 Hot cereal, apple & cinnamon (Con Agra Inc., USA)	37±6	30	8
190 Hot cereal, unflavoured (Con Agra Inc., USA)	25±5	30	5
191 Just Right TM (Kellogg's, Australia)	60±15	30	13
192 Just Right Just Grains TM (Kellogg's, Australia)	62±11	30	14
193 Komplete TM (Kellogg's, Australia)	48±5	30	10
194 Life TM (Quaker Oats Co., Canada) 15	66	30	16
195 Mini Wheats TM, whole wheat (Kellogg's, Australia)	58±8	30	12
196 Mini Wheats TM, blackcurrant (Kellogg's, Australia)	72±10	30	15
Muesli			
197 Muesli, NS (Canada)	66±9	30	16
198 Alpen Muesli (Wheetabix, France)	55±10	30	10
199 Muesli, gluten-free (Freedom Foods, Cheltenham, Vic, Australia) with 1.5% fat milk	39±6	30	7
200 Muesli, Lite (Sanitarium, New Zealand)	54±12	30	10
201 Muesli, Natural (Sanitarium, New Zealand)	57±9	30	11
202 Muesli, Natural (Sanitarium, Australia)	40±6	30	8
mean of two studies	49±9	30	10
203 Muesli, No Name (Sunfresh Ltd., Toronto, Canada) 15	60	30	11
204 Muesli, Swiss Formula (Uncle Toby's, Australia)	56±8	30	9

205	Muesli, toasted (Purina, Sydney, NSW, Australia)	43+4	30	7
206	Nutrigrain TM (Kellogg's, Australia)	66±12	30	10
207	Oat 'n Honey Bake TM (Kellogg's, Australia)	77±11	30	13
208	Oat bran			
	Oat bran, raw (Quaker Oats Co., Canada) 15	50	10	2
	Oat bran, raw	59	10	3
	mean of two studies	55±5	10	3
209	Porridge made from rolled oats			
	Porridge (Uncle Toby's, Australia) 13	42	250	9
	Porridge (Canada) 16	49±8	250	11
	Traditional porridge oats (Lowan Whole Foods, Box Hill, Vic, Australia)	51±8	250	11
	Porridge (Hubbards, New Zealand)	58±9	250	12
	Porridge (Australia)	58±4	250	12
	Porridge (Canada)	62	250	14
	Porridge (Canada)	69	250	16
	Porridge (USA) 6	75	250	17
	mean of eight studies	58±4	250	13
210	Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden)	74	50 (dry)	24
211	Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden)	55	250	15
212	Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden)	69	250	19
213	Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden)	50	250	14
214	Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden)	80	250	22
215	Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden)	53	250	14
216	Instant Porridge			
	Quick Oats (Quaker Oats Co., Canada)	65		
	One Minute Oats (Quaker Oats Co., Canada) 15	66		
	mean of two studies	66±1	250	17
217	Pop Tarts TM, Double Chocolate (Kellogg's, Australia)	70±2	50	25
218	Pro Stars TM (General Mills Inc., Canada) 15	71	30	17
219	Puffed Wheat			
	Puffed Wheat (Quaker Oats Co., Canada) 15	67	30	13
	Puffed Wheat (Sanitarium, Australia)	80±11	30	17
	mean of two studies	74±7	30	16
220	Raisin Bran TM (Kellogg's, USA)	61±5	30	12
221	Red River Cereal (Maple Leaf Mills, Toronto, Canada)	49	30	11
222	Rice Bran, extruded (Rice Growers Co-Operative Ltd., Leeton, NSW, Australia)	19±3	30	2
223	Rice Bubbles TM (puffed rice)			
	Rice Bubbles TM (Kellogg's, Australia) 13	81		
	Rice Bubbles TM (Kellogg's, Australia)	85±3		
	Rice Bubbles TM (Kellogg's, Australia)	95		
	mean of three studies	87±4	30	22
224	Rice Chex TM (Nabisco Brands Ltd., Canada) 15	89	30	23
225	Rice Krispies TM (Kellogg's Inc., Canada) 15	82	30	21
226	Shredded Wheat		30	22
	Shredded Wheat (Canada)	67±10	30	13
	Shredded Wheat TM (Nabisco Brands Ltd., Canada) 15	83	30	17
	mean of two studies	75±8	30	15

Special K TM - formulation of this cereal varies in different countries			
227 Special K TM (Kellogg's, Australia)	54±4	30	11
228 Special K TM (Kellogg's, USA)	69±5	30	14
229 Special K TM (Kellogg's, France)	84±12	30	20
230 Soy Tasty TM (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)	60±5	30	12
231 Soyтана TM, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals, Mt Kuring-gai, NSW, Australia)	49±3	45	12
232 Sultana Bran TM (Kellogg's, Australia)	73±13	30	14
233 Sustain TM (Kellogg's, Australia) 13	68	30	15
234 Team TM (Nabisco Brands Ltd., Canada) 15	82	30	17
235 Thank Goodness TM (Hubbards, New Zealand)	65±18	30	15
236 Total TM (General Mills Inc., Canada) 15	76	30	17
237 Ultra-bran TM, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g) (Specialty Cereals, Australia)	41±4	30	5
238 Wheat-bites TM (Uncle Toby's, Australia)	72±11	30	18
239 Wheat biscuits (plain flaked wheat)			
Vita-Brits TM (Uncle Toby's, Australia) 13	61	30	12
Vita-Brits TM (Uncle Toby's, Australia)	68±6	30	13
Weet-Bix TM (Sanitarium, Australia)	69	30	12
Weet-Bix TM (Sanitarium, Australia)	69±4	30	12
Weetabix TM (Weetabix of Canada Ltd., Thornhill, Canada) 15	74	30	16
Weetabix TM (Weetabix of Canada Ltd.)	75±10	30	16
Whole wheat Goldies TM (Kellogg's, Australia)	70±4	30	14
mean of seven studies	70±2	30	13
Wheat biscuits (flaked wheat) with additional ingredients			
240 Good Start TM, muesli wheat biscuits (Sanitarium, Australia)	68±4	30	14
241 Hi-Bran Weet-Bix TM, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4	30	10
242 Hi-Bran Weet-Bix TM with soy and linseed (Sanitarium, Australia)	57±3	30	9
243 Honey Goldies TM (Kellogg's Australia)	72±3	30	15
244 Lite-Bix TM, plain, no added sugar (Sanitarium, Australia)	70±3	30	14
245 Oat bran Weet-Bix TM (Sanitarium, Australia)	57±4	30	11
246 Sultana Goldies TM (Kellogg's Australia)	65±6	30	13

BREAKFAST CEREAL BARS

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

CEREAL GRAINS

Amaranth

255	Amaranth (<i>Amaranthus esculentum</i>) popped, eaten with milk and non-nutritive sweetener (India) Barley	97±19	30	21
256	Pearl Barley			
	Barley, pearled (Canada)	22		
	Barley (Canada)	22		
	Barley, pot, boiled in salted water 20 min (Gouda's foods, Concord, Canada)	25±2		
	Barley (Canada)	27		
	Barley, pearled (Canada)	29		
	mean of five studies	25±1	150	11
257	Barley (<i>Hordeum vulgare</i>) (India)	37		
	Barley (<i>Hordeum vulgare</i>) (India)	48		
	mean of two groups of subjects	43±6	150	26
258	Barley, cracked (Malthouth, Tunisia)	50	150	21
259	Barley, rolled (Australia)	66±5	50 (dry)	25
260	Buckwheat			
	Buckwheat (Canada)	49		
	Buckwheat (Canada)	51±10		
	Buckwheat (Canada)	63		
	mean of three studies	54±4	150	16
261	Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden)	45	150	13
	Corn/Maize			
262	Maize (<i>Zea Mays</i>), flour made into chapatti (India)	59		
263	Maize meal porridge/gruel (Kenya)	109		
264	Cornmeal			
	Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada)	68	150	9
	Cornmeal + margarine (McNair Products Co. Ltd., Canada)	69	150	9
	mean of two studies	69±1	150	9
265	Sweet corn			
	Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	150	11
	Sweet corn, on the cob, boiled 20 min (Australia)	48	150	14
	Sweet corn (Canada)	59±11	150	20
	Sweet corn (USA)	60	150	20
	Sweet corn (USA)	60	150	20
	Sweet corn (South Africa)	62±5	150	20
	mean of six studies	53±4	150	17
266	Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA)	46	150	13
267	Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	47	150	16
268	Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	68	20	8
	Couscous			
269	Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA)	61		
	Couscous, boiled 5 min (Tunisia)	69		
	mean of two studies	65±4	150	23
	Millet			
270	Millet, boiled (Canada)	71±10	150	25
271	Millet flour porridge (Kenya)	107		

Rice, white			
272 Arborio, risotto rice, boiled (Sun Rice brand, Rice Growers Co-Op., Australia)	69±7	150	36
273 White (<i>Oryza sativa</i>), boiled (India)	69±15	150	30
274 Rice, boiled white, type NS			
Type NS, eaten alone (France)	45	150	14
Type NS (India)	48	150	18
Type NS (Canada)	51	150	21
Type NS (France)	52	150	19
Type NS (Canada)	56	150	23
Type NS (Pakistan)	69	150	26
Type NS (Canada)	72±9	150	30
Type NS, boiled in salted water (India)	72	150	27
Type NS, boiled 13 min (Italy)	102	150	31
Type NS (Kenya)	112	150	47
Type NS, boiled (France)	43	150	13
Type NS, boiled (France)	47	150	14
mean of 12 studies	64±7	150	23
275 Type NS, boiled in salted water, refrigerated 16-20h, reheated (India)	53	150	20
276 Type NS, boiled 13 min, then baked 10 min (Italy)	104	150	31
277 Long grain, boiled			
Long grain, boiled 5 min (Canada)	41	150	16
Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, NSW, Australia)	50	150	21
Gem long grain (Dainty Food Inc., Toronto, Canada)	55	150	22
Long grain, white (Uncle Bens, Auckland, New Zealand)	56±7	150	24
Long grain, boiled 25 min (Surinam)	56±2	150	24
Gem long grain (Dainty Food Inc., Canada)	57	150	23
Long grain, boiled 15 min	58	150	23
Gem long grain (Dainty Food Inc., Canada)	60	150	24
Gem long grain (Dainty Food Inc., Canada)	60	150	24
Long grain, white, boiled 7 min (Star brand, Gouda foods, Concord, Canada)	64±3	150	26
mean of 10 studies	56±2	150	23
Rice, long grain, quick-cooking varieties			
278 Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6	150	25
279 Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7	150	28
280 Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods King's Lynn, Norfolk, UK)	52±5	150	19
Rice, specialty rices			
281 Cajun Style, Uncle Ben's ® (Effem Foods Ltd., Bolton, Canada)	51	150	19
282 Garden Style, Uncle Ben's ® (Effem Foods Ltd., Canada)	55	150	21
283 Long Grain and Wild, Uncle Ben's ® (Effem Foods Ltd., Canada)	54	150	20
284 Mexican Fast and Fancy, Uncle Ben's ® (Effem Foods Ltd., Canada)	58	150	22
285 Saskatchewan wild rice (Canada)	57	150	18
286 Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand)	86±10	150	37
287 Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand)	98±7	150	31
288 Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	150	46
Rice, white low-amylose			

289	Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	83±13	150	36
290	Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	87±7	150	37
291	Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	88±11	150	38
292	Pelde, white (Rice Growers Co-op., Australia)	93±11	150	40
293	White, low-amylose, boiled (Turkey)	139	150	60
	Rice, white high-amylose			
294	Bangladeshi rice variety BR16 (28% amylose)	37	150	14
	Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min	39	150	15
	mean of two studies	38	150	15
295	Doongara, white (Rice Growers Co-op., Australia)	50±6		
	Doongara, white (Rice Growers Co-op., Australia)	64±9		
	Doongara, white (Rice Growers Co-op., Australia)	54±7		
	mean of three studies	56±4	150	22
296	Koshikari (Japonica), white, short-grain, boiled 15 min then steamed 10 min (Japan)	48±8	150	18
297	Basmati			
	Basmati, white, boiled (Mahatma brand, Sydney, NSW, Australia)	58±8	150	22
	Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® (Masterfoods, Kings Lynn, Norfolk, UK)	57±4	150	24
	Quick cooking white basmati, cooked 10 min, Uncle Ben's Superior (Masterfoods Olen, Belgium)	60±5	150	23
298	Rice, brown			
	Brown (Canada)	66±5	150	21
	Brown, steamed (USA) 5	50	150	16
	Brown (Oriza Sativa), boiled (South India) 5	50±19	150	16
	mean of three studies	55±5	150	18
	Calrose brown (Rice Growers Co-op., Australia)	87±8	150	33
	Doongara brown, high amylose (Rice Growers Co-op., Australia)	66±7	150	24
	Pelde brown (Rice Growers Co-op., Australia)	76±6	150	29
	Parboiled, cooked 20 min, Uncle Ben's Natur-reis® (Masterfoods Olen, Belgium)	64±7	150	23
	Sunbrown Quick TM (Rice Growers Co-op., Australia)	80±7	150	31
299	Instant/puffed rice			
	Instant rice, white, boiled 1 min (Canada)	46	150	19
	Instant rice, white, cooked 6 min (Trice brand, Australia)	87	150	36
	Puffed, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods Olen, Belgium)	74±5	150	31
	mean of three studies	69±12	150	29
	Instant doongara, white, cooked 5 min (Rice Growers Co-op., Australia)	94±7	150	35
300	Parboiled rice			
	Parboiled rice (Canada)	48	150	18
	Parboiled rice (USA)	72	150	26
	Converted, white, Uncle Ben's® (Effem Foods Ltd., Canada)	45	150	16
	Converted, white, boiled 20-30 min, Uncle Ben's® (Masterfoods USA, Vernon, CA)	38	150	14
	Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)	50	150	18
	Boiled, 12 min (Denmark) 6	39	150	14
	Boiled, 12 min (Denmark)	42	150	15
	Boiled, 12 min (Denmark)	43	150	16
	Boiled, 12 min (Denmark)	46	150	17
	Long grain, boiled 5 min (Canada)	38	150	14
	Long grain, boiled, 10 min (USA) 5	61	150	22

	Long grain, boiled 15 min (Canada)	47	150	17
	Long grain, boiled 25 min (Canada)	46	150	17
	mean of thirteen studies	47±3	150	17
301	Parboiled rice, eaten as part of a traditional Indian meal (India) 5	99		
302	Parboiled, low-amylose			
	Bangladeshi rice variety BR2, parboiled (12% amylose)	51	150	19
	Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op., Australia)	87±7	150	34
303	Parboiled, high-amylose			
	Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op., Australia)	50±6	150	19
	Bangladeshi rice variety BR16, parboiled (28% amylose)	35	150	13
	Bangladeshi rice variety BR16, traditionally parboiled (27% amylose)	32	150	12
	Bangladeshi rice variety BR16, pressure parboiled (27% amylose)	27	150	11
	Bangladeshi rice variety BR4, parboiled (27% amylose)	33	150	13
	Mean of 5 studies	35±4	150	14
304	Rye, whole kernels			
	Rye, whole kernels (Canada)	29	50 (dry)	11
	Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	34	50 (dry)	13
	Rye, whole kernels (Canada)	39	50 (dry)	15
	mean of three studies	34±3	50 (dry)	13
	Wheat			
305	Wheat, whole kernels			
	Wheat, whole kernels (Triticum aestivum) (India) 11	30±9	50 (dry)	11
	Wheat, whole kernels (Canada)	42	50 (dry)	14
	Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	44	50 (dry)	14
	Wheat, whole kernels (Canada)	48	50 (dry)	16
	mean of four studies	41±3	50 (dry)	14
306	Wheat, type NS(India)	90	50 (dry)	34
307	Wheat, precooked kernels			
	Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4	50 (dry)	19
	Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5	50 (dry)	17
	Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)	40±5	125	16
	Quick cooking (White Wings, Sydney, NSW, Australia)	54±11	150	25
308	Semolina			
	Semolina, roasted at 105 °C then gelatinised with water (India)	55±9		
	Semolina, steamed and gelatinised (India)	54±13		
	mean of two studies	55±1	150	6
309	Cracked wheat (bulgur/bourghul)			
	Bulgur, boiled (Canada)	46		
	Bulgur, boiled in 800 mL water 20 min (Canada)	46		
	Bulgur, boiled 20 min (Canada)	46		
	Bulgur, boiled 20 min (Canada)	53		
	mean of four studies	48±2	150	12
	COOKIES			
	Arrowroot			
310	Arrowroot (McCormicks's, Interbare Foods, Toronto, Canada)	63	25	13
311	Arrowroot plus (McCormicks's, Canada)	62	25	11

312 Milk Arrowroot TM (Arnotts, Sydney, NSW, Australia)	69±7	25	12
mean of three studies	65±2	25	12
313 Barquette Abricot (LU, Ris, Orangis, France)	71±6	40	23
314 Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)	57±9	50	19
315 Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9	50	17
316 Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11	25	14
317 Digestives			
Digestives (Canada)	55		
Digestives (Canada)	59±7		
Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada)	62		
mean of three studies	59±2	25	10
318 Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	58	25	10
319 Evergreen met Krenten (LU, Netherlands)	66±12	38	14
320 Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand)	77±25	25	13
321 Graham Wafers (Christie Brown & Co., Toronto, Canada)	74	25	14
322 Gran'Dia Banana, Oats and Honey (LU, Brazil)	28±5	30	6
323 Grany en-cas Abricot (LU, France)	55±6	30	9
324 Grany en-cas Fruits des bois (LU, France)	50±5	30	7
325 Grany Rush Apricot (LU, Netherlands)	62±3	30	12
326 Highland Oatmeal TM (Westons biscuits, Sydney, NSW, Australia)	55±8	25	10
327 Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland)	57	25	8
328 LU P'tit Déjeuner Chocolat (LU, France)	42±5	50	14
329 LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	45±5	50	16
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	52±3	50	18
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	49±8	50	18
mean of three studies	49±2	50	17
330 Maltmeal wafer (Griffin's Foods Ltd., New Zealand)	50±10	25	9
331 Morning Coffee TM (Arnotts, Australia)	79±6	25	15
332 Nutrigrain Fruits des bois (Kellogg's, France)	57±4	35	13
333 Oatmeal (Canada)	54±4	25	9
334 Oro (Saiwa, Italy)	61±9	40	20
Oro (Saiwa, Italy)	67±17	40	21
mean of two studies	64±3	40	20
335 Petit LU Normand (LU, France)	51±3	25	10
336 Petit LU Roussillon (LU, France)	48±4	25	9
337 Prince Energie+ (LU, France)	73±5	25	13
338 Prince fourré chocolat (LU, France)	53±5		
Prince fourré chocolat (LU, France)	50±5		
mean of two studies	52±2	45	16
339 Prince Meganana Chocolate (LU, Spain)	49±12	50	18
340 Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6	50	16
341 Rich Tea (Canada)	55±4	25	10
342 Sablé des Flandres (LU, France)	57±10	20	8
343 Shortbread (Arnotts, Australia)	64±8	25	10
344 Shredded Wheatmeal TM (Arnotts, Australia)	62±4	25	11
345 Snack Right Fruit Slice (97% fat-free) (Arnott's, Australia)	45±3	25	9
346 Thé (LU, France)	41±7	20	6

347	Vanilla Wafers (Christie Brown & Co., Canada)	77	25	14
348	Véritable Petit Beurre (LU, France)	51±8	25	9
CRACKERS				
349	Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	67	25	10
350	Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, NSW, Australia)	87±10	25	18
351	Cream Cracker (LU Triumfo, Brazil)	65±11	25	11
352	High-calcium cracker (Danone, Malaysia)	52±8	25	9
353	Jatz TM, plain salted craker biscuits (Arnotts, Australia)	55±5	25	10
354	Puffed Crispbread (Westons, Australia)	81±9	25	15
355	Puffed rice cakes			
	Puffed rice cakes, white (Rice Growers Co-op., Leeton, NSW, Australia)	82±11	25	17
	Rice cakes, Calrose rice (low-amylose) (Rice Growers Co-op., Australia)	91±7	25	19
	Rice cakes, Doongara rice (high-amylose) (Rice Growers Co-op., Australia)	61±5	25	13
	mean of three studies	78±9	25	17
356	Rye crispbread			
	Rye crispbread (Canada)	63	25	10
	Ryvita TM (Canada)	69±10	25	11
	High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	59	25	9
	Rye crispbread (Ryvita Company Ltd., UK)	63	25	11
	mean of four studies	64±2	25	11
357	Kavli TM Norwegian Crispbread (Players Biscuits, Sydney, NSW, Australia)	71±7	25	12
358	Sao TM, plain square crackers (Arnotts, Australia)	70±9	25	12
359	Stoned Wheat Thins (Christie Brown & Co., Canada)	67	25	12
360	Water cracker			
	Water cracker (Canada)	63±9	25	11
	Water cracker (Arnotts, Australia)	78±11	25	14
	mean of two studies	71±8	25	13
361	Premium Soda Crackers (Christie Brown & Co., Canada)	74	25	12
362	Vita-wheat TM, original, crispbread (Arnott's, Australia)	55±4	25	10
DAIRY PRODUCTS AND ALTERNATIVES				
Custard				
363	No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Sydney, NSW, Australia)	35±2	100	6
364	Custard, home made from milk, wheat starch, and sugar (Australia)	43±10	100	7
365	TRIM TM, reduced-fat custard (Pauls Ltd., South Brisbane, Qld, Australia)	37±4	100	6
	mean of three studies	38±2	100	6
366	Ice cream, Regular/NS			
	Ice cream, NS (Canada)	36±8		
	Ice cream (half vanilla, half chocolate) (Italy)	57		
	Ice cream, NS(USA)	62		
	Ice cream, chocolate flavored (USA)	68±15		
	Ice cream (half vanilla, half chocolate) (Italy)	80		
	mean of five studies	61±7	50	8
367	Ice cream, Reduced- or Low-fat			
	Ice cream, low-fat, vanilla, 'Light' (Peter's, Sydney, NSW, Australia)	50±8	50	3
	Ice-cream, low-fat (1.2 % fat), Prestige Light rich vanilla (Norco, Lismore, NSW, Australia) 6	47±5	50	5

	Ice-cream, low-fat (1.4% fat), Prestige Light traditional toffee (Norco, Australia) 6	37±4	50	5
	Ice-cream, reduced-fat (7.1 % fat), Prestige golden macadamia (Norco, Australia) 6	39±3	50	5
368	Ice cream, Premium (high-fat)			
	Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)	37±3	50	4
	Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)	38±3	50	3
369	Milk, full-fat			
	Full-fat (Italy)	11		
	Full-fat (3% fat, Skånemejerier, Malmö, Sweden) 6	21		
	Full-fat (Italy)	24		
	Full-fat cow's milk, fresh (Dairy Farmers, Sydney, NSW, Australia)	31±2		
	Full-fat (Canada)	34±6		
	Full-fat (USA)	40		
	mean of five studies	27±4	250	3
370	Fermented cow's milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden) 6	11		
371	Fermented cow's milk (filmjök, 3% fat) (Skånemejerier, Malmö, Sweden) 6	11		
	mean of two foods	11		
372	Milk, full-fat, plus bran			
	Full-fat + 20g wheat bran (Italy)	25		
	Full-fat + 20g wheat bran (Italy)	28		
	mean of two studies	27±2	250	3
373	Milk, skim (Canada)	32±5	250	4
374	Milk, condensed, sweetened (Nestlé, Sydney, NSW, Australia)	61±6	50	17
375	Milk, low-fat, chocolate, with aspartame, Lite White TM (Dairy Farmers, Australia)	24±6	250	3
376	Milk, low-fat, chocolate, with sugar, Lite White TM (Dairy Farmers, Australia)	34±4	250	9
377	Mousse, reduced-fat, prepared from commercial mousse mix with water			
	Butterscotch, 1.9% fat (Nestlé, Australia)	36±4	50	4
	Chocolate, 2% fat (Nestlé, Australia)	31±4	50	3
	Hazelnut, 2.4% fat (Nestlé, Australia)	36±4	50	4
	Mango, 1.8% fat (Nestlé, Australia)	33±5	50	4
	Mixed berry, 2.2% fat (Nestlé, Australia)	36±5	50	4
	Strawberry, 2.3% fat (Nestlé, Australia)	32±3	50	3
	mean of six foods	34±1	50	4
378	Pudding			
	instant, chocolate, made from powder and whole milk (White Wings, Sydney, NSW, Australia)	47±4	100	7
	instant, vanilla, made from powder and whole milk (White Wings, Australia)	40±4	100	6
	mean of two foods	44±4	100	7
379	Yoghurt			
	Yoghurt, type NS (Canada)	36±4	200	3
380	Low-fat yoghurt			
	Low-fat, fruit, aspartame, Ski TM (Dairy Farmers, Australia)	14±4	200	2
	Low-fat, fruit, sugar, Ski TM (Dairy Farmers, Australia)	33±7	200	10
	Low-fat (0.9%), fruit, wild strawberry (Ski d'Lite TM, Dairy Farmers, Australia)	31±14	200	9
381	Non-fat yoghurt, sweetened with acesulfame K and Splenda			
	Diet Vaalia TM, exotic fruits (Pauls Ltd., Australia) 6	23±2	200	4
	Diet Vaalia TM, mango (Pauls Ltd., Australia) 6	23±2	200	3
	Diet Vaalia TM, mixed berry (Pauls Ltd., Australia) 6	25±3	200	3
	Diet Vaalia TM, strawberry (Pauls Ltd., Australia) 6	23±2	200	3

Diet Vaalia TM, vanilla (Pauls Ltd, Australia) 6	23±2	200	3
mean of five foods	24±1	200	3
382 Reduced-fat yoghurt			
Reduced-fat, Vaalia TM, apricot & mango (Pauls Ltd., Australia) 6	26±4	200	8
Reduced-fat, Vaalia TM, french vanilla (Pauls Ltd., Australia) 6	26±4	200	3
Reduced-fat, Extra-Lite TM, strawberry (Pauls Ltd., Australia) 6	28±4	200	9
mean of three foods	27±1	200	7
383 Yoghurt drink, reduced-fat, Vaalia TM, tropical passionfruit (Pauls Ltd., Australia) 6	38±4	200	11
Soy-based dairy product alternatives			
384 Soy milks (containing maltodextrin)			
Soy milk, full-fat (3%), 0 mg calcium, Original (So Natural Foods, Taren Point, NSW, Australia) 6	44±5	250	8
Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia) 6	36±4	250	6
Soy milk, reduced-fat (1.5%), 120 mg calcium, Light (So Natural Foods, Australia) 6	44±3	250	8
385 Soy milk drinks			
Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia) 6	30±3	250	7
Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia) 6	34±3	250	8
mean of two drinks	32±2	250	7
Up & Go TM, cocoa malt flavor (soy milk, rice cereal liquid breakfast) 6 (Sanitarium, Berkeley Vale, NSW, Australia)	43±5	250	11
Up & Go TM, original malt flavor (soy milk, rice cereal liquid breakfast) 6 (Sanitarium, Australia)	46±5	250	11
mean of two drinks	45±2	250	11
Xpress TM, chocolate (soy bean, cereal and legume extract drink with fructose) 6 (So Natural Foods, Australia)	39±2	250	13
386 Soy yoghurt			
Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia) 6	50±3	200	13
387 Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA)	115±14	50	10
FRUIT AND FRUIT PRODUCTS			
388 Apples, raw			
Apple, NS (Denmark)	28	120	4
Apple, Braeburn (New Zealand) 6	32±4	120	4
Apple, NS (Canada)	34	120	5
Apple, Golden Delicious (Canada)	39±3	120	6
Apple, NS(USA)	40	120	6
Apple, NS (Italy)	44	120	6
mean of six studies	38±2	120	6
389 Apple juice			
Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, SA, Australia)	39±5	250	10
Apple juice, unsweetened (USA)	40	250	12
Apple juice, unsweetened (Allens, Toronto, Canada)	41	250	12
mean of three studies	40±1	250	11
390 Apple, dried (Australia)	29±5	60	10
Apricots			
391 Apricots, raw, NS (Italy)	57	120	5
392 Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	64	120	12
393 Apricots, dried (Australia)	30±7	60	8

Apricots, dried (Wasco foods, Montreal, Canada)	32	60	10
mean of two studies	31±1	60	9
394 Apricot fruit bar, pureed dried apricot filling in wholemeal pastry (Mother Earth, Auckland, New Zealand)	50±8	50	17
395 Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, SA, Australia)	55±7	30	7
396 Apricot Fruity Bitz TM, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	15	5
397 Banana, raw			
Banana (Canada)	46	120	12
Banana (Italy)	58	120	13
Banana (Canada)	58	120	15
Banana (Canada)	62±9	120	16
Banana (South Africa)	70±5	120	16
Banana, ripe (all yellow) (USA)	51	120	13
Banana, under-ripe (Denmark)	30	120	6
Banana, slightly under-ripe (yellow with green sections) (USA)	42	120	11
Banana, over-ripe (yellow flecked with brown) (USA)	48	120	12
Banana, over-ripe (Denmark)	52	120	11
mean of 10 studies	52±4	120	12
398 Banana, processed fruit fingers, Heinz Kidz TM (H J Heinz, Malvern, Vic, Australia)	61±11	30	12
399 Breadfruit (Artocarpus altilis), raw (Australia) 6	68	120	18
400 Cherries, raw, NS(Canada)	22	120	3
401 Chico (Zapota zapotilla coville), raw (Philippines) 6	40	120	12
402 Cranberry juice			
Cranberry juice cocktail (Ocean Spray, Melbourne, Vic, Australia)	52±3	250	16
Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)	68±3	250	24
Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	250	16
403 Custard apple, raw, flesh only (Australia)	54±2	120	10
404 Dates, dried (Australia)	103±21	60	42
405 Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, NSW, Australia)	61±6	60	16
406 Fruit Cocktail, canned (Delmonte Canadian Cannery Ltd., Hamilton, Canada)	55	120	9
407 Grapefruit, raw (Canada)	25	120	3
408 Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	250	9
409 Grapes, raw			
Grapes, NS(Canada)	43	120	7
Grapes, NS (Italy)	49	120	9
mean of two studies	46±3	120	8
Grapes, black, Waltham Cross (Australia)	59	120	11
410 Kiwi fruit, raw			
Kiwi fruit, Hayward (New Zealand) 6	47±4	120	5
Kiwi fruit (Australia) 6	58±7	120	7
mean of two studies	53±6	120	6
411 Lychee, canned in syrup and drained, Narcissus brand (China)	79±8	120	16
412 Mango, raw			
Mango (Mangifera indica) (Philippines) 6	41	120	8
Mango (Mangifera indica) (Australia) 6	51±3	120	8
Mango, ripe (Mangifera indica) (India) 11	60±16	120	9

mean of three studies	51±5	120	8
413 Mango, low-fat frozen fruit dessert, Frutia TM (Weis Frozen Foods, Toowong, Qld, Australia)	42±3	100	10
414 Marmalade, orange (Australia)	48±9	30	9
415 Oranges, raw			
Oranges, NS (Denmark)	31	120	3
Oranges, NS (South Africa)	33±6	120	3
Oranges, NS (Canada)	40±3	120	4
Oranges, NS (Italy)	48	120	5
Oranges (Sunkist, Van Nuys, CA, USA)	48	120	5
Oranges NS(Canada)	51	120	6
mean of six studies	42±3	120	5
416 Orange juice			
Orange Juice (Canada)	46±6	250	12
Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd., Australia)	53±6	250	9
Orange juice, reconstituted from frozen concentrate (USA)	57±6	250	15
mean of three studies	52±3	250	12
417 Paw paw/papaya, raw			
Paw paw (Carica papaya) (Australia) 6	56±6	120	5
Paw paw (papaya), ripe (India) 11	60±16	120	17
Papaya (Carica papaya) (Philippines) 6	60	120	9
mean of three studies	59±1	120	10
Peaches			
418 Peach, raw (Canada)	28	120	4
Peach, raw (Italy)	56	120	5
mean of two studies	42±14	120	5
419 Peach, canned in natural juice (Goulburn Valley, Ardmona Foods, Mooroopna, Vic, Australia)	30±4	120	3
Peach, canned in natural juice (SPC Ltd., Shepparton, Vic, Australia)	45±6	120	5
mean of two studies	38±8	120	4
420 Peach, canned in heavy syrup (Letona Foods, Hawthorn East, Vic, Australia)	58±11	120	9
421 Peach, canned in light syrup (Delmonte, Canadian Cannery Ltd.)	52	120	9
422 Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	62±9	120	11
Pears			
423 Pear, raw, NS(Canada)	33	120	4
424 Pear, Winter Nellis, raw (New Zealand) 6	34±4	120	4
425 Pear, Bartlett, raw (Canada)	41	120	3
426 Pear, raw, NS (Italy)	42	120	4
mean of four studies	38±2	120	4
427 Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	25±6	120	4
428 Pear halves, canned in natural juice (SPC Ltd., Australia)	43±15	120	5
429 Pear, canned in pear juice, Bartlett (Delmonte, Canadian Cannery Ltd.)	44	120	5
Pineapple			
430 Pineapple, raw (Australia) 6	66±7	120	6
Pineapple (Ananas comosus), raw (Philippines) 6	51	120	8
mean of two studies	59±8	120	7
431 Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	250	15
Plums			
432 Plum, raw, NS (Canada)	24	120	3

Plum, raw, NS (Italy)	53	120	6
mean of two studies	39±15	120	5
433 Prunes, pitted (Sunsweet Growers Inc., Yuba City, CA, USA)	29±4	60	10
434 Raisins (Canada)	64±11	60	28
435 Rockmelon/Cantaloupe, raw (Australia) 6	65±9	120	4
436 Strawberries, fresh, raw (Sydney, NSW, Australia) 6	40±7	120	1
437 Strawberry jam	51±10	30	10
438 Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12	30	23
439 Sultanas	56±11	60	25
440 Tomato juice, no added sugar (Berri Ltd., Berri, SA, Australia) 6	38±4	250	4
441 Tropical Fruity Bitz TM, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	41±3	15	5
442 Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Sydney, NSW, Australia)	59±8	100	12
443 Watermelon, raw (Australia) 6	72±13	120	4
444 Wild Berry Fruity Bitz TM, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	35±4	15	4
INFANT FORMULA AND WEANING FOODS			
445 Formula			
Infasoy TM, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia) 6	55±6	100 mL	4
Karicare TM gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand) 6	35±5	100 mL	2
Nan-1 TM infant formula with iron (Nestlé, Sydney, NSW, Australia) 6	30±6	100 mL	2
S-26 TM infant formula (Wyeth Nutritionals, Australia) 6	36±6	100 mL	3
Weaning Foods			
446 Farex TM baby rice (Heinz Wattie's Ltd., Malvern, Vic, Australia) 6	95±13	87	6
447 Robinsons First Tastes from 4 months (Nutricia, Wells, UK)			
Apple, apricot and banana cereal 6	56±8	75	7
Creamed porridge 6	59±8	75	5
Rice pudding 6	59±6	75	6
448 Heinz for Baby from 4 months (Heinz Wattie's Ltd., Australia)			
Chicken and noodles with vegetables, strained 6	67±11	120	5
Sweetcorn and rice 6	65±13	120	10
LEGUMES AND NUTS			
449 Baked Beans			
Baked Beans, canned (Canada)	40±3		
Baked Beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada)	56		
mean of two studies	48±8	150	7
450 Beans, dried, boiled			
Beans, dried, type NS(Italy)	36	150	11
Beans, dried, type NS(Italy)	20	150	6
mean of two studies	29±9	150	9
451 Blackeyed beans/peas (Cowpeas), boiled			
Blackeyed beans (Canada)	50	150	15
Blackeyed beans (Canada)	33±4	150	10
mean of two studies	42±9	150	13

452 Butter Beans			
Butter beans (South Africa)	28±7	150	5
Butter beans, dried, cooked 1.25 h (South Africa)	29±8	150	6
Butter beans (Canada)	36±4	150	7
mean of three studies	31±3	150	6
Butter beans, dried, boiled + 5g sucrose (South Africa)	30±2	150	6
Butter beans, dried, boiled + 10g sucrose (South Africa)	31±2	150	6
Butter beans, dried, boiled + 15g sucrose (South Africa)	54±4	150	11
453 Chickpeas (Garbanzo beans, Bengal gram), boiled			
Chickpeas (<i>Cicer arietinum</i> Linn), dried, soaked, boiled 35 min (Philippines)	10	150	3
Chickpeas, dried, boiled (Canada)	31	150	9
Chickpeas (Canada)	33	150	10
Chickpeas (Canada)	36±5	150	11
mean of four studies	28±6	150	8
454 Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	42	150	9
455 Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	41	150	7
456 Haricot/Navy beans			
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	29	150	9
Haricot/Navy beans, dried, boiled (Canada)	30	150	9
Haricot/Navy beans, boiled (Canada)	31±6	150	9
Haricot/Navy beans (King Grains, Canada)	39	150	12
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Canada)	59	150	19
mean of five studies	38±6	150	12
457 Kidney Beans			
Kidney/white bean (<i>Phaseolus vulgaris</i> Linn), soaked, boiled 17 min (Philippines)	13	150	3
Kidney beans (<i>Phaseolus vulgaris</i>) (India)	19	150	5
Kidney beans (USA) 5	23	150	6
Kidney beans, dried, boiled (France)	23±1	150	6
Kidney beans (<i>Phaseolus vulgaris</i> L.), red, soaked 20 min, boiled 70 min (Sweden)	25	150	6
Kidney beans (Canada)	29±8	150	7
Kidney beans, dried, boiled (Canada)	42	150	10
Kidney beans (Canada)	46	150	11
mean of eight studies	28±4	150	7
458 Kidney beans (<i>Phaseolus vulgaris</i> L.) - autoclaved	34	150	8
459 Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	52	150	9
460 Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India) 11	70±11	150	17
461 Black bean (<i>Phaseolus vulgaris</i> Linn), soaked overnight, cooked 45 min (Philippines)	20	150	5
462 Lentils, type NS			
Lentils, type NS (USA)	28		
Lentils, type NS (Canada)	29±3		
mean of two studies	29±1	150	5
463 Lentils, green			
Lentils, green, dried, boiled (Canada)	22	150	4

	Lentils, green, dried, boiled (France)	30±15	150	6
	Lentils, green, dried, boiled (Australia)	37±3	150	5
	mean of three studies	30±4	150	5
464	Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	52	150	9
465	Lentils, red			
	Lentils, red, dried, boiled (Canada)	18	150	3
	Lentils, red, dried, boiled (Canada)	21	150	4
	Lentils, red, dried, boiled (Canada)	31	150	6
	Lentils, red, dried, boiled (Canada)	32	150	6
	mean of four studies	26±4	150	5
466	Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	32	150	10
467	Marrowfat peas			
	Marrowfat peas, dried, boiled (USA)	31		
	Marrowfat peas, dried, boiled (Canada)	47±3		
	mean of two studies	39±8	150	7
468	Mung beans			
	Mung bean (<i>Phaseolus aureus</i> Roxb), soaked, boiled 20 min (Philippines)	31	150	5
	Mung bean, fried (Australia)	53±8		
	Mung bean, germinated (Australia)	25±4	150	4
	Mung bean, pressure cooked (Australia)	42±5	150	7
469	Peas, dried, boiled (Australia)	22	150	2
470	Pigeon Pea (<i>Cajanus cajan</i> Linn. Huth.), soaked, boiled 45 min (Philippines)	22	150	4
471	Pinto beans			
	Pinto beans, dried, boiled (Canada)	39	150	10
	Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	45	150	10
472	Romano beans (Canada)	46	150	8
473	Soya beans			
	Soya beans, dried, boiled (Canada)	15±5	150	1
	Soya beans, dried, boiled (Australia)	20±3	150	1
	mean of two studies	18±3	150	1
	Soya beans, canned (Canada)	14±2	150	1
474	Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada)	32	150	6
	MEAL REPLACEMENT PRODUCTS			
475	Hazelnut & Apricot bar (Dietworks, South Yarra, Vic, Australia)	42±7	50	9
476	L.E.A.N TM products (Usana Inc., Salt Lake City, UT, US)			
	L.E.A.N Fibergy TM bar, Harvest Oat	45±4	50	13
	Nutrimeal TM, drink powder, Dutch Chocolate	26±3	250	3
	L.E.A.N (Life long) Nutribar TM, Peanut Crunch	30±4	40	6
	L.E.A.N (Life long) Nutribar TM, Chocolate Crunch	32±4	40	6
	mean of two Nutri bars	31±1	40	6
	Worldwide Sport Nutrition reduced-carbohydrate products (2000 formulations) (Worldwide Sport Nutritional Supplements Inc., Largo, FL, US)			
477	Designer chocolate, sugar-free 6	14±3	35	3
478	Burn-it TM bars			
	Chocolate deluxe 6	29±3	50	2
	Peanut butter 6	23±3	50	1

479	Pure-protein TM bars			
	Chewy choc-chip 6	30±4	80	4
	Chocolate deluxe 6	38±4	80	5
	Peanut butter 6	22±4	80	2
	Strawberry shortcake 6	43±4	80	6
	White chocolate mousse 6	40±4	80	6
480	Pure-protein TM cookies			
	Choc-chip cookie dough 6	25±3	55	3
	Coconut 6	42±5	55	4
	Peanut butter 6	37±7	55	3
481	Ultra pure-protein TM shakes			
	Cappuccino	47±6	250	1
	Frosty chocolate	37±6	250	1
	Strawberry shortcake	42±4	250	1
	Vanilla ice cream	32±5	250	1
	MIXED MEALS AND CONVENIENCE FOODS			
482	Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Tooronga, Vic, Australia)	46±4	100	7
483	Fish Fingers (Canada)	38±6	100	7
484	Greek lentil stew with a bread roll, home made (Australia)	40±5	360	15
485	Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) (Israel)	65±6	150	31
486	Lean Cuisine TM, French style chicken with rice, reheated (Nestlé, Sydney, NSW, Australia) 6	36±6	400	24
487	Pies, beef, party size (Farmland, Grocery Holdings, Australia)	45±6	100	12
488	Pizza			
	Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada)	60	100	16
	Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy)	80	100	22
	Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6	100	9
	Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4	100	7
	Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia) 6	49±6	100	12
489	Sausages, NS(Canada)	28±6	100	1
490	Sirloin chop with mixed vegetables and mashed potato, home made (Australia)	66±12	360	35
491	Spaghetti bolognaise, home made (Australia)	52±9	360	25
492	Stirfried vegetables with chicken and boiled white rice, home made (Australia)	73±17	360	55
493	Sushi			
	Sushi, salmon (from 'I Love Sushi' chain store, Sydney, NSW, Australia) 6	48±8	100	17
	Sushi, roasted sea algae, vinegar and rice (Japan)	55	100	20
	Mean of two studies	52±4	100	19
494	White boiled rice, grilled beefburger, cheese, and butter (France)	27	440	14
	White boiled rice, grilled beefburger, cheese and butter (France)	22	440	11
	Mean in two groups of subjects	25±2	440	13
	White bread with toppings			
495	White wheat flour bread, butter, cheese, regular cow's milk and fresh cucumber (Sweden) 6	55	200	38
496	White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden) 6	39	200	11
497	White bread with butter (Canada)	59	100	29
498	White bread with skim milk cheese (Canada)	55	100	26
499	White bread with butter and skim milk cheese (Canada)	62	100	23

500 White/wholemeal wheat bread with peanut butter (Canada)	51	100	23
White/wholemeal wheat bread with peanut butter (Canada)	67	100	30
mean of two studies	59±8	100	26

NUTRITIONAL SUPPORT PRODUCTS

501 Choicedm TM, vanilla (Mead Johnson Nutritionals, Evansville, IN, US)	23±4	237mL	6
502 Enercal Plus TM, made from powder (Wyeth-Ayerst International Inc., Madison, NJ, US)	61±13	237mL	24
503 Ensure TM (Abbott Australasia, Kurnell, NSW, Australia)	50±8	237mL	19
504 Ensure TM, vanilla (Abbott Australasia)	48±3	250mL	16
505 Ensure TM bar, chocolate fudge brownie (Abbott Australasia)	43±3	38	8
506 Ensure Plus TM, vanilla (Abbott Australasia)	40±4	237mL	19
507 Ensure Pudding TM, old fashioned vanilla (Abbott Laboratories Inc., Ashland, OH, USA)	36±4	113	9
508 Glucerna TM, vanilla (Abbott Laboratories Inc., USA) 6	31±2	237mL	7
509 Jevity TM (Abbott Australasia)	48±3	237mL	17
510 Resource Diabetic TM, French vanilla (Novartis Nutrition Corp., Young America, MN, USA) 6	34±3	237mL	8
511 Resource Diabetic TM, Swiss chocolate (Novartis, Auckland, New Zealand)	16±4	237mL	7
512 Resource TM thickened orange juice, honey consistency (Novartis, New Zealand)	47±9	237mL	18
513 Resource TM thickened orange juice, nectar consistency (Novartis, New Zealand)	54±7	237mL	19
514 Resource TM fruit beverage, peach flavour (Novartis, New Zealand)	40±8	237mL	16
515 Sustagen TM, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, NSW, Australia)	31±4	250mL	13
516 Sustagen TM Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia)	33±4	250mL	15
517 Sustagen TM Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia)	27±3	250	13
518 Ultracal TM with fiber (Mead Johnson, Evansville, IN, USA)	40	237 mL	12

PASTA and NOODLES

519 Capellini (Primo Foods Ltd., Toronto, Canada)	45	180	20
520 Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Vic, Australia)	78±10	180	32
521 Fettucine, egg			
Fettucine, egg	32±4	180	15
Fettucine, egg (Mother Earth Fine Foods, Rowville, Vic, Australia)	47±6	180	22
mean of two studies	40±8	180	18
522 Gluten-free pasta, maize starch, boiled 8 min (UK)	54	180	22
523 Gnocchi, NS (Latina, Pillsbury Australia Ltd., Mt. Waverley, Vic, Australia)	68±9	180	33
524 Instant noodles			
Instant 'two-minute' noodles, Maggi ® (Nestlé, Sydney, NSW, Australia)	46±5		
Instant 'two-minute' noodles, Maggi ® (Nestlé, Auckland, New Zealand)	48±8		
Instant noodles (Mr Noodle, Vancouver, Canada)	47		
mean of three studies	47±1	180	19
525 Linguine			
Thick, durum wheat, white, fresh (Sweden)	43	180	21
Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48	180	23
mean of two studies	46±3	180	22
Thin, durum wheat (Sweden)	49	180	23
Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61	180	29
Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45	180	18
Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden)	53	180	22
mean of four studies	52±3	180	23

526	Mung bean noodles			
	Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
	Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)	39±9	180	18
	mean of two studies	33±7		
527	Macaroni			
	Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45	180	22
	Macaroni, plain, boiled (Turkey)	48	180	23
	mean of two studies	47±2	180	23
	Macaroni and Cheese, boxed (Kraft General Foods Canada Inc., Don Mills, Ontario)	64	180	32
528	Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	180	15
529	Rice noodles/pasta			
	Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
	Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4	180	15
	Rice pasta, brown, boiled 16 min (Rice Grower's Co-op., Leeton, NSW, Australia)	92±8	180	35
	Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Carrum Downs, Vic, Australia)	76±6	180	37
	Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58	180	22
	Spaghetti			
530	Spaghetti, gluten-free, rice and split pea, canned in tomato sauce (Orgran Foods, Australia)	68±9	220	19
531	Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27	180	14
532	Spaghetti, white, boiled 5 min			
	Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
	Boiled 5 min (Canada)	34	180	16
	Boiled 5 min (Canada)	40	180	19
	Boiled 5 min (Middle East)	44	180	21
	mean of four studies	38±3	180	18
533	Spaghetti, white or type NS, boiled 10-15 min			
	White, durum wheat, boiled 10 min in salty water (Barilla, Parma, Italy) 12	58	180	28
	White, durum wheat flour, boiled 12 min (Starhushålls, Kungsörnen AB, Järna, Sweden)	47	180	23
	White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53	180	25
	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36	180	17
	Boiled 15 min (Canada)	41	180	20
	White, boiled 15 min in salted water (Unico, Concord, Canada)	44±3	180	21
	mean of seven studies	44±3	180	21
534	Spaghetti, white or type NS, boiled 20 min			
	White, durum wheat, boiled 20 min (Australia)	58±7	180	26
	Durum wheat, boiled 20 min (USA)	64±15	180	27
	mean of two studies	61±3	180	27
535	Spaghetti, white, boiled			
	White (Denmark)	33	180	16
	White, durum wheat (Catelli Ltd, Montreal, Canada)	34	180	16
	White (Australia)	38	180	17
	White (Canada)	42	180	20
	White (Canada)	48	180	23
	White (Vetta, Greens Foods, Glendenning, NSW, Australia)	49±7	180	22
	White (Canada)	50±8	180	24
	mean of seven studies	42±3	180	20

536 Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)			
Boiled in 0.7% salted water for 11 min	59±15	180	28
Boiled in 0.7% salted water for 16.5 min	65±15	180	31
Boiled in 0.7% salted water for 22 min	46±10	180	22
mean of three cooking times	57±6	180	27
537 Spaghetti, wholemeal, boiled			
Wholemeal (USA)	32	180	14
Wholemeal (Canada)	42±4	180	17
mean of two studies	37±5	180	16
538 Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia)	43±10	180	19
539 Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6	180	9
540 Star Pastina, white, boiled 5 minutes (Lancia-Bravo Foods Ltd., Canada)	38	180	18
541 Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50	180	10
542 Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia) 6	62±8	180	30
543 Vermicelli, white, boiled (Australia)	35±7	180	16
SNACK FOODS AND CONFECTIONERY			
544 Burger Rings TM, barbeque-flavored (Smith's Snack Food Co., Chatswood, NSW, Australia)	90±16	50	28
545 Chocolate, milk, plain			
Chocolate, milk, plain with sucrose (Belgium) 6	34±5	50	7
Chocolate, milk (Cadbury's Confectionery, Ringwood, Vic, Australia)	49±6	50	14
Chocolate, milk, Dove ® (Mars Confectionery, Ballarat, Vic, Australia)	45±8	50	13
Chocolate, milk (Nestlé, Sydney, NSW, Australia)	42±8	50	13
mean of four studies	43±3	50	12
Chocolate, milk, plain, low-sugar with maltitol (Belgium) 6	35±16	50	8
546 Chocolate, white, Milky Bar ® (Nestlé, Australia)	44±6	50	13
547 Corn chips			
Corn chips, plain, salted (Doritos TM original, Smith's Snack Food Co., Australia, 1998)	42±4	50	11
Corn chips, plain, salted (Doritos TM original, Smith's Snack Food Co., Australia, 1985)	72	50	18
Nachips TM (Old El Paso Foods Co., Canada)	74	50	21
mean of three studies	63±10	50	17
548 Fruit Bars			
Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry) (Mother Earth, Auckland, New Zealand)	50±8	50	17
Heinz Kidz TM Fruit Fingers, banana (HJ Heinz, Malvern, Vic, Australia)	61±11	30	12
Real Fruit Bars, strawberry (Uncle Toby's, Wahgunyah, Vic, Australia)	90±12	30	23
Roll-Ups ® , processed fruit snack (Uncle Toby's, Australia)	99±12	30	24
549 Fruity Bitz TM , vitamin and mineral enriched dried fruit snacks			
Fruity Bitz TM, apricot (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	15	5
Fruity Bitz TM, berry (Blackmores Ltd., Australia)	35±4	15	4
Fruity Bitz TM, tropical (Blackmores Ltd., Australia)	41±3	15	5
mean of three flavours	39±2	15	4
550 Jelly beans			
Jelly beans, assorted colors (Allen's, Nestle, Sydney, NSW, Australia)	80±8		
Jelly beans, assorted colors (Savings, Grocery Holdings, Tooronga, Vic, Australia)	76±6		
mean of two studies	78±2	30	22
551 Kudos Whole Grain Bars, chocolate chip (M & M/Mars, Hackettstown, NJ, USA)	62±8	50	20

552	Life Savers ® , peppermint candy (Nestlé, Australia)	70±6	30	21
553	M & M's ® , peanut (Mars Confectionery, Australia)	33±3	30	6
554	Mars Bar ®			
	Mars Bar ® (Mars Confectionery, Australia)	62±8	60	25
	Mars Bar ® (M&M/Mars, USA)	68±12	60	27
	mean of two studies	65±3	60	26
555	Muesli bar containing dried fruit (Uncle Toby's, Australia)	61±7	30	13
556	Nougat, Jijona (La Fama, Spain)	32	30	4
557	Nutella ® , chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia)	33±4	20	4
	Nuts			
558	Cashew nuts, salted (Coles Supermarkets, Australia) 6	22±5	50	3
559	Peanuts			
	Peanuts, crushed (South Africa) 6	7±4	50	0
	Peanuts (Canada) 6	13±6	50	1
	Peanuts (Mexico) 6	23	50	2
	mean of three studies	14±8	50	1
560	Popcorn			
	Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)	55±7	20	6
	Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)	89	20	10
	mean of two studies	72±17	20	8
561	Pop Tarts TM, double choc (Kellogg's, Pagewood, NSW, Australia)	70±2	50	24
562	Potato crisps			
	Potato crisps, plain, salted (Arnott's, Homebush, NSW, Australia)	57	50	10
	Potato crisps, plain, salted (Canada)	51±7	50	12
	mean of two studies	54±3	50	11
563	Pretzels, oven-baked, traditional wheat flavour (Parker's, Smith's Snack Food Co., Australia)	83±9	30	16
564	Skittles ® (Mars Confectionery, Australia)	70±5	50	32
565	Snack bars			
	Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)	40±8	50	12
	Snack bar, Peanut Butter & Choc-Chip (Con Agra Inc., USA)	37±6	50	10
566	Snickers Bar ®			
	Snickers Bar ® (Mars Confectionery, Australia)	41±5	60	15
	Snickers Bar ® (M&M/Mars, USA)	68	60	23
	mean of two studies	55±14	60	19
567	Twisties TM, cheese-flavoured, extruded snack, rice and corn (Smith's Snackfood Co., Australia)	74±5	50	22
568	Twix ® Cookie Bar, caramel (M&M/Mars, USA)	44±6	60	17
	SPORTS BARS			
569	Power Bar ®			
	Power Bar ® , chocolate (Powerfood Inc., Berkeley, CA, USA)	58±5		
	Power Bar ® , chocolate (Powerfood Inc., Berkeley, CA, USA)	53		
	mean of two studies	56±3	65	24
570	Ironman PR bar ® , chocolate (PR Nutrition, San Diego, CA, USA)	39	65	10
	SOUPS			
571	Black Bean (Wil-Pack Foods, San Pedro, CA, USA)	64	250	17
572	Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	66	250	27

573 Lentil, canned (Unico, Concord, Canada)	44	250	9
574 Minestrone, Traditional, Country Ladle TM (Campbell's Soups, Homebush, NSW, Australia) 6	39±3	250	7
575 Noodle soup (traditional Turkish soup with stock and noodles)	1	250	0
576 Split Pea (Wil-Pak Foods, USA)	60	250	16
577 Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers)	20		
578 Tomato soup (Canada)	38±9	250	6
SUGARS AND SUGAR ALCOHOLS			
579 Blue Agave cactus nectar, high-fructose			
Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA) 6	11±1	10	1
Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA) 6	10±1	10	1
580 Fructose			
25g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada) 6	11		
50g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)	12		
50g portion	20±5		
50g portion	21		
50g portion (Sigma Chemical Company, St. Louis, MO, USA)	24		
25g portion, fed with oats 28	25		
mean of six studies	19±2	10	2
581 Glucose			
50 g portion (dextrose)	85		
25g portion, fed with oats 28	92		
50 g portion	93		
50 g portion (dextrose)	96		
50 g portion	96		
50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	96		
50 g portion	100		
50 g portion (Glucodin TM glucose tablets, Boots, North Ryde, NSW, Australia)	102±9		
25 g portion (Bio-Health, Canada) 6	103		
50 g portion (dextrose)	111		
100 g portion (Bio-Health, Canada) 12	114		
mean of 11 studies	99±3	10	10
Glucose consumed with American ginseng (Panax quinquefolius L.)			
582 25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng 5	78	10	8
583 25 g glucose (Glucodex) 40 min after 3 g dried ginseng 5	80		
25 g glucose (Glucodex) 40 min before 3 g dried ginseng 5	76		
mean in two groups of subjects	78±2	10	8
584 Glucose consumed with gum/fiber			
46 g Glucose + 15 g apple and orange fiber extract (FITA, Chatswood, NSW, Australia) (total carbohydrate content of drink = 50 g)	79±3	10	6
50 g Glucose + 14.5 g guar gum	62	10	6
50 g Glucose + 14.5 g oat gum (78% oat β-glucan)	57	10	6
100 g Glucose + 20 g acacia gum 5	85	10	9
585 Glucose consumed with a mixed meal			
30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate) (France)	55		

30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate) (France) mean in two groups of subjects	57		
586 Honey			
Locust honey (Romania) 6	32	25	7
Yellow box (46% fructose) (Australia) 6	35±4	25	6
Stringy Bark (52% fructose) (Australia) 6	44±4	25	9
Red Gum (35% fructose) (Australia) 6	46±3	25	8
Iron Bark (34% fructose) (Australia) 6	48±3	25	7
Yapunya (42 % fructose) (Australia) 6	52±5	25	9
Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6	25	12
Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia) 6	62±3	25	11
Salvation Jane (32% fructose) (Australia) 6	64±5	25	10
Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia) 6	72±6	25	9
Honey, NS(Canada) 6	87±8	25	18
mean of 11 types of honey	55±5	25	10
587 Lactose			
50 g lactose (Sigma Chemical Company, USA)	43		
25 g lactose (BDH, Poole, UK) 6	48		
25 g lactose 28	48		
mean of three studies	46±2	10	5
588 50 g maltose	105±12	10	11
589 Sucrose			
50 g sucrose (Sigma Chemical Company, USA)	58		
50 g sucrose (Redpath Sugars, Toronto, Canada)	58		
50 g sucrose	59±10		
50 g sucrose	60		
25 g sucrose (Redpath Sugars, Canada) 6	60		
25 g sucrose 28	64		
50 g sucrose	65±9		
100 g sucrose (Redpath Sugars, Canada) 12	65		
30 g sucrose 29	82		
25 g sucrose 6	110±21		
mean of 10 studies	68±5	10	7
Sugar alcohols and sugar-replacement compounds			
590 Lactitol			
25 g lactitol 30	-1±7		
25 g lactitol MC (Danisco sweeteners, Redhill, Surrey, UK) 30	3±1		
mean of two studies	2±3	10	0
591 Litesse			
25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) 30	7±2	10	1
25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) 30	4±2	10	0
592 Maltitol-based sweeteners or bulking agents			
25 g Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium) 30	30±12	10	3
25 g Maltidex 100 (> 72% maltitol) (Cerestar, Vilvoorde, Belgium) 30	44±11	10	4
25 g Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium) 30	73±29	10	7
25 g Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium) 30	89±28	10	9

593	Xylitol			
	25 g xylitol 30	7±7		
	25 g Xylitol C (Danisco Sweeteners, UK) 30	8±2		
	mean of two studies	8±1	10	1
	VEGETABLES			
594	Broad beans (Canada) 6	79±16	80	9
595	Green peas			
	Pea, frozen, boiled (Canada) 6	39	80	3
	Pea, frozen, boiled (Canada) 6	51±6	80	4
	Pea, green (Pisum Sativum) (India) 11	54±14	80	4
	mean of three studies	48±5	80	3
596	Pumpkin (South Africa)	75±9	80	3
597	Sweet corn			
	Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	80	6
	Sweet corn on the cob, boiled 20 min (Sydney, Australia)	48	80	8
	Sweet corn (Canada)	59±11	80	11
	Sweet corn, boiled (USA)	60	80	11
	Sweet corn, boiled (USA)	60	80	11
	Sweet corn (South Africa)	62±5	80	11
	mean of six studies	54±4	80	9
	Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA)	46	80	7
	Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto, Canada)	47	80	7
	Root vegetables			
598	Beetroot (Canada) 6	64±16	80	5
599	Carrots			
	Carrots, raw (Romania) 5,6	16	80	1
	Carrots, peeled, boiled (Sydney, NSW, Australia) 6	32±5	80	1
	Carrots, peeled, boiled (Sydney, NSW, Australia) 6	49±2	80	2
	Carrots, NS (Canada) 6	92±20	80	5
	mean of four studies	47±16	80	3
600	Cassava, boiled, with salt (Kenya, Africa)	46	100	12
601	Parsnips (Canada) 6	97±19	80	12
	Potato			
602	Baked potato			
	Ontario, white, baked in skin (Canada)	60	150	18
603	Baked, Russet Burbank potatoes			
	Russet, baked without fat (Canada)	56		
	Russet, baked without fat, 45-60 min (USA)	78		
	Russet, baked without fat (USA)	94		
	Russet, baked without fat (USA)	111		
	mean of four studies	85±12	150	26
604	Boiled potato			
	Desiree, peeled, boiled 35 min (Australia)	101±15	150	17
	Nardine (New Zealand)	70±17	150	18
	Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada)	58	150	16
	Pontiac, peeled, boiled whole for 30 min (Australia)	56	150	14

	Pontiac, peeled, boiled 35 min (Australia)	88±9	150	16
	Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada)	63	150	11
	Sebago, peeled, boiled 35 min (Australia)	87±7	150	14
605	Boiled/cooked, white/Type NS			
	Type NS (Kenya, Africa)	24	150	7
	White, cooked (Romania) 5	41	150	12
	White, boiled (Canada)	54	150	15
	Type NS, boiled (Australia)	56	150	11
	Type NS, boiled in salted water (India)	76	150	26
	mean of five studies	50±9	150	14
	Type NS, boiled in salted water, refrigerated, reheated (India)	23	150	8
606	Canned potatoes			
	Prince Edward Island, canned, microwave heated (Avon, Cobi Foods Inc., Port Williams, Canada)	61	150	11
	New, canned, heated in microwave 3 min (Mint Tiny Taters, Edgell's, Cheltenham, Vic, Australia) B23	65±9	150	12
	mean of two studies	63±2	150	11
607	French Fries			
	French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	75	150	22
608	Instant Mashed potato			
	Instant (France)	74±12		
	Instant (Canada)	80±13		
	Instant (Edgell's Potato Whip, Edgell's, Australia)	86		
	Instant (Carnation Foods Co. Ltd., Manitoba, Canada)	86		
	Instant (Canada)	88		
	Instant mashed potato (Idahoan Foods, Lewisville, ID, USA)	97±6		
	mean of six studies	85±3	150	17
609	Mashed potato			
	Type NS (Canada)	67		
	Type NS (South Africa)	71±10		
	Type NS (France)	83		
	mean of three studies	74±5	150	15
	Prince Edward Island, peeled, cubed, boiled 15 min, mashed (Canada)	73	150	13
	Pontiac, peeled, cubed, boiled 15 min, mashed (Australia)	91±9	150	18
610	Microwaved potato		150	12
	Pontiac, peeled and microwave on high for 6-7.5 min (Australia)	79±9	150	14
	Type NS, microwaved (USA)	82	150	27
611	New Potato			
	New (Canada)	47		
	New (Canada)	54		
	New (Canada)	70±8		
	mean of three studies	57±7	150	12
	New, unpeeled and boiled 20 min (Australia)	78±12	150	16
612	Steamed potato			
	Potato, peeled, steamed 1 h (Solanum Tuberosum) (India) 11	65±11	150	18
	Potato dumplings (white wheat flour, white potatoes, boiled in salted water (Italy))	52	150	24
613	Sweet potato			
	Sweet potato, Ipomoea batatas (Australia)	44	150	11
	Sweet potato, NS (Canada)	48±6	150	16

Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada)	59	150	18
Sweet potato, kumara (New Zealand)	77±12	150	19
Sweet potato, kumara (New Zealand)	78±6	150	20
mean of five studies	61±7	150	17
614 Swede			
Swede (rutabaga) (Canada) 6	72±8	150	7
615 Tapioca			
Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	81	250	14
Tapioca (Manihot Utilissima), steamed 1 h (India) 11	70±10	250	12
616 Taro			
Taro (<i>Colocasia esculenta</i>) peeled, boiled (Australia)	54		
Taro, peeled, boiled (New Zealand)	56±12		
mean of two studies	55±1	150	4
617 Yam			
Yam, peeled, boiled (New Zealand)	25±4		
Yam, peeled, boiled (New Zealand)	35±5		
Yam (Canada)	51±12		
mean of three studies	37±8	150	13
INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS			
AFRICAN			
618 Brown beans (South Africa)	24±8	50 (dry)	6
622 Cassava, boiled, with salt (Kenya)	46	100	12
624 Ga kenkey, prepared from fermented cornmeal (<i>Zea mays</i>) (Ghana) 31	12±1	150	7
625 Gari, roasted cassava dough (<i>Manihot utilissima</i>) (Ghana) 31	56±3	100	15
619 Gram dhal (chana dal; South Africa)	5±3	50 (dry)	1
620 Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa)	71±6	50 (dry)	25
Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa)	74±7	50 (dry)	30
Maize meal porridge/gruel (Kenya)	109	50 (dry)	41
621 M'fino/Morogo, wild greens (South Africa)	68±8	120	34
623 Millet flour porridge/gruel (Kenya)	107		
626 Unripe plantain (<i>Musa paradisiaca</i>) (Ghana) 31	40±4	120 (raw)	13
627 Yam (<i>Dioscorea</i> species) (Ghana) 31	66	150	23
ARABIC AND TURKISH			
628 Hoummous (chickpea salad dip)	6±4	30	0
629 Kibbeh saynieh (made with lamb and burghul)	61±16	120	9
630 Lebanese bread (white, unleaved), hoummous, falafel and tabbouleh	86±12	120	39
631 Majadra (Syrian, lentils and rice)	24±5	250	10
632 Moroccan Couscous (stew of semolina, chickpeas, vegetables)	58±9	250	17
633 Stuffed Grapevine Leaves (rice and lamb stuffing with tomato sauce)	30±11	100	5
634 Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	20		
635 Turkish bread, white wheat flour	87	30	15
636 Turkish bread, whole wheat	49	30	8
637 Turkish noodle soup	1	250	0
ASIAN			
638 Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)	86±10	150	37
639 Butter rice, warm white rice and butter (Japan)	79	150	40

640 Curry rice (Japan)	67	150	41
641 Curry rice with cheese (Japan)	55	150	27
642 Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)	98±7	150	31
Glutinous rice NS (Esubi Shokuhin, Japan)	86	150	55
Mean of two studies	92±6	150	44
643 Glutinous rice ball with cut glutinous cake (mochi) (Japan)	48	75	14
644 Glutinous rice cake with dried sea algae (Japan)	83	75	32
645 Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan)	65	100	27
646 Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	150	46
647 Low-protein white rice with dried sea algae (Japan)	70	150	42
648 Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
649 Lychee, canned in syrup, drained (Narcissus brand, China)	79±8	120	16
650 Mung bean noodles, dried, boiled (China)	39±9	180	18
651 Non-glutaminous rice flour, served warm with drink (Yamato Nousan, Japan)	68	100	34
652 Rice cracker, plain (Sakada, Japan)	91	30	23
653 Rice gruel with dried algae (Satou Co Ltd., Japan)	81	250	15
654 Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
655 Rice noodles, fresh, boiled (Sydney, NSW, Australia)	40±4	180	15
656 Rice vermicelli, Kongmoon (National Cereals, China)	58	180	22
657 Roasted rice ball (Satou Co Ltd., Japan)	77	75	21
658 Salted rice ball (Satou Co Ltd., Japan)	80	75	20
659 Soba noodles, instant, reheated in hot water, served with soup (Japan)	46	180	22
660 Stirfried vegetables, chicken and rice, home made (Australia)	73±17	360	55
661 Sushi, salmon ('I Love Sushi' chain store, Sydney, NSW, Australia) 6	48±8	100	17
Sushi, roasted sea algae, vinegar and rice (Japan)	55	100	20
Mean of two studies	52±4	100	19
662 Udon noodles, fresh, reheated (Fantastic, Windsor Gardens, SA, Australia) 6	62±8	180	30
Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48	180	23
Mean of two studies	55±7	180	26
663 White rice, dried sea algae and milk, eaten together (Japan)	57		
White rice, dried sea algae and milk (milk eaten before rice) (Japan)	56		
White rice, dried sea algae and milk (milk eaten after rice) (Japan)	55		
Mean of three types	56±1	300	26
664 White rice with dried fish strip (okaka) (Japan)	79	150	40
665 White rice with fermented soybean (natto) (Japan)	56	150	24
666 White rice with instant miso soup (soybean paste soup) (Japan)	61	150	29
667 White rice with low-fat milk (Japan)	69	300	32
668 White rice and non-sugar yoghurt (yoghurt eaten before rice) (Japan)	59		
White rice and non-sugar yoghurt eaten together (Japan)	58		
Mean of two types	59±1	150	19
669 White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan)	63		
White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan)	61		
Mean of two types	62±1	150	27
670 White rice topped with raw egg and soy sauce (Japan)	72	150	26
671 White rice with roasted ground soybean (Japan)	56	150	29
672 White rice with salted dried plum (umeboshi) (Japan)	80	150	39
673 White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77	150	39

ASIAN INDIAN				
674	Amaranth, <i>Amaranthus esculentum</i> , popped, eaten with milk and non-nutritive sweetener	97±19	30	18
675	Bajra (<i>Pennisetum typhoideum</i>), eaten as roasted bread made from bajra flour	55±13		
	Bajra (<i>Pennisetum typhoideum</i>)	49		
	Bajra (<i>Pennisetum typhoideum</i>)	67		
	Mean of three studies	57±5	75 (dry)	29
676	Banana, (<i>Musa sapientum</i>), Nendra variety, unripe, steamed 1 h 11	70±11	120	31
677	Barley (<i>Hordeum vulgare</i>)	48		
	Barley (<i>Hordeum vulgare</i>)	37		
	Mean in two groups of subjects	43±6	150	16
678	Bengal gram dhal, chickpea (<i>chana dal</i>)	11	150	4
679	Black gram, (<i>Phaseolus mungo</i>), soaked 12 h, stored moist 24 h, steamed 1 h 11	43±10	150	8
	Chapatti			
680	Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	66±10	60	20
681	Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd and tomato curry	76±20	60	23
682	Chapatti, baisen	27		
683	Chapatti, bajra	67		
	Chapatti, bajra	49		
	Mean in two groups of subjects	58±9		
684	Chapatti, barley	37		
	Chapatti, barley	48		
	Mean in two groups of subjects	42±5		
685	Chapatti, maize, (<i>Zea mays</i>)	64		
	Chapatti, maize, (<i>Zea mays</i>)	59		
	Mean in two groups of subjects	62±3		
686	Chapatti, wheat, served with bottle gourd and tomato curry	66±9	60	21
687	Chapatti, flour from malted wheat, moth bean (<i>Phaseolus aconitifolius</i>) and bengal gram (<i>Cicer arietinum</i>)	66±9	60	25
688	Chapatti, flour made from popped wheat, moth bean and bengal gram	40±8	60	14
689	Chapatti, flour from roller dried wheat, moth bean and bengal gram	60±9	60	23
690	Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	81±4	200	41
	Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	44±3	200	22
	Mean in two groups of subjects	63±19	200	32
	Cheela (thin savoury pancake made from legume flour batter)			
691	Cheela, bengal gram (<i>Cicer arietinum</i>)	42±1	150	12
	Cheela, bengal gram (<i>Cicer arietinum</i>), fermented batter	36±1	150	10
692	Cheela, green gram (<i>Phaseolus aureus</i>)	45±1	150	12
	Cheela, green gram (<i>Phaseolus aureus</i>), fermented batter	38±1	150	10
693	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35±4		
	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31±6		
	Mean in two groups of subjects	33±2	100	6
694	Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	77±3	150	30
	Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	55±2	150	22
	Mean in two groups of subjects	66±11	150	26
695	Green gram, (<i>Phaseolus aureus</i>), soaked 12 h, stored moist 24 h, steamed 1 h 11	38±14	150	6
696	Green gram, whole with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked	57±6	80 (dry)	29

697 Green gram dhal with varagu (<i>Paspalum scorbiculatum</i>), pressure cooked	78±12	78 (dry)	39
698 Horse gram, (<i>Dolichos biflorus</i>) soaked 12 h, stored moist 24 h, steamed 1 h 11	51±11	150	15
699 Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	77±2	250	40
Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	60±2	250	31
Mean in two groups of subjects	69±9	250	36
700 Jowar, roasted bread made from Jowar flour (<i>Sorghum vulgare</i>)	77±8	70 (dry)	39
701 Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	24±4		
Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	29±4		
Mean in two groups of subjects	27±3	50	8
702 Lentil and cauliflower curry with rice (Australia)	60±10	360	31
703 Millet/Ragi, (<i>Eleusine coracana</i>), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h 11	68±10	150	23
704 Millet/Ragi (<i>Eleusine coracana</i>) 11	84	70 (dry)	42
Millet/Ragi (<i>Eleusine coracana</i>) flour eaten as roasted bread	104±13	70 (dry)	52
mean of two studies	94±10		
705 Pongal (rice and roasted green gram dhal, pressure cooked)	90±3		
Pongal (rice and roasted green gram dhal, pressure cooked)	45±2		
Mean in two groups of subjects	68±23	250	35
706 Pooari (deep-fried wheat flour dough) with potato palya (mashed potato)	82±2		
Pooari (deep-fried wheat flour dough) with potato palya (mashed potato)	57±1		
Mean in two groups of subjects	70±13	150	28
707 Rajmah, <i>Phaseolus vulgaris</i>	19	150	6
708 Rice, (<i>Oryza Sativa</i>) boiled served with bottle gourd and tomato curry	69±15	150	26
709 Semolina			
Semolina (<i>Triticum aestivum</i>), steamed	55±9	67 (dry)	28
Semolina (<i>Triticum aestivum</i>), pre-roasted	76±6	67 (dry)	38
Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>)	46±12	71 (dry)	23
Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>)	62±20	71 (dry)	31
Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietum</i>)	54±7	71 (dry)	27
710 Tapioca (<i>Manihot utilissima</i>), steamed 1h 11	70±10	250	12
711 Varagu (<i>Paspalum scorbiculatum</i>), pressure cooked 15lb 12-15 min	68±8	76 (dry)	34
712 Upittu (roasted semolina and onions, cooked in water)	67±3		
Upittu (roasted semolina and onions, cooked in water)	69±4		
Mean in two groups of subjects	68±1	150	28
713 Uppuma kedgereee (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3		
Uppuma kedgereee (millet, legumes, fenugreek seeds; roasted and cooked in water)	19±3		
Mean in two groups of subjects	18±1	150	6
AUSTRALIAN ABORIGINAL			
714 Acacia aneura, mulga seed, roasted, wet ground to paste 6	8	50	1
715 Acacia coriacea, desert oak, seed bread 6	46	75	11
716 Araucaria bidwillii, bunya tree nut, baked 10 min 6	47	50	7
717 Bush honey, sugar bag 6	43	30	11
718 Castanospermum australe, blackbean seed, sliced, soaked 1 wk, pounded and baked 6	8	50	1
719 Dioscorea bulbifera, cheeku yam, peeled, sliced, soaked 2 d, baked 15 min 6	34	150	12
720 Macrozamia communis, cycad palm seed, sliced, soaked 1 wk, pounded, baked 6	40±2	50	10
PACIFIC ISLANDERS			

721 Breadfruit (<i>Artocarpus altilis</i>) (Australia) 6	68	120	18
722 Banana/plantain, green			
Green banana, boiled (New Zealand)	38±10	120	8
723 Sweet Potato			
Sweet potato, <i>Ipomoea batatas</i> (Australia)	44	150	11
Sweet potato, kumara (New Zealand)	77±12	150	19
Sweet potato, kumara (New Zealand)	78±6	150	20
mean of three studies	66±11	150	17
724 Taro			
Taro (<i>Colocasia esculenta</i>) peeled, boiled (Australia)	54		
Taro, peeled, boiled (New Zealand)	56±12		
mean of two studies	55±1	150	4
725 Yam			
Yam, peeled, boiled (New Zealand)	25±4		
Yam, peeled, boiled (New Zealand)	35±5		
mean of two groups of subjects	30±5	150	13
ISRAELI			
726 Melawach (dough made from white wheat flour and butter, fried)	61±10		
Melawach	71±7		
mean of two studies	66±5	115	35
727 Melawach + 15 g locust bean (<i>Ceratonia siliqua</i>) fiber (soluble)	31±6	130	16
728 Melawach + 15 g maize cob fiber (insoluble)	59±10	130	31
729 Melawach + 15 g lupin (<i>Lupinus albus</i>) fiber	72±10	130	38
PIMA INDIAN			
730 Acorns, stewed with venison (<i>Quercus emoryi</i>) 6	16±1	100	1
731 Cactus jam (<i>Stenocereus thurberi</i>)	91	30	18
732 Corn hominy (<i>Zea mays</i>) 6	40±5	150	12
733 Fruit Leather (<i>Stenocereus thurberi</i>)	70	30	17
734 Lima beans broth (<i>Phaseolus lunatus</i>) 6	36±3	250	12
735 Mesquite cakes (<i>Prosopis velutina</i>) 6	25±3	60	1
736 Tortilla (<i>Zea mays</i> and <i>Olneya tesota</i>)	38	60	9
737 White teparies broth (<i>Phaseolus acutifolius</i>) 6	31±3	250	10
738 Yellow teparies broth (<i>Phaseolus acutifolius</i>) 6	29±3	250	8
LATIN AMERICAN			
739 Arepa, corn bread cake, made with corn flour (Mexico)	72	100	31
740 Arepa, made from ordinary dehulled dent corn flour (25% amylose) 9, 34	81	100	35
741 Arepa, made from dehulled high-amylose (70%) corn flour 9, 34	44	100	11
742 Black Beans	30	150	7
743 Brown Beans	38	150	9
744 Corn tortilla (Mexican)	52	50	12
745 Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexican)	39	100	9
746 Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexican)	78	100	11
747 Nopal (prickly pear cactus)	7	100	0
748 Pinto beans, boiled in salted water	14	150	4
749 Wheat tortilla (Mexican)	30	50	8
750 Wheat tortilla served with refried pinto beans and tomato sauce (Mexican)	28	100	5

Additional Foods:

Sports drinks and energy foods:

GatorLode (Orange)	100
Gatorade (Orange)	89
XLR8 (Orange)	68
Poweraid (Orange)	65
Cytomax (Orange)	62
Allsport (Orange)	53
Cliff bar (Cookies & Cream)	101
Power bar (Chocolate)	83
PR-bar (Cookies 'N Cream)	81
MET-Rx bar (Vanilla)	74
GatorPro (Chocolate) meal	89
Optifuel meal	78
Ensure (Vanilla) meal	75
Boost High Protein (Vanilla) meal	59
MET-Rx (Vanilla) meal	58
Boost (Vanilla) meal	53

Source: Randall J. Gretebeck et al., "Glycemic index of popular sports drinks and energy foods," Journal of the American Dietetic Association, March 2002, pp. 415-417.

Dates:

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

Source: Campbell J. Miller et al., "Glycemic index of 3 varieties of dates," Saudi Medical Journal, May 2002, pp. 536-538.

New pasta test:

ProtiPasta	28	100	10
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Source: Sydney University's Glycemic Index Research Service