

REVISED INTERNATIONAL TABLE OF GLYCEMIC INDEX AND GLYCEMIC LOAD, 2002: Advanced GI and GL Data

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| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|---|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| BAKERY PRODUCTS | | | | | |
| Cakes | | | | | |
| Angel food cake (Loblaws, Toronto, Canada) | 67 | 50 | 29 | 39 | 19 |
| Banana cake, made with sugar | 47±8 | 80 | 38 | 22 | 18 |
| Banana cake, made without sugar | 55±10 | 80 | 29 | 20 | 16 |
| Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, MN, USA) | 38±3 | 111 | 52 | 18 | 20 |
| Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Vic, Australia) | 73±12 | 38 | 26 | 50 | 19 |
| Lamingtons (sponge dipped in chocolate and coconut), (Farmland, Grocery Holdings, Australia) | 87±17 | 50 | 29 | 50 | 25 |
| Pound cake (Sara Lee Canada, Bramalea, Canada) | 54 | 53 | 28 | 29 | 15 |
| Sponge cake, plain | 46±6 | 63 | 36 | 26 | 17 |
| Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA) | 42±4 | 111 | 58 | 22 | 24 |
| Croissant (Food City, Toronto, Canada) | 67 | 57 | 26 | 31 | 17 |
| Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada) | 69 | 50 | 19 | 26 | 13 |
| Doughnut, cake type (Loblaws, Canada) | 76 | 47 | 23 | 37 | 17 |
| Flan cake (Weston's Bakery, Toronto, Canada) | 65 | 70 | 48 | 45 | 31 |
| Muffins | | | | | |
| Apple, made with sugar ⁴ | 44±6 | 60 | 29 | 21 | 13 |
| Apple, made without sugar ⁴ | 48±10 | 60 | 19 | 15 | 9 |
| Apple, oat, sultana, made from packet mix (Defiance Milling Co., Acacia Ridge, Qld, Australia) | 54±4 | 50 | 26 | 28 | 14 |
| Apricot, coconut and honey, made from packet mix (Defiance Milling Co., Australia) | 60±4 | 50 | 26 | 31 | 16 |
| Banana, oat and honey, made from packet mix (Defiance Milling Co., Australia) | 65±11 | 50 | 26 | 34 | 17 |
| Bran (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada) | 60 | 57 | 24 | 26 | 15 |
| Blueberry (Culinar Inc., Canada) | 59 | 57 | 29 | 30 | 17 |
| Carrot (Culinar Inc., Canada) | 62 | 57 | 32 | 35 | 20 |
| Chocolate butterscotch, made from packet mix (Defiance Milling Co., Australia) | 53±5 | 50 | 28 | 30 | 15 |
| Corn muffin, low-amylose ⁵ | 102 | 57 | 29 | 52 | 30 |
| Corn muffin, high-amylose ⁵ | 49 | | | | |
| Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada) | 69 | 50 | 35 | 48 | 24 |
| Pancakes, prepared from shake mix (Green's General Foods, Glendenning, NSW, Australia) | 67±5 | 80 | 58 | 49 | 39 |
| Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Vic, Australia) | 102±11 | 77 | 22 | 29 | 22 |
| Pastry | 59±6 | 57 | 26 | 27 | 15 |
| Pikelets, Golden brand (Tip Top Bakeries, Chatswood, NSW, Australia) | 85±14 | 40 | 21 | 45 | 18 |
| Scones, plain, made from packet mix (Defiance Milling Co., Australia) | 92±8 | 25 | 8 | 33 | 7 |
| Waffles, Aunt Jemima (Quaker Oats Co. of Canada) | 76 | 35 | 13 | 28 | 10 |
| BEVERAGES | | | | | |
| Coca Cola® | | | | | |
| Coca Cola®, soft drink (Coca Cola Amatil, Sydney, NSW, Australia) | 53±7 | 250 | 26 | 6 | 14 |
| Coca Cola®, soft drink/soda (Coca Cola Bottling Company, Atlanta, GA, USA) | 63 | 250 | 26 | 6 | 16 |
| <i>mean of two types</i> | 58±5 | | | | |
| Cordial, orange, reconstituted (Berri Ltd., Berri, SA, Australia) | 66±8 | 250 | 20 | 5 | 13 |
| Fanta®, orange soft drink (Coca Cola Amatil, Australia) | 68±6 | 250 | 34 | 9 | 23 |
| Lucozade®, original (sparkling glucose drink), (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK) | 95±10 | 250 | 42 | 16 | 40 |
| Smoothie, raspberry (Con Agra Inc., Omaha, NE, USA) | 33±9 | 250 | 41 | 5 | 14 |
| Smoothie drink, soy, banana (So Natural Foods, Tarren Point, NSW, Australia) ⁶ | 30±3 | 250 | 22 | 3 | 7 |
| Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia) ⁶ | 34±3 | 250 | 25 | 3 | 8 |
| Solo, lemon squash, soft drink (Cadbury Schweppes, Sydney, NSW, Australia) ⁶ | 58±5 | 250 | 29 | 7 | 17 |
| Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium Health Foods, Berkeley Vale, NSW, Australia) | 43±5 | 250 | 26 | 5 | 11 |
| Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium Health Foods, Australia) | 46±5 | 250 | 24 | 4 | 11 |
| Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) ⁶ (So Natural Foods, Australia) | 39±2 | 250 | 34 | 5 | 13 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Juices | | | | | |
| Apple Juices | | | | | |
| Apple juice, pure, unsweetened, reconstituted (Berri Ltd., Berri, SA, Australia) | 39±5 | | | | |
| Apple juice, unsweetened | 40 | | | | |
| Apple juice, unsweetened (Allens, Toronto, Canada) | 41 | | | | |
| <i>mean of three studies</i> | 40±1 | 250 | 29 | 5 | 12 |
| Apple juice, pure, clear, unsweetened (Wild About Fruit, Wandin, Vic, Australia) | 44±2 | 250 | 30 | 5 | 13 |
| Apple juice, pure, cloudy, unsweetened (Wild About Fruit, Australia) | 37±3 | 250 | 28 | 4 | 10 |
| Apple and cherry juice, pure, unsweetened (Wild About Fruit, Australia) | 43±3 | 250 | 33 | 6 | 14 |
| Carrot juice, freshly made (Sydney, Australia) ⁶ | 43±3 | 250 | 23 | 4 | 10 |
| Cranberry juice cocktail (Ocean Spray®, Melbourne, Vic, Australia) | 52±3 | 250 | 31 | 6 | 16 |
| Cranberry juice cocktail (Ocean Spray® Inc., Lakeville-Middleboro, MA, USA) | 68±3 | 250 | 36 | 10 | 24 |
| Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK) | 56±4 | 250 | 29 | 6 | 16 |
| Grapefruit juice, unsweetened (Sunpac, Toronto, Canada) | 48 | 250 | 22 | 4 | 11 |
| Orange Juices | | | | | |
| Orange Juice (Canada) | 46±6 | | | | |
| Orange juice, unsweetened, reconstituted (Quelch®, Berri Ltd., Carlton, Australia) | 53±6 | | | | |
| <i>mean of two studies</i> | 50±4 | 250 | 26 | 5 | 13 |
| Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada) | 46 | 250 | 34 | 6 | 16 |
| Tomato juice, canned, no added sugar (Berri Ltd., Berri, SA, Australia) ⁶ | 38±4 | 250 | 9 | 1 | 4 |
| Yakult®, fermented milk drink with <i>Lactobacillus casei</i> (Yakult, Dandenong, Australia) | 46±6 | 65 | 12 | 8 | 6 |
| Sports Drinks | | | | | |
| Gatorade® (Spring Valley Beverages Pty Ltd., Cheltenham, Vic, Australia) | 78±13 | 250 | 15 | 5 | 12 |
| Isostar® (Novartis Consumer Health, Nyon, Switzerland) | 70±15 | 250 | 18 | 5 | 13 |
| Sports Plus® (Berri Ltd., Berri, SA, Australia) | 74±6 | 250 | 17 | 5 | 13 |
| Sustagen Sport® (Mead Johnson, Rydalmere, NSW, Australia) | 43±9 | 250 | 49 | 8 | 21 |
| Drinks Made from Drinking Mix Powders | | | | | |
| Build-Up nutrient-fortified drink, vanilla with fiber (Nestlé, Sydney, NSW, Australia) | 41±4 | 250 | 33 | 5 | 14 |
| Complete Hot Chocolate mix made with hot water (Nestlé, Australia) | 51±3 | 250 | 23 | 5 | 11 |
| 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 | 19 | 3 | 7 |
| Malted milk powder in full-fat cow's milk (Nestlé, Australia) | 45±3 | 250 | 26 | 5 | 12 |
| Milo (chocolate nutrient-fortified drink powder) | | | | | |
| Milo (Nestlé, Australia) dissolved in water | 55±3 | 250 | 16 | 3 | 9 |
| Milo (Nestlé, Auckland, New Zealand) dissolved in water | 52±5 | 250 | 16 | 3 | 9 |
| <i>mean of two studies</i> | 54±2 | | | | |
| Milo (Nestlé, Australia) dissolved in full-fat cow's milk | 35±2 | 250 | 25 | 4 | 9 |
| Milo (Nestlé, New Zealand) dissolved in full-fat cow's milk | 36±3 | 250 | 26 | 4 | 9 |
| <i>mean of two studies</i> | 36±1 | | | | |
| Nutrimeal, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, USA) | 26±3 | 250 | 17 | 2 | 4 |
| Quik (sweet drink powder) | | | | | |
| Quik, chocolate (Nestlé, Sydney, NSW, Australia), dissolved in water | 53±5 | 250 | 7 | 1 | 4 |
| Quik, chocolate (Nestlé, Australia), dissolved in 1.5% fat milk | 41±4 | 250 | 11 | 2 | 5 |
| Quik, strawberry (Nestlé, Australia), dissolved in water | 64±8 | 250 | 8 | 2 | 5 |
| Quik, strawberry (Nestlé, Australia), dissolved in 1.5% fat milk | 35±3 | 250 | 12 | 2 | 4 |
| BREADS | | | | | |
| Bagel, white, frozen (Lender's Bakery, Montreal, Canada) | 72 | 70 | 35 | 36 | 25 |
| Baguette, white, plain (France) | 95±15 | 30 | 15 | 49 | 15 |
| French baguette with chocolate spread (France) | 72±8 | 70 | 37 | 38 | 27 |
| French baguette with butter and strawberry jam (France) | 62±7 | 70 | 41 | 37 | 26 |
| Pain au lait (Pasquier, France) | 63±10 | 60 | 32 | 34 | 20 |
| Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada) | 74 | 30 | 21 | 53 | 16 |
| Barley Breads | | | | | |
| Coarse Barley Kernel Breads, 75-80% Kernels | | | | | |
| 75% kernels | 27 | 30 | 20 | 18 | 5 |
| 80% scalded intact kernels (20% white wheat flour) | 34 | 30 | 20 | 22 | 7 |
| 80% intact kernels (20% white wheat flour) | 40 | 30 | 20 | 26 | 8 |
| <i>mean of three studies</i> | 34±4 | | | | |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Barley Kernel Breads, 50% Kernels | | | | | |
| 50% kernels (Canada) | 43 | 30 | 20 | 29 | 9 |
| 50% kibbled barley (Australia) | 48 | 30 | 20 | 33 | 10 |
| <i>mean of two studies</i> | 46±2 | 30 | 20 | 31 | 9 |
| Sunflower and barley bread (Riga bakeries, Sydney, NSW, Australia) | 57±6 | 30 | 11 | 21 | 6 |
| Barley Flour Breads | | | | | |
| 100% barley flour (rye bread composition), (Canada) | 67 | 30 | 13 | 28 | 9 |
| Wholemeal barley flour (80%) bread (20% white wheat flour), (Sweden) | 67 | 30 | 20 | 44 | 13 |
| Wholemeal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fibre barley flour), (Sweden) | 50 | 30 | 15 | 25 | 7 |
| Wholemeal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fibre barley flour), (Sweden) | 43 | 30 | 11 | 16 | 5 |
| 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 | 20 | 46 | 14 |
| Wholemeal barley flour bread with sourdough (lactic acid) ⁵ | 53 | 30 | 20 | 35 | 10 |
| Wholemeal barley flour bread with lactic acid ⁵ | 66 | 30 | 19 | 41 | 12 |
| Wholemeal barley flour bread with calcium lactate ⁵ | 59 | 30 | 20 | 39 | 12 |
| Wholemeal barley flour bread with sodium propionate ⁵ | 65 | 30 | 20 | 43 | 13 |
| Wholemeal barley flour bread with higher dose sodium propionate ⁵ | 57 | 30 | 19 | 36 | 11 |
| Buckwheat Breads | | | | | |
| Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden) | 47 | 30 | 21 | 32 | 10 |
| Fruit Breads | | | | | |
| Bürgen Fruit loaf (Tip Top Bakeries, Chatswood, NSW, Australia) | 44±5 | 30 | 13 | 19 | 6 |
| Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, NSW, Australia) | 54±6 | 30 | 15 | 28 | 8 |
| Continental fruit loaf, wheat bread with dried fruit (Australia) | 47±6 | 30 | 15 | 24 | 7 |
| Happiness (cinnamon, raisin, pecan bread), (Natural Ovens, Mannitowoc, WI, USA) | 63±5 | 30 | 14 | 30 | 9 |
| Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA) | 54±6 | 30 | 12 | 22 | 7 |
| Hamburger bun (Loblaw's, Toronto, Canada) | 61 | 30 | 15 | 31 | 9 |
| Kaiser rolls (Loblaw's, Canada) | 73 | 30 | 16 | 38 | 12 |
| Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada) | 70 | 30 | 23 | 54 | 16 |
| Gluten-free Breads | | | | | |
| Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Vic, Australia) | 79±13 | 30 | 13 | 33 | 10 |
| Gluten-free white bread, unsliced (gluten-free wheat starch), (UK) | 71 | 30 | 15 | 35 | 11 |
| Gluten-free white bread, sliced (gluten-free wheat starch), (UK) | 80 | 30 | 15 | 40 | 12 |
| <i>mean of two studies</i> | 76±5 | 30 | 15 | 38 | 11 |
| Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran), (UK) | 69 | 30 | 13 | 29 | 9 |
| Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran), (UK) | 76 | 30 | 13 | 32 | 10 |
| <i>mean of two studies</i> | 73±4 | 30 | 13 | 31 | 9 |
| Oat Breads | | | | | |
| Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden) | 65 | 30 | 19 | 42 | 12 |
| Oat Bran Breads | | | | | |
| 50% oat bran (Australia) | 44 | 30 | 18 | 27 | 8 |
| 45% oat bran and 50% wheat flour (Sweden) | 50 | 30 | 18 | 31 | 9 |
| <i>mean of two studies</i> | 47±3 | 30 | 18 | 29 | 9 |
| Rice Breads | | | | | |
| Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, Australia) | 72±9 | 30 | 12 | 28 | 8 |
| Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia) | 61±9 | 30 | 12 | 24 | 7 |
| Rye Breads | | | | | |
| Rye kernel (pumpernickel), bread | | | | | |
| Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour (Sweden) | 41 | 30 | 12 | 17 | 5 |
| Rye kernel bread (Pumpernickel), (Canada) | 41 | 30 | 12 | 17 | 5 |
| Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada) | 46 | 30 | 11 | 17 | 5 |
| Rye kernel bread, Pumpernickel (80% kernels), (Canada) | 55 | 30 | 12 | 23 | 7 |
| Cocktail, sliced (Kasselar Food Products, Toronto, Canada) | 55 | 30 | 12 | 23 | 7 |
| Cocktail, sliced (Kasselar Food Products, Canada) | 62 | 30 | 12 | 26 | 8 |
| <i>mean of six studies</i> | 50±4 | 30 | 12 | 21 | 6 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Rye Breads, Wholemeal | | | | | |
| Wholemeal rye bread (Canada) | 41 | | | | |
| Wholemeal rye bread (Canada) | 62 | | | | |
| Wholemeal rye bread (Canada) | 63 | | | | |
| Wholemeal rye bread (Canada) | 66 | | | | |
| <i>mean of four studies</i> | 58±6 | 30 | 14 | 28 | 8 |
| Rye Breads, Specialty | | | | | |
| Blackbread, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia) | 76±14 | 30 | 13 | 32 | 10 |
| Bürgen Dark/Swiss rye (Tip Top Bakeries, Australia) | 55±12 | | | | |
| Bürgen Dark/Swiss rye (Tip Top Bakeries, Australia) | 74±6 | | | | |
| <i>mean of two studies</i> | 65±10 | 30 | 10 | 22 | 7 |
| Klosterbrot wholemeal rye bread (Dimpfleier Bakery Ltd., Canada) | 67 | 30 | 13 | 29 | 9 |
| Light rye (Silverstein's Bakery, Toronto, Canada) | 68 | 30 | 14 | 33 | 10 |
| Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada) | 55 | 30 | 13 | 23 | 7 |
| Roggenbrot, Vogel's (Stevens & Co, Sydney, NSW, Australia) | 59±5 | 30 | 14 | 27 | 8 |
| Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia) | 86±15 | 30 | 14 | 39 | 12 |
| Sourdough rye (Canada) | 57 | | | | |
| Sourdough rye (Australia) | 48 | | | | |
| <i>mean of two studies</i> | 53±5 | 30 | 12 | 21 | 6 |
| Volkornbrot, wholemeal rye bread (Dimpfleier Bakery Ltd., Canada) | 56 | 30 | 13 | 24 | 7 |
| Wheat Breads | | | | | |
| Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden) | 52 | 30 | 20 | 34 | 10 |
| Cracked Wheat Kernel - Bulgur Breads | | | | | |
| 50% cracked wheat kernel (Canada) | 58 | 30 | 20 | 38 | 12 |
| 75% cracked wheat kernels (Canada) | 48 | 30 | 20 | 32 | 10 |
| <i>mean of two studies</i> | 53±3 | 30 | 20 | 35 | 11 |
| Spelt Wheat Breads | | | | | |
| White spelt wheat bread ⁹ (Slovenia) | 74 | 30 | 23 | 56 | 17 |
| Wholemeal spelt wheat bread ⁹ (Slovenia) | 63 | 30 | 19 | 40 | 12 |
| Scalded spelt wheat kernel bread ⁹ (Slovenia) | 67 | 30 | 22 | 50 | 15 |
| Spelt multigrain bread ⁸ (Pav's bakery, Australia) | 54±10 | 30 | 12 | 22 | 7 |
| White Wheat Flour Breads | | | | | |
| White flour (Canada) | 69±5 | 30 | 14 | 33 | 10 |
| White flour (USA) | 70 | 30 | 14 | 33 | 10 |
| White flour, Sunblest (Tip Top Bakeries, Australia) | 70 | 30 | 14 | 33 | 10 |
| White flour (Dempster's Corporate Foods Ltd., Canada) | 71 | 30 | 14 | 34 | 10 |
| White flour (South Africa) | 71±7 | 30 | 13 | 30 | 9 |
| White flour (Canada) | 71 | 30 | 14 | 34 | 10 |
| <i>mean of six studies</i> | 70±0 | 30 | 14 | 32 | 10 |
| White wheat flour bread, hard, toasted (Italian) | 73 | 30 | 15 | 37 | 11 |
| Wonder, enriched white bread (Interstate Brands Companies, Kansas City, USA) | 71±9 | | | | |
| Wonder, enriched white bread (Interstate Brands Companies, USA) | 72±4 | | | | |
| Wonder, enriched white bread (Interstate Brands Companies, USA) | 77±3 | | | | |
| <i>mean of three studies</i> | 73±2 | 30 | 14 | 34 | 10 |
| White Turkish bread (Turkey) | 87 | 30 | 17 | 49 | 15 |
| White Breads with Enzyme Inhibitors | | | | | |
| White bread + acarbose (200mg), (Mexico) | 18 | 30 | 17 | 10 | 3 |
| White bread + acarbose (200mg), (Mexico) | 50 | 30 | 17 | 28 | 8 |
| <i>mean in two groups of subjects</i> | 34±16 | 30 | 17 | 19 | 6 |
| White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor), (Switzerland) ⁵ | 48 | 30 | 12 | 20 | 6 |
| White bread roll + 6 mg trestatin (Switzerland) ⁵ | 29 | 30 | 12 | 12 | 4 |
| White Breads with Soluble Fiber | | | | | |
| White bread + 15 g psyllium fiber (<i>Plantago psyllium</i>), (Mexico) | 41 | 30 | 17 | 23 | 7 |
| White bread + 15 g psyllium fiber (<i>Plantago psyllium</i>), (Mexico) | 65 | 30 | 17 | 36 | 11 |
| <i>mean in two groups of subjects</i> | 53±12 | 30 | 17 | 29 | 9 |
| White bread eaten with vinegar as vinaigrette (Sweden) | 45 | 30 | 15 | 22 | 7 |
| White bread eaten with powdered dried seaweed (<i>Nori alga</i>), (Spain) | 48 | 30 | 15 | 24 | 7 |

| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|---|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| White bread containing Eurylon® high-amylose maize starch (France) ¹² | 42 | 30 | 19 | 27 | 8 |
| White Fiber-enriched Breads | | | | | |
| White, high-fiber (Dempster's Corporate Foods Ltd., Canada) | 67 | | | | |
| White, high-fiber (Weston's Bakery, Toronto, Canada) | 69 | | | | |
| <i>mean of two studies</i> | 68±1 | 30 | 13 | 28 | 9 |
| White Resistant Starch-enriched Breads | | | | | |
| Fibre White (Nature's Fresh, Auckland, New Zealand) | 77±10 | 30 | 15 | 37 | 11 |
| Wonderwhite (Buttercup Bakeries, Australia) | 80±8 | 30 | 14 | 38 | 11 |
| Wholemeal Wheat Flour Breads (Whole Wheat) | | | | | |
| Wholemeal flour (Canada) | 52 | 30 | 12 | 20 | 6 |
| Wholemeal flour (Canada) | 64 | 30 | 12 | 25 | 8 |
| Wholemeal flour (Canada) | 65 | 30 | 12 | 25 | 8 |
| Wholemeal flour (Canada) | 67 | 30 | 12 | 26 | 8 |
| Wholemeal flour (Canada) | 67 | 30 | 12 | 26 | 8 |
| Wholemeal flour (Canada) | 69 | 30 | 12 | 27 | 8 |
| Wholemeal flour (Canada) | 71 | 30 | 12 | 28 | 8 |
| Wholemeal flour (Canada) | 72±6 | 30 | 12 | 28 | 8 |
| Wholemeal flour (USA) ⁵ | 73 | 30 | 14 | 34 | 10 |
| Wholemeal flour (South Africa) | 75±9 | 30 | 13 | 31 | 9 |
| Wholemeal flour (Tip Top Bakeries, Australia) | 77±9 | 30 | 12 | 30 | 9 |
| Wholemeal flour (Tip Top Bakeries, Australia) | 78±16 | 30 | 12 | 30 | 9 |
| Wholemeal flour (Kenya) | 87 | 30 | 13 | 36 | 11 |
| <i>mean of thirteen studies</i> | 71± 2 | 30 | 13 | 32 | 9 |
| Wholemeal Turkish bread | 49 | 30 | 16 | 26 | 8 |
| Specialty Wheat Breads | | | | | |
| Bürgen® Mixed Grain Breads (Australia) | | | | | |
| Bürgen® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia) | 34±4 | | | | |
| Bürgen® Mixed Grain | 45±12 | | | | |
| Bürgen® Mixed Grain | 69±6 | | | | |
| <i>mean of three studies</i> | 49±10 | 30 | 11 | 18 | 6 |
| Bürgen® Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia) | 31±3 | 30 | 10 | 10 | 3 |
| Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia) | 36±4 | 30 | 9 | 11 | 3 |
| English Muffin bread (Natural Ovens, USA) | 77±7 | 30 | 14 | 36 | 11 |
| Healthy Choice Hearty 7 Grain (Con Agra Inc., USA) | 55±6 | 30 | 14 | 26 | 8 |
| Healthy Choice Hearty 100% Whole Grain (Con Agra Inc., USA) | 62±6 | 30 | 14 | 29 | 9 |
| Helga's Classic Seed Loaf (Quality Bakers, Sydney, NSW, Australia) | 68±9 | 30 | 14 | 31 | 9 |
| Helga's traditional wholemeal bread (Quality Bakers, Australia) | 70±14 | 30 | 13 | 31 | 9 |
| Hunger Filler, whole grain bread (Natural Ovens, USA) | 59±8 | 30 | 13 | 25 | 7 |
| Molenberg (Goodman Fielder, Auckland, New Zealand) | 75±10 | | | | |
| Molenberg (Goodman Fielder, New Zealand) | 84±8 | | | | |
| <i>mean of two studies</i> | 80±5 | 30 | 14 | 37 | 11 |
| 9-Grain Multi-Grain (Tip Top Bakeries, Australia) | 43±5 | 30 | 14 | 20 | 6 |
| Multigrain Loaf, spelt wheat flour (Australia) | 54±10 | 30 | 15 | 27 | 8 |
| Multigrain (50% kibbled wheat grain), (Australia) | 43 | 30 | 14 | 20 | 6 |
| Nutty Natural, whole grain bread (Natural Ovens, USA) | 59±7 | 30 | 12 | 24 | 7 |
| Performax (Country Life Bakeries, Dandenong, Vic, Australia) | 38±3 | 30 | 13 | 16 | 5 |
| Ploughman's Wholegrain, original recipe (Quality Bakers, Australia) | 47 | 30 | 14 | 22 | 7 |
| Ploughman's Wholemeal, smooth milled (Quality Bakers, Australia) | 64±10 | 30 | 13 | 28 | 9 |
| Semolina Bread (Kenya) | 64 | | | | |
| Sourdough wheat (Australia) | 54 | 30 | 14 | 25 | 8 |
| Soy & Linseed bread (made from packet mix in bread maker), (Con Agra Inc., USA) | 50±6 | 30 | 10 | 17 | 5 |
| Stay Trim, whole grain bread (Natural Ovens, USA) | 70±10 | 30 | 15 | 34 | 10 |
| Sunflower & Barley bread, Riga brand (Berzin's Specialty Bakery, Australia) | 57±6 | 30 | 13 | 24 | 7 |
| Vogel's Honey & Oats (Stevns & Co., Sydney, NSW, Australia) | 55±5 | 30 | 14 | 25 | 7 |
| Vogel's Roggenbrot (Stevns & Co., Australia) | 59±5 | 30 | 14 | 27 | 8 |
| Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK) | 74 | 30 | 22 | 54 | 16 |
| 100% Whole Grain bread (Natural Ovens, USA) | 51±11 | 30 | 13 | 23 | 7 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| White wheat flour flatbread (Sweden) | 79 | 30 | 16 | 43 | 13 |
| Unleavened Breads | | | | | |
| Lebanese bread, white (Seda Bakery, Sydney, NSW, Australia) | 75±9 | 30 | 16 | 39 | 12 |
| Middle Eastern flatbread | 97±29 | 30 | 16 | 51 | 15 |
| Pita bread, white (Canada) | 57 | 30 | 17 | 32 | 10 |
| Wheat flour flatbread (India) | 66±9 | 30 | 16 | 35 | 10 |
| Amaranth : wheat (25:75), composite flour flatbread (India) | 66±10 | 30 | 15 | 33 | 10 |
| Amaranth : wheat (50:50), composite flour flatbread (India) | 76±20 | 30 | 15 | 38 | 11 |
| BREAKFAST CEREALS AND RELATED PRODUCTS | | | | | |
| All-Bran (High-Fiber, Extruded Wheat Bran Cereals) | | | | | |
| All-Bran (Kellogg's, Pagewood, NSW, Australia) ¹³ | 30 | 30 | 15 | 15 | 4 |
| All-Bran (Kellogg's, Battle Creek, MI, USA) | 38 | 30 | 23 | 29 | 9 |
| All-Bran (Kellogg's Inc., Etobicoke, Canada) | 50 | 30 | 23 | 29 | 9 |
| All-Bran (Kellogg's Inc., Canada) | 51±5 | 30 | 23 | 29 | 9 |
| <i>mean of four studies</i> | 42±5 | | | | |
| All-Bran Fruit 'n Oats (Kellogg's, Australia) | 39 | 30 | 17 | 23 | 7 |
| All-Bran Soy 'n Fibre (Kellogg's, Australia) | 33±3 | 30 | 14 | 15 | 4 |
| Amaranth (<i>Amaranthus esculentum</i>), popped, eaten with milk and non-nutritive sweetener (India) | 97±19 | 30 | 19 | 61 | 18 |
| Barley Porridges | | | | | |
| Wholemeal barley flour porridge (100% regular barley), (flour:water = 1:3), boiled 2.5 min (Sweden) | 68 | 50 (dry) | 34 | 46 | 23 |
| Wholemeal high-fibre barley flour porridge (50% regular barley flour: 50% high-fibre barley flour), (Sweden) | 55 | 50 (dry) | 15 | 17 | 8 |
| Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden) | 62 | 50 (dry) | 28 | 35 | 17 |
| Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden) | 65 | 50 (dry) | 28 | 37 | 18 |
| Bran Buds (Kellogg's Inc., Canada) ¹⁵ | 58 | 30 | 12 | 23 | 7 |
| Bran Buds with psyllium (Kellogg's Inc., Canada) ¹⁵ | 47 | 30 | 12 | 19 | 6 |
| Bran Chex (Nabisco Brands Ltd., Toronto, Canada) ¹⁵ | 58 | 30 | 19 | 37 | 11 |
| Bran Flakes (Kellogg's, Australia) | 74 | 30 | 18 | 44 | 13 |
| Cheerios (General Mills Inc., Etobicoke, Canada) ¹⁵ | 74 | 30 | 20 | 50 | 15 |
| Chocapic (Nestlé, France) | 84±9 | 30 | 25 | 71 | 21 |
| Coco Pops (Kellogg's, Australia) | 77±3 | 30 | 26 | 67 | 20 |
| Corn Bran (Quaker Oats Co. of Canada, Peterborough, Canada) ¹⁵ | 75 | 30 | 20 | 51 | 15 |
| Corn Chex (Nabisco Brands Ltd., Canada) ¹⁵ | 83 | 30 | 25 | 70 | 21 |
| Cornflakes | | | | | |
| Cornflakes (Kellogg's, Auckland, New Zealand) | 72±16 | 30 | 25 | 61 | 18 |
| Cornflakes (Kellogg's, Australia) | 77 | 30 | 25 | 65 | 20 |
| Cornflakes (Kellogg's Inc., Canada) | 80±6 | 30 | 26 | 69 | 21 |
| Cornflakes (Kellogg's Inc., Canada) | 86 | 30 | 26 | 74 | 22 |
| Cornflakes (Kellogg's, USA) ⁵ | 92 | 30 | 26 | 80 | 24 |
| <i>mean of five studies</i> | 81±3 | 30 | 26 | 69 | 21 |
| Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada) ¹⁵ | 74 | 30 | 23 | 56 | 17 |
| Cornflakes, Crunchy Nut (Kellogg's, Australia) | 72±4 | 30 | 24 | 57 | 17 |
| Corn Pops (Kellogg's, Australia) | 80±4 | 30 | 26 | 70 | 21 |
| Cream of Wheat (Nabisco Brands Ltd., Canada) ¹⁵ | 66 | 250 | 26 | 7 | 17 |
| Cream of Wheat, Instant (Nabisco Brands Ltd., Canada) ¹⁵ | 74 | 250 | 30 | 9 | 22 |
| Crispix (Kellogg's Inc., Canada) ¹⁵ | 87 | 30 | 25 | 73 | 22 |
| Energy Mix (Quaker, France) | 80±7 | 30 | 24 | 64 | 19 |
| Froot Loops (Kellogg's, Australia) | 69±9 | 30 | 26 | 60 | 18 |
| Frosties, sugar-coated cornflakes (Kellogg's, Australia) | 55 | 30 | 26 | 48 | 15 |
| Fruitful Lite (Hubbards, Auckland, New Zealand) | 61±20 | 30 | 20 | 41 | 12 |
| Fruity-Bix, berry (Sanitarium, Auckland, New Zealand) | 113±10 | 30 | 22 | 82 | 25 |
| Golden Grahams (General Mills Inc., Canada) ¹⁵ | 71 | 30 | 25 | 59 | 18 |
| Golden Wheats (Kellogg's, Australia) | 71±8 | 30 | 23 | 54 | 16 |
| Grapenuts | | | | | |
| Grapenuts (Post, Kraft General Foods Inc., Toronto, Canada) ¹⁵ | 67 | 30 | 19 | 43 | 13 |
| Grapenuts (Kraft Foods Inc., Port Chester, NY, USA) | 75±6 | 30 | 22 | 54 | 16 |

| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|---|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| <i>mean of two studies</i> | 71±4 | 30 | 21 | 49 | 15 |
| Grapenuts Flakes (Post, Kraft General Foods Inc., Canada) ¹⁵ | 80 | 30 | 22 | 58 | 17 |
| Guardian (Kellogg's, Australia) | 37±9 | 30 | 12 | 15 | 5 |
| Healthwise for bowel health (Uncle Toby's, Wahgunyah, Vic, Australia) | 66±9 | 30 | 18 | 40 | 12 |
| Healthwise for heart health (Uncle Toby's, Australia) | 48±5 | 30 | 19 | 30 | 9 |
| Honey Rice Bubbles (Kellogg's, Australia) | 77±4 | 30 | 27 | 68 | 20 |
| Honey Smacks (Kellogg's, Australia) | 71±10 | 30 | 23 | 54 | 16 |
| Hot cereal, apple & cinnamon (Con Agra Inc., USA) | 37±6 | 30 | 22 | 27 | 8 |
| Hot cereal, unflavoured (Con Agra Inc., USA) | 25±5 | 30 | 19 | 16 | 5 |
| Just Right (Kellogg's, Australia) | 60±15 | 30 | 22 | 43 | 13 |
| Just Right Just Grains (Kellogg's, Australia) | 62±11 | 30 | 23 | 48 | 14 |
| Komplete (Kellogg's, Australia) | 48±5 | 30 | 21 | 33 | 10 |
| Life (Quaker Oats Co., Canada) ¹⁵ | 66 | 30 | 25 | 55 | 16 |
| Mini Wheats, whole wheat (Kellogg's, Australia) | 58±8 | 30 | 21 | 40 | 12 |
| Mini Wheats, blackcurrant (Kellogg's, Australia) | 72±10 | 30 | 21 | 51 | 15 |
| Muesli | | | | | |
| Muesli, NS ¹ (Canada) | 66±9 | 30 | 24 | 53 | 16 |
| Alpen Muesli (Wheetabix, France) | 55±10 | 30 | 19 | 35 | 10 |
| Muesli, gluten-free (Freedom Foods, Cheltenham, Vic, Australia) with 1.5% fat milk | 39±6 | 30 | 19 | 25 | 7 |
| Muesli, Lite (Sanitarium, New Zealand) | 54±12 | 30 | 18 | 32 | 10 |
| Muesli, Natural (Sanitarium, New Zealand) | 57±9 | 30 | 19 | 36 | 11 |
| Muesli, Natural (Sanitarium, Australia) | 40±6 | 30 | 19 | 25 | 8 |
| <i>mean of two studies</i> | 49±9 | 30 | 20 | 32 | 10 |
| Muesli, No Name (Sunfresh Ltd., Toronto, Canada) ¹⁵ | 60 | 30 | 18 | 36 | 11 |
| Muesli, Swiss Formula (Uncle Toby's, Australia) | 56±8 | 30 | 16 | 31 | 9 |
| Muesli, toasted (Purina, Sydney, NSW, Australia) | 43±4 | 30 | 17 | 24 | 7 |
| Nutrigrain (Kellogg's, Australia) | 66±12 | 30 | 15 | 33 | 10 |
| Oat 'n Honey Bake (Kellogg's, Australia) | 77±11 | 30 | 17 | 44 | 13 |
| Oat Bran | | | | | |
| Oat bran, raw (Quaker Oats Co., Canada) ¹⁵ | 50 | 10 | 5 | 25 | 2 |
| Oat bran, raw | 59 | 10 | 5 | 29 | 3 |
| <i>mean of two studies</i> | 55±5 | 10 | 5 | 28 | 3 |
| Porridge Made from Rolled Oats | | | | | |
| Porridge (Uncle Toby's, Australia) ¹³ | 42 | 250 | 21 | 4 | 9 |
| Porridge (Canada) ¹⁶ | 49±8 | 250 | 23 | 4 | 11 |
| Traditional porridge oats (Lowan Whole Foods, Box Hill, Vic, Australia) | 51±8 | 250 | 21 | 4 | 11 |
| Porridge (Hubbards, New Zealand) | 58±9 | 250 | 21 | 5 | 12 |
| Porridge (Australia) | 58±4 | 250 | 21 | 5 | 12 |
| Porridge (Canada) | 62 | 250 | 23 | 6 | 14 |
| Porridge (Canada) | 69 | 250 | 23 | 6 | 16 |
| Porridge (USA) ⁶ | 75 | 250 | 23 | 7 | 17 |
| <i>mean of eight studies</i> | 58±4 | 250 | 22 | 5 | 13 |
| Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden) | 74 | 50 (dry) | 32 | 47 | 24 |
| Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden) | 55 | 250 | 27 | 6 | 15 |
| Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden) | 69 | 250 | 27 | 7 | 19 |
| Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden) | 50 | 250 | 27 | 5 | 14 |
| Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden) | 80 | 250 | 27 | 9 | 22 |
| Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden) | 53 | 250 | 27 | 6 | 14 |
| Instant Porridges | | | | | |
| Quick Oats (Quaker Oats Co., Canada) | 65 | | | | |
| One Minute Oats (Quaker Oats Co., Canada) ¹⁵ | 66 | | | | |
| <i>mean of two studies</i> | 66±1 | 250 | 26 | 7 | 17 |
| Pop Tarts, Double Chocolate (Kellogg's, Australia) | 70±2 | 50 | 36 | 50 | 25 |
| Pro Stars (General Mills Inc., Canada) ¹⁵ | 71 | 30 | 24 | 56 | 17 |
| Puffed Wheat | | | | | |
| Puffed Wheat (Quaker Oats Co., Canada) ¹⁵ | 67 | 30 | 20 | 45 | 13 |
| Puffed Wheat (Sanitarium, Australia) | 80±11 | 30 | 21 | 56 | 17 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| <i>mean of two studies</i> | 74±7 | 30 | 21 | 52 | 16 |
| Raisin Bran (Kellogg's, USA) | 61±5 | 30 | 19 | 39 | 12 |
| Red River Cereal (Maple Leaf Mills, Toronto, Canada) | 49 | 30 | 22 | 36 | 11 |
| Rice Bran, extruded (Rice Growers Co-Operative Ltd., Leeton, NSW, Australia) | 19±3 | 30 | 14 | 9 | 3 |
| Rice Bubbles (Puffed Rice) | | | | | |
| Rice Bubbles (Kellogg's, Australia) ¹³ | 81 | | | | |
| Rice Bubbles (Kellogg's, Australia) | 85±3 | | | | |
| Rice Bubbles (Kellogg's, Australia) | 95 | | | | |
| <i>mean of three studies</i> | 87±4 | 30 | 26 | 75 | 22 |
| Rice Chex (Nabisco Brands Ltd., Canada) ¹⁵ | 89 | 30 | 26 | 78 | 23 |
| Rice Krispies (Kellogg's Inc., Canada) ¹⁵ | 82 | 30 | 26 | 71 | 21 |
| Shredded Wheat | | | | | |
| Shredded Wheat (Canada) | 67±10 | 30 | 20 | 45 | 13 |
| Shredded Wheat (Nabisco Brands Ltd., Canada) ¹⁵ | 83 | 30 | 20 | 55 | 17 |
| <i>mean of two studies</i> | 75±8 | 30 | 20 | 50 | 15 |
| Special K - formulation of this cereal varies in different countries | | | | | |
| Special K (Kellogg's, Australia) | 54±4 | 30 | 21 | 38 | 11 |
| Special K (Kellogg's, USA) | 69±5 | 30 | 21 | 48 | 14 |
| Special K (Kellogg's, France) | 84±12 | 30 | 24 | 66 | 20 |
| Soy Tasty (flaked grains, soy nuts, dried fruit), (Sanitarium, Australia) | 60±5 | 30 | 20 | 39 | 12 |
| Soytana, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals, Mt Kuring-gai, NSW, Australia) | 49±3 | 45 | 25 | 27 | 12 |
| Sultana Bran (Kellogg's, Australia) | 73±13 | 30 | 19 | 46 | 14 |
| Sustain (Kellogg's, Australia) ¹³ | 68 | 30 | 22 | 49 | 15 |
| Team (Nabisco Brands Ltd., Canada) ¹⁵ | 82 | 30 | 22 | 60 | 17 |
| Thank Goodness (Hubbards, New Zealand) | 65±18 | 30 | 23 | 50 | 15 |
| Total (General Mills Inc., Canada) ¹⁵ | 76 | 30 | 22 | 56 | 17 |
| Ultra-bran, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g), (Specialty Cereals, Australia) | 41±4 | 30 | 13 | 17 | 5 |
| Wheat-bites (Uncle Toby's, Australia) | 72±11 | 30 | 25 | 61 | 18 |
| Wheat Biscuits (Plain Flaked Wheat) | | | | | |
| Vita-Brits (Uncle Toby's, Australia) ¹³ | 61 | 30 | 20 | 40 | 12 |
| Vita-Brits (Uncle Toby's, Australia) | 68±6 | 30 | 20 | 45 | 13 |
| Weet-Bix (Sanitarium, Australia) | 69 | 30 | 17 | 38 | 12 |
| Weet-Bix (Sanitarium, Australia) | 69±4 | 30 | 17 | 38 | 12 |
| Weetabix (Weetabix of Canada Ltd., Thornhill, Canada) ¹⁵ | 74 | 30 | 22 | 53 | 16 |
| Weetabix (Weetabix of Canada Ltd.) | 75±10 | 30 | 22 | 54 | 16 |
| Whole wheat Goldies (Kellogg's, Australia) | 70±4 | 30 | 20 | 47 | 14 |
| <i>mean of seven studies</i> | 70±2 | 30 | 19 | 43 | 13 |
| Wheat Biscuits (Flaked Wheat) with Additional Ingredients | | | | | |
| Good Start, muesli wheat biscuits (Sanitarium, Australia) | 68±4 | 30 | 20 | 45 | 14 |
| Hi-Bran Weet-Bix, wheat biscuits with extra wheat bran (Sanitarium, Australia) | 61±4 | 30 | 17 | 34 | 10 |
| Hi-Bran Weet-Bix with soy and linseed (Sanitarium, Australia) | 57±3 | 30 | 16 | 31 | 9 |
| Honey Goldies (Kellogg's Australia) | 72±3 | 30 | 21 | 50 | 15 |
| Lite-Bix, plain, no added sugar (Sanitarium, Australia) | 70±3 | 30 | 20 | 46 | 14 |
| Oat bran Weet-Bix (Sanitarium, Australia) | 57±4 | 30 | 20 | 38 | 11 |
| Sultana Goldies (Kellogg's Australia) | 65±6 | 30 | 21 | 44 | 13 |
| BREAKFAST CEREAL BARS | | | | | |
| Crunchy Nut Cornflakes bar (Kellogg's, Australia) | 72±6 | 30 | 26 | 62 | 19 |
| Fibre Plus bar (Uncle Toby's, Australia) | 78±9 | 30 | 23 | 60 | 18 |
| Fruity-Bix bar, fruit and nut, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, Australia) | 56±4 | 30 | 19 | 35 | 10 |
| Fruity-Bix bar, wild berry, wheat biscuit cereal with fruit and covered with yoghurt coating (Sanitarium, Australia) | 51±4 | 30 | 19 | 32 | 9 |
| K-Time Just Right bar (Kellogg's, Australia) | 72±4 | 30 | 24 | 57 | 17 |
| K-Time Strawberry Crunch bar (Kellogg's, Australia) | 77±5 | 30 | 25 | 64 | 19 |
| Rice Bubble Treat bar (Kellogg's, Australia) | 63±11 | 30 | 24 | 50 | 15 |
| Sustain bar (Kellogg's, Australia) | 57±10 | 30 | 25 | 47 | 14 |

| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|--|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| CEREAL GRAINS | | | | | |
| Amaranth (<i>Amaranthus esculentum</i>), popped, eaten with milk and non-nutritive sweetener (India) | 97±19 | 30 | 22 | 71 | 21 |
| Barley | | | | | |
| 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 | | | | |
| <i>mean of five studies</i> | 25±1 | 150 | 42 | 7 | 11 |
| Barley (<i>Hordeum vulgare</i>), (India) | 37 | | | | |
| Barley (<i>Hordeum vulgare</i>), (India) | 48 | | | | |
| <i>mean of two groups of subjects</i> | 43±6 | 150 | 42 | 17 | 26 |
| Barley, cracked (Malthouth, Tunisia) | 50 | 150 | 42 | 14 | 21 |
| Barley, rolled (Australia) | 66±5 | 50 (dry) | 38 | 51 | 25 |
| Buckwheat | | | | | |
| Buckwheat (Canada) | 49 | | | | |
| Buckwheat (Canada) | 51±10 | | | | |
| Buckwheat (Canada) | 63 | | | | |
| <i>mean of three studies</i> | 54±4 | 150 | 30 | 11 | 16 |
| Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden) | 45 | 150 | 30 | 9 | 13 |
| Corn/Maize | | | | | |
| Maize (<i>Zea mays</i>), flour made into chapatti (India) | 59 | | | | |
| Maize meal porridge/gruel (Kenya) | 109 | | | | |
| Cornmeal | | | | | |
| Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada) | 68 | 150 | 13 | 6 | 9 |
| Cornmeal + margarine (McNair Products Co. Ltd., Canada) | 69 | 150 | 12 | 6 | 9 |
| <i>mean of two studies</i> | 69±1 | 150 | 13 | 6 | 9 |
| Sweet Corn | | | | | |
| Sweet corn, 'Honey & Pearl' variety (New Zealand) | 37±12 | 150 | 30 | 7 | 11 |
| Sweet corn, on the cob, boiled 20 min (Australia) | 48 | 150 | 30 | 10 | 14 |
| Sweet corn (Canada) | 59±11 | 150 | 33 | 13 | 20 |
| Sweet corn (USA) | 60 | 150 | 33 | 13 | 20 |
| Sweet corn (USA) | 60 | 150 | 33 | 13 | 20 |
| Sweet corn (South Africa) | 62±5 | 150 | 33 | 14 | 20 |
| <i>mean of six studies</i> | 53±4 | 150 | 32 | 11 | 17 |
| Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA) | 46 | 150 | 28 | 9 | 13 |
| Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto) | 47 | 150 | 33 | 10 | 16 |
| Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada) | 68 | 20 | 12 | 42 | 8 |
| Couscous | | | | | |
| Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA) | 61 | | | | |
| Couscous, boiled 5 min (Tunisia) | 69 | | | | |
| <i>mean of two studies</i> | 65±4 | 150 | 35 | 15 | 23 |
| Millet | | | | | |
| Millet, boiled (Canada) | 71±10 | 150 | 36 | 17 | 25 |
| Millet flour porridge (Kenya) | 107 | | | | |
| Rice, White | | | | | |
| Arborio, risotto rice, boiled (Sun Rice brand, Rice Growers Co-Op., Australia) | 69±7 | 150 | 53 | 24 | 36 |
| White (<i>Oryza sativa</i>), boiled (India) | 69±15 | 150 | 43 | 20 | 30 |
| Rice, Boiled White, type NS¹ | | | | | |
| Type NS ¹ , eaten alone (France) | 45 | 150 | 30 | 9 | 14 |
| Type NS ¹ (India) | 48 | 150 | 38 | 12 | 18 |
| Type NS ¹ (Canada) | 51 | 150 | 42 | 14 | 21 |
| Type NS ¹ (France) | 52 | 150 | 36 | 13 | 19 |
| Type NS ¹ (Canada) | 56 | 150 | 42 | 16 | 23 |
| Type NS ¹ (Pakistan) | 69 | 150 | 38 | 17 | 26 |
| Type NS ¹ (Canada) | 72±9 | 150 | 42 | 20 | 30 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Type NS ¹ , boiled in salted water (India) | 72 | 150 | 38 | 18 | 27 |
| Type NS ¹ , boiled 13 min (Italy) | 102 | 150 | 30 | 20 | 31 |
| Type NS ¹ (Kenya) | 112 | 150 | 42 | 31 | 47 |
| Type NS ¹ , boiled (France) | 43 | 150 | 30 | 9 | 13 |
| Type NS ¹ , boiled (France) | 47 | 150 | 30 | 9 | 14 |
| <i>mean of 12 studies</i> | 64±7 | 150 | 36 | 16 | 23 |
| Type NS ¹ , boiled in salted water, refrigerated 16-20h, reheated (India) | 53 | 150 | 38 | 13 | 20 |
| Type NS ¹ , boiled 13 min, then baked 10 min (Italy) | 104 | 150 | 30 | 21 | 31 |
| Long Grain, Boiled | | | | | |
| Long grain, boiled 5 min (Canada) | 41 | 150 | 40 | 11 | 16 |
| Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, NSW, Australia) | 50 | 150 | 43 | 14 | 21 |
| Gem long grain (Dainty Food Inc., Toronto, Canada) | 55 | 150 | 40 | 15 | 22 |
| Long grain, white (Uncle Bens, Auckland, New Zealand) | 56±7 | 150 | 43 | 16 | 24 |
| Long grain, boiled 25 min (Surinam) | 56±2 | 150 | 43 | 16 | 24 |
| Gem long grain (Dainty Food Inc., Canada) | 57 | 150 | 40 | 15 | 23 |
| Long grain, boiled 15 min | 58 | 150 | 40 | 15 | 23 |
| Gem long grain (Dainty Food Inc., Canada) | 60 | 150 | 40 | 16 | 24 |
| Gem long grain (Dainty Food Inc., Canada) | 60 | 150 | 40 | 16 | 24 |
| Long grain, white, boiled 7 min (Star brand, Gouda foods, Concord, Canada) | 64±3 | 150 | 40 | 17 | 26 |
| <i>mean of 10 studies</i> | 56±2 | 150 | 41 | 15 | 23 |
| Rice, Long Grain, Quick-cooking Varieties | | | | | |
| Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium) | 68±6 | 150 | 37 | 17 | 25 |
| Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium) | 75±7 | 150 | 37 | 18 | 28 |
| Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods King's Lynn, Norfolk, UK) | 52±5 | 150 | 37 | 13 | 19 |
| Rice, Specialty Rices | | | | | |
| Cajun Style, Uncle Ben's® (Effem Foods Ltd., Bolton, Canada) | 51 | 150 | 37 | 13 | 19 |
| Garden Style, Uncle Ben's® (Effem Foods Ltd., Canada) | 55 | 150 | 37 | 14 | 21 |
| Long Grain and Wild, Uncle Ben's® (Effem Foods Ltd., Canada) | 54 | 150 | 37 | 13 | 20 |
| Mexican Fast and Fancy, Uncle Ben's® (Effem Foods Ltd., Canada) | 58 | 150 | 37 | 14 | 22 |
| Saskatchewan wild rice (Canada) | 57 | 150 | 32 | 12 | 18 |
| Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand) | 86±10 | 150 | 43 | 25 | 37 |
| Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand) | 98±7 | 150 | 32 | 21 | 31 |
| Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand) | 109±10 | 150 | 42 | 31 | 46 |
| Rice, White Low-amylose | | | | | |
| Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia) | 83±13 | 150 | 43 | 24 | 36 |
| Sungold, Pelde, parboiled (Rice Growers Co-op., Australia) | 87±7 | 150 | 43 | 25 | 37 |
| Waxy (0-2% amylose), (Rice Growers Co-op., Australia) | 88±11 | 150 | 43 | 25 | 38 |
| Pelde, white (Rice Growers Co-op., Australia) | 93±11 | 150 | 43 | 27 | 40 |
| White, low-amylose, boiled (Turkey) | 139 | 150 | 43 | 40 | 60 |
| Rice, White High-amylose | | | | | |
| Bangladeshi rice variety BR16 (28% amylose) | 37 | 150 | 39 | 10 | 14 |
| Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min | 39 | 150 | 39 | 10 | 15 |
| <i>mean of two studies</i> | 38 | 150 | 39 | 10 | 15 |
| 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 | | | | |
| <i>mean of three studies</i> | 56±4 | 150 | 39 | 14 | 22 |
| Koshikari (Japonica), white, short-grain, boiled 15 min then steamed 10 min (Japan) | 48±8 | 150 | 38 | 12 | 18 |
| Basmati | | | | | |
| Basmati, white, boiled (Mahatma brand, Sydney, NSW, Australia) | 58±8 | 150 | 38 | 15 | 22 |
| Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® (Masterfoods, Kings Lynn, Norfolk, UK) | 57±4 | 150 | 41 | 16 | 24 |
| Quick cooking white basmati, cooked 10 min, Uncle Ben's® Superior (Masterfoods Olen, Belgium) | 60±5 | 150 | 38 | 15 | 23 |
| Rice, Brown | | | | | |

| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|---|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| Brown (Canada) | 66±5 | 150 | 33 | 14 | 21 |
| Brown, steamed (USA) ⁵ | 50 | 150 | 33 | 11 | 16 |
| Brown (<i>Oriza sativa</i>), boiled (South India) ⁵ | 50±19 | 150 | 33 | 11 | 16 |
| <i>mean of three studies</i> | 55±5 | 150 | 33 | 12 | 18 |
| Calrose brown (Rice Growers Co-op., Australia) | 87±8 | 150 | 38 | 22 | 33 |
| Doongara brown, high amylose (Rice Growers Co-op., Australia) | 66±7 | 150 | 37 | 16 | 24 |
| Pelde brown (Rice Growers Co-op., Australia) | 76±6 | 150 | 38 | 19 | 29 |
| Parboiled, cooked 20 min, Uncle Ben's Natur-reis® (Masterfoods Olen, Belgium) | 64±7 | 150 | 36 | 15 | 23 |
| Sunbrown Quick (Rice Growers Co-op., Australia) | 80±7 | 150 | 38 | 21 | 31 |
| Instant/Puffed Rice | | | | | |
| Instant rice, white, boiled 1 min (Canada) | 46 | 150 | 42 | 13 | 19 |
| Instant rice, white, cooked 6 min (Trice brand, Australia) | 87 | 150 | 42 | 24 | 36 |
| Puffed, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods Olen, Belgium) | 74±5 | 150 | 42 | 21 | 31 |
| <i>mean of three studies</i> | 69±12 | 150 | 42 | 19 | 29 |
| Instant doongara, white, cooked 5 min (Rice Growers Co-op., Australia) | 94±7 | 150 | 42 | 23 | 35 |
| Parboiled Rice | | | | | |
| Parboiled rice (Canada) | 48 | 150 | 36 | 12 | 18 |
| Parboiled rice (USA) | 72 | 150 | 36 | 18 | 26 |
| Converted, white, Uncle Ben's® (Effem Foods Ltd., Canada) | 45 | 150 | 36 | 11 | 16 |
| Converted, white, boiled 20-30 min, Uncle Ben's® (Masterfoods USA, Vernon, CA) | 38 | 150 | 36 | 9 | 14 |
| Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA) | 50 | 150 | 36 | 12 | 18 |
| Boiled, 12 min (Denmark) | 39 | 150 | 36 | 9 | 14 |
| Boiled, 12 min (Denmark) | 42 | 150 | 36 | 10 | 15 |
| Boiled, 12 min (Denmark) | 43 | 150 | 36 | 10 | 16 |
| Boiled, 12 min (Denmark) | 46 | 150 | 36 | 11 | 17 |
| Long grain, boiled 5 min (Canada) | 38 | 150 | 36 | 9 | 14 |
| Long grain, boiled, 10 min (USA) ⁵ | 61 | 150 | 36 | 15 | 22 |
| Long grain, boiled 15 min (Canada) | 47 | 150 | 36 | 11 | 17 |
| Long grain, boiled 25 min (Canada) | 46 | 150 | 36 | 11 | 17 |
| <i>mean of thirteen studies</i> | 47±3 | 150 | 36 | 11 | 17 |
| Parboiled rice, eaten as part of a traditional Indian meal (India) ⁵ | 99 | | | | |
| Parboiled, Low-amylose | | | | | |
| Bangladeshi rice variety BR2, parboiled (12% amylose) | 51 | 150 | 38 | 13 | 19 |
| Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op., Australia) | 87±7 | 150 | 39 | 23 | 34 |
| Parboiled, High-amylose | | | | | |
| Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op., Australia) | 50±6 | 150 | 39 | 13 | 19 |
| Bangladeshi rice variety BR16, parboiled (28% amylose) | 35 | 150 | 37 | 9 | 13 |
| Bangladeshi rice variety BR16, traditionally parboiled (27% amylose) | 32 | 150 | 38 | 8 | 12 |
| Bangladeshi rice variety BR16, pressure parboiled (27% amylose) | 27 | 150 | 41 | 7 | 11 |
| Bangladeshi rice variety BR4, parboiled (27% amylose) | 33 | 150 | 38 | 8 | 13 |
| <i>mean of 5 studies</i> | 35±4 | 150 | 39 | 9 | 14 |
| Rye, whole kernels | | | | | |
| Rye, whole kernels (Canada) | 29 | 50 (dry) | 38 | 22 | 11 |
| Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada) | 34 | 50 (dry) | 38 | 26 | 13 |
| Rye, whole kernels (Canada) | 39 | 50 (dry) | 38 | 30 | 15 |
| <i>mean of three studies</i> | 34±3 | 50 (dry) | 38 | 26 | 13 |
| Wheat | | | | | |
| Wheat, Whole Kernels | | | | | |
| Wheat, whole kernels (<i>Triticum aestivum</i>), (India) ¹¹ | 30±9 | 50 (dry) | 38 | 23 | 11 |
| Wheat, whole kernels (Canada) | 42 | 50 (dry) | 33 | 28 | 14 |
| Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada) | 44 | 50 (dry) | 33 | 29 | 14 |
| Wheat, whole kernels (Canada) | 48 | 50 (dry) | 33 | 32 | 16 |
| <i>mean of four studies</i> | 41±3 | 50 (dry) | 34 | 28 | 14 |
| Wheat, type NS ¹ (India) | 90 | 50 (dry) | 38 | 68 | 34 |
| Wheat, Precooked Kernels | | | | | |
| Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France) | 52±4 | 50 (dry) | 37 | 38 | 19 |
| Durum wheat, precooked, cooked 10 min (Ebly, France) | 50±5 | 50 (dry) | 33 | 33 | 17 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|---|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Durum wheat, precooked in pouch, reheated in microwave, Eby Express (Eby, France) | 40±5 | 125 | 39 | 13 | 16 |
| Quick cooking (White Wings, Sydney, NSW, Australia) | 54±11 | 150 | 47 | 17 | 25 |
| Semolinas | | | | | |
| Semolina, roasted at 105°C then gelatinised with water (India) | 55±9 | | | | |
| Semolina, steamed and gelatinised (India) | 54±13 | | | | |
| <i>mean of two studies</i> | 55±1 | 150 | 11 | 4 | 6 |
| Cracked Wheats (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 | | | | |
| <i>mean of four studies</i> | 48±2 | 150 | 26 | 8 | 12 |
| COOKIES | | | | | |
| Arrowroot | | | | | |
| Arrowroot (McCormicks's, Interbare Foods, Toronto, Canada) | 63 | 25 | 20 | 50 | 13 |
| Arrowroot plus (McCormicks's, Canada) | 62 | 25 | 18 | 45 | 11 |
| Milk Arrowroot (Arnotts, Sydney, NSW, Australia) | 69±7 | 25 | 18 | 49 | 12 |
| <i>mean of three studies</i> | 65±2 | 25 | 19 | 48 | 12 |
| Barquette Abricot (LU, Ris, Orangis, France) | 71±6 | 40 | 32 | 57 | 23 |
| Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic) | 57±9 | 50 | 33 | 38 | 19 |
| Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic) | 51±9 | 50 | 34 | 34 | 17 |
| Bebe Jemne Susenky (Opavia/LU, Czech Republic) | 67±11 | 25 | 20 | 54 | 14 |
| Digestives | | | | | |
| Digestives (Canada) | 55 | | | | |
| Digestives (Canada) | 59±7 | | | | |
| Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada) | 62 | | | | |
| <i>mean of three studies</i> | 59±2 | 25 | 16 | 39 | 10 |
| Digestives, gluten-free (maize starch), (Nutricia Dietary Care Ltd., Redish, UK) | 58 | 25 | 17 | 40 | 10 |
| Evergreen met Krenten (LU, Netherlands) | 66±12 | 38 | 21 | 37 | 14 |
| Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand) | 77±25 | 25 | 17 | 53 | 13 |
| Graham Wafers (Christie Brown & Co., Toronto, Canada) | 74 | 25 | 18 | 55 | 14 |
| Gran'Dia Banana, Oats and Honey (LU, Brazil) | 28±5 | 30 | 23 | 21 | 6 |
| Grany en-cas Abricot (LU, France) | 55±6 | 30 | 16 | 30 | 9 |
| Grany en-cas Fruits des bois (LU, France) | 50±5 | 30 | 14 | 24 | 7 |
| Grany Rush Apricot (LU, Netherlands) | 62±3 | 30 | 20 | 41 | 12 |
| Highland Oatmeal (Westons biscuits, Sydney, NSW, Australia) | 55±8 | 25 | 18 | 40 | 10 |
| Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland) | 57 | 25 | 15 | 33 | 8 |
| LU P'tit Déjeuner Chocolat (LU, France) | 42±5 | 50 | 34 | 29 | 14 |
| LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France) | 45±5 | 50 | 35 | 32 | 16 |
| LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France) | 52±3 | 50 | 35 | 36 | 18 |
| LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France) | 49±8 | 50 | 35 | 36 | 18 |
| <i>mean of three studies</i> | 49±2 | 50 | 35 | 34 | 17 |
| Maltmeal wafer (Griffin's Foods Ltd., New Zealand) | 50±10 | 25 | 17 | 34 | 9 |
| Morning Coffee (Arnotts, Australia) | 79±6 | 25 | 19 | 60 | 15 |
| Nutrigrain Fruits des bois (Kellogg's, France) | 57±4 | 35 | 23 | 37 | 13 |
| Oatmeal (Canada) | 54±4 | 25 | 17 | 37 | 9 |
| Oro (Saiwa, Italy) | 61±9 | 40 | 32 | 49 | 20 |
| Oro (Saiwa, Italy) | 67±17 | 40 | 32 | 53 | 21 |
| <i>mean of two studies</i> | 64±3 | 40 | 32 | 51 | 20 |
| Petit LU Normand (LU, France) | 51±3 | 25 | 19 | 38 | 10 |
| Petit LU Roussillon (LU, France) | 48±4 | 25 | 18 | 34 | 9 |
| Prince Energie+ (LU, France) | 73±5 | 25 | 17 | 51 | 13 |
| Prince fourré chocolat (LU, France) | 53±5 | | | | |
| Prince fourré chocolat (LU, France) | 50±5 | | | | |
| <i>mean of two studies</i> | 52±2 | 45 | 30 | 35 | 16 |
| Prince Meganana Chocolate (LU, Spain) | 49±12 | 50 | 36 | 35 | 18 |
| Prince Petit Déjeuner Vanille (LU, France and Spain) | 45±6 | 50 | 36 | 33 | 16 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|---|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Rich Tea (Canada) | 55±4 | 25 | 19 | 42 | 10 |
| Sablé des Flandres (LU, France) | 57±10 | 20 | 15 | 42 | 8 |
| Shortbread (Arnotts, Australia) | 64±8 | 25 | 16 | 40 | 10 |
| Shredded Wheatmeal (Arnotts, Australia) | 62±4 | 25 | 18 | 44 | 11 |
| Snack Right Fruit Slice (97% fat-free), (Arnott's, Australia) | 45±3 | 25 | 19 | 34 | 9 |
| Thé (LU, France) | 41±7 | 20 | 16 | 32 | 6 |
| Vanilla Wafers (Christie Brown & Co., Canada) | 77 | 25 | 18 | 55 | 14 |
| Véritable Petit Beurre (LU, France) | 51±8 | 25 | 18 | 36 | 9 |
| CRACKERS | | | | | |
| Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada) | 67 | 25 | 14 | 38 | 10 |
| Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, NSW, Australia) | 87±10 | 25 | 20 | 71 | 18 |
| Cream Cracker (LU Triumfo, Brazil) | 65±11 | 25 | 17 | 43 | 11 |
| High-calcium cracker (Danone, Malaysia) | 52±8 | 25 | 17 | 36 | 9 |
| Jatz, plain salted craker biscuits (Arnotts, Australia) | 55±5 | 25 | 17 | 38 | 10 |
| Puffed Crispbread (Westons, Australia) | 81±9 | 25 | 19 | 60 | 15 |
| Puffed Rice Cakes | | | | | |
| Puffed rice cakes, white (Rice Growers Co-op., Leeton, NSW, Australia) | 82±11 | 25 | 21 | 69 | 17 |
| Rice cakes, Calrose rice (low-amylose), (Rice Growers Co-op., Australia) | 91±7 | 25 | 21 | 76 | 19 |
| Rice cakes, Doongara rice (high-amylose), (Rice Growers Co-op., Australia) | 61±5 | 25 | 21 | 51 | 13 |
| <i>mean of three studies</i> | 78±9 | 25 | 21 | 68 | 17 |
| Rye Crispbreads | | | | | |
| Rye crispbread (Canada) | 63 | 25 | 16 | 41 | 10 |
| Ryvita (Canada) | 69±10 | 25 | 16 | 45 | 11 |
| High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK) | 59 | 25 | 15 | 36 | 9 |
| Rye crispbread (Ryvita Company Ltd., UK) | 63 | 25 | 18 | 45 | 11 |
| <i>mean of four studies</i> | 64±2 | 25 | 16 | 42 | 11 |
| Kavli Norwegian Crispbread (Players Biscuits, Sydney, NSW, Australia) | 71±7 | 25 | 16 | 46 | 12 |
| Sao, plain square crackers (Arnotts, Australia) | 70±9 | 25 | 17 | 47 | 12 |
| Stoned Wheat Thins (Christie Brown & Co., Canada) | 67 | 25 | 17 | 47 | 12 |
| Water Crackers | | | | | |
| Water cracker (Canada) | 63±9 | 25 | 18 | 45 | 11 |
| Water cracker (Arnotts, Australia) | 78±11 | 25 | 18 | 56 | 14 |
| <i>mean of two studies</i> | 71±8 | 25 | 18 | 51 | 13 |
| Premium Soda Crackers (Christie Brown & Co., Canada) | 74 | 25 | 17 | 50 | 12 |
| Vita-wheat, original, crispbread (Arnott's, Australia) | 55±4 | 25 | 19 | 41 | 10 |
| DAIRY PRODUCTS AND ALTERNATIVES | | | | | |
| Custards | | | | | |
| No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Sydney, NSW, Australia) | 35±2 | 100 | 17 | 6 | 6 |
| Custard, home made from milk, wheat starch, and sugar (Australia) | 43±10 | 100 | 17 | 7 | 7 |
| TRIM, reduced-fat custard (Pauls Ltd., South Brisbane, Qld, Australia) | 37±4 | 100 | 15 | 6 | 6 |
| <i>mean of three studies</i> | 38±2 | 100 | 16 | 6 | 6 |
| Ice Creams, Regular/NS¹ | | | | | |
| Ice cream, NS ¹ (Canada) | 36±8 | | | | |
| Ice cream (half vanilla, half chocolate), (Italy) | 57 | | | | |
| Ice cream, NS ¹ (USA) | 62 | | | | |
| Ice cream, chocolate flavored (USA) | 68±15 | | | | |
| Ice cream (half vanilla, half chocolate), (Italy) | 80 | | | | |
| <i>mean of five studies</i> | 61±7 | 50 | 13 | 16 | 8 |
| Ice Creams, Reduced or Low-fat | | | | | |
| Ice cream, low-fat, vanilla, 'Light' (Peter's, Sydney, NSW, Australia) | 50±8 | 50 | 6 | 6 | 3 |
| Ice-cream, low-fat (1.2% fat), Prestige Light rich vanilla (Norco, Lismore, Australia) ⁶ | 47±5 | 50 | 10 | 10 | 5 |
| Ice-cream, low-fat (1.4% fat), Prestige Light traditional toffee (Norco, Australia) ⁶ | 37±4 | 50 | 14 | 11 | 5 |
| Ice-cream, reduced-fat (7.1% fat), Prestige golden macadamia (Norco, Australia) ⁶ | 39±3 | 50 | 12 | 9 | 5 |
| Ice Creams, Premium (High-fat) | | | | | |
| Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia) | 37±3 | 50 | 9 | 7 | 4 |
| Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia) | 38±3 | 50 | 9 | 7 | 3 |
| Milks, Full-fat | | | | | |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| 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 | | | | |
| <i>mean of five studies</i> | 27±4 | 250 | 12 | 1 | 3 |
| Fermented cow's milk (ropy milk, långfil, 3% fat), (Arla, Gävle, Sweden) ⁶ | 11 | | | | |
| Fermented cow's milk (filmjöl, 3% fat), (Skånemejerier, Malmö, Sweden) ⁶ | 11 | | | | |
| <i>mean of two foods</i> | 11 | | | | |
| Milk, Full-fat, Plus Bran | | | | | |
| Full-fat + 20g wheat bran (Italy) | 25 | | | | |
| Full-fat + 20g wheat bran (Italy) | 28 | | | | |
| <i>mean of two studies</i> | 27±2 | 250 | 12 | 1 | 3 |
| Milk, skim (Canada) | 32±5 | 250 | 13 | 2 | 4 |
| Milk, condensed, sweetened (Nestlé, Sydney, NSW, Australia) | 61±6 | 50 | 27 | 33 | 17 |
| Milk, low-fat, chocolate, with aspartame, Lite White (Dairy Farmers, Australia) | 24±6 | 250 | 15 | 1 | 3 |
| Milk, low-fat, chocolate, with sugar, Lite White (Dairy Farmers, Australia) | 34±4 | 250 | 26 | 4 | 9 |
| Mousses, Reduced-fat , prepared from commercial mousse mix with water | | | | | |
| Butterscotch, 1.9% fat (Nestlé, Australia) | 36±4 | 50 | 10 | 7 | 4 |
| Chocolate, 2% fat (Nestlé, Australia) | 31±4 | 50 | 11 | 7 | 3 |
| Hazelnut, 2.4% fat (Nestlé, Australia) | 36±4 | 50 | 10 | 7 | 4 |
| Mango, 1.8% fat (Nestlé, Australia) | 33±5 | 50 | 11 | 7 | 4 |
| Mixed berry, 2.2% fat (Nestlé, Australia) | 36±5 | 50 | 10 | 7 | 4 |
| Strawberry, 2.3% fat (Nestlé, Australia) | 32±3 | 50 | 10 | 6 | 3 |
| <i>mean of six foods</i> | 34±1 | 50 | 10 | 7 | 4 |
| Puddings | | | | | |
| instant, chocolate, made from powder and whole milk (White Wings, Sydney, Australia) | 47±4 | 100 | 16 | 7 | 7 |
| instant, vanilla, made from powder and whole milk (White Wings, Australia) | 40±4 | 100 | 16 | 6 | 6 |
| <i>mean of two foods</i> | 44±4 | 100 | 16 | 7 | 7 |
| Yoghurts | | | | | |
| Yoghurt, type NS ¹ (Canada) | 36±4 | 200 | 9 | 2 | 3 |
| Low-fat Yoghurts | | | | | |
| Low-fat, fruit, aspartame, Ski (Dairy Farmers, Australia) | 14±4 | 200 | 13 | 1 | 2 |
| Low-fat, fruit, sugar, Ski (Dairy Farmers, Australia) | 33±7 | 200 | 31 | 5 | 10 |
| Low-fat (0.9%), fruit, wild strawberry (Ski d'Lite, Dairy Farmers, Australia) | 31±14 | 200 | 30 | 5 | 9 |
| Non-fat Yoghurt, Sweetened with Acesulfame K and Splenda | | | | | |
| Diet Vaalia, exotic fruits (Pauls Ltd., Australia) ⁶ | 23±2 | 200 | 16 | 2 | 4 |
| Diet Vaalia, mango (Pauls Ltd., Australia) ⁶ | 23±2 | 200 | 14 | 2 | 3 |
| Diet Vaalia, mixed berry (Pauls Ltd., Australia) ⁶ | 25±3 | 200 | 13 | 2 | 3 |
| Diet Vaalia, strawberry (Pauls Ltd., Australia) ⁶ | 23±2 | 200 | 13 | 1 | 3 |
| Diet Vaalia, vanilla (Pauls Ltd., Australia) ⁶ | 23±2 | 200 | 13 | 1 | 3 |
| <i>mean of five foods</i> | 24±1 | 200 | 14 | 2 | 3 |
| Reduced-fat Yoghurts | | | | | |
| Reduced-fat, Vaalia, apricot & mango (Pauls Ltd., Australia) ⁶ | 26±4 | 200 | 30 | 4 | 8 |
| Reduced-fat, Vaalia, french vanilla (Pauls Ltd., Australia) ⁶ | 26±4 | 200 | 10 | 1 | 3 |
| Reduced-fat, Extra-Lite, strawberry (Pauls Ltd., Australia) ⁶ | 28±4 | 200 | 33 | 5 | 9 |
| <i>mean of three foods</i> | 27±1 | 200 | 24 | 3 | 7 |
| Yoghurt drink, reduced-fat, Vaalia, tropical passionfruit (Pauls Ltd., Australia) ⁶ | 38±4 | 200 | 29 | 6 | 11 |
| Soy-Based Dairy Product Alternatives | | | | | |
| Soy milks (containing maltodextrin) | | | | | |
| Soy milk, full-fat (3%), 0 mg calcium, Original (So Natural Foods, Taren Point, NSW, Australia) ⁶ | 44±5 | 250 | 17 | 3 | 8 |
| Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia) ⁶ | 36±4 | 250 | 18 | 3 | 6 |
| Soy milk, reduced-fat (1.5%), 120 mg calcium, Light (So Natural Foods, Australia) ⁶ | 44±3 | 250 | 17 | 3 | 8 |
| Soy Milk Drinks | | | | | |
| Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia) ⁶ | 30±3 | 250 | 22 | 3 | 7 |
| Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia) ⁶ | 34±3 | 250 | 25 | 3 | 8 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| <i>mean of two drinks</i> | 32±2 | 250 | 23 | 3 | 7 |
| Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium, Berkeley Vale, NSW, Australia) | 43±5 | 250 | 26 | 4 | 11 |
| Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast) ⁶ (Sanitarium, Australia) | 46±5 | 250 | 24 | 4 | 11 |
| <i>mean of two drinks</i> | 45±2 | 250 | 25 | 4 | 11 |
| Xpress, chocolate (soy bean, cereal and legume extract drink with fructose) ⁶ (So Natural Foods, Australia) | 39±2 | 250 | 34 | 5 | 13 |
| Soy Yoghurts | | | | | |
| Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia) ⁶ | 50±3 | 200 | 26 | 7 | 13 |
| Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA) | 115±14 | 50 | 9 | 20 | 10 |
| FRUITS AND FRUIT PRODUCTS | | | | | |
| Apples, raw | | | | | |
| Apple, NS ¹ (Denmark) | 28 | 120 | 13 | 3 | 4 |
| Apple, Braeburn (New Zealand) ⁶ | 32±4 | 120 | 13 | 3 | 4 |
| Apple, NS ¹ (Canada) | 34 | 120 | 16 | 4 | 5 |
| Apple, Golden Delicious (Canada) | 39±3 | 120 | 16 | 5 | 6 |
| Apple, NS ¹ (USA) | 40 | 120 | 16 | 5 | 6 |
| Apple, NS ¹ (Italy) | 44 | 120 | 13 | 5 | 6 |
| <i>mean of six studies</i> | 38±2 | 120 | 15 | 5 | 6 |
| Apple Juices | | | | | |
| Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, Australia) | 39±5 | 250 | 25 | 4 | 10 |
| Apple juice, unsweetened (USA) | 40 | 250 | 29 | 5 | 12 |
| Apple juice, unsweetened (Allens, Toronto, Canada) | 41 | 250 | 30 | 5 | 12 |
| <i>mean of three studies</i> | 40±1 | 250 | 28 | 4 | 11 |
| Apple, dried (Australia) | 29±5 | 60 | 34 | 17 | 10 |
| Apricots | | | | | |
| Apricots, raw, NS ¹ (Italy) | 57 | 120 | 9 | 4 | 5 |
| Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal) | 64 | 120 | 19 | 10 | 12 |
| Apricots, dried (Australia) | 30±7 | 60 | 27 | 13 | 8 |
| Apricots, dried (Wasco foods, Montreal, Canada) | 32 | 60 | 30 | 16 | 10 |
| <i>mean of two studies</i> | 31±1 | 60 | 28 | 15 | 9 |
| Apricot fruit bar, pureed dried apricot filling in wholemeal pastry (Mother Earth, Auckland, New Zealand) | 50±8 | 50 | 34 | 34 | 17 |
| Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, SA, Australia) | 55±7 | 30 | 13 | 24 | 7 |
| Apricot Fruity Bitz, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Balgowlah, NSW, Australia) | 42±3 | 15 | 12 | 32 | 5 |
| Bananas, raw | | | | | |
| Banana (Canada) | 46 | 120 | 25 | 10 | 12 |
| Banana (Italy) | 58 | 120 | 23 | 11 | 13 |
| Banana (Canada) | 58 | 120 | 25 | 12 | 15 |
| Banana (Canada) | 62±9 | 120 | 25 | 13 | 16 |
| Banana (South Africa) | 70±5 | 120 | 23 | 13 | 16 |
| Banana, ripe (all yellow), (USA) | 51 | 120 | 25 | 11 | 13 |
| Banana, under-ripe (Denmark) | 30 | 120 | 21 | 5 | 6 |
| Banana, slightly under-ripe (yellow with green sections), (USA) | 42 | 120 | 25 | 9 | 11 |
| Banana, over-ripe (yellow flecked with brown), (USA) | 48 | 120 | 25 | 10 | 12 |
| Banana, over-ripe (Denmark) | 52 | 120 | 20 | 9 | 11 |
| <i>mean of 10 studies</i> | 52±4 | 120 | 24 | 10 | 12 |
| Banana, processed fruit fingers, Heinz Kidz (H J Heinz, Malvern, Vic, Australia) | 61±11 | 30 | 20 | 40 | 12 |
| Breadfruit (<i>Artocarpus altilis</i>), raw (Australia) ⁶ | 68 | 120 | 27 | 15 | 18 |
| Cherries, raw, NS ¹ (Canada) | 22 | 120 | 12 | 2 | 3 |
| Chico (<i>Zapota zapotilla</i> Coville), raw (Philippines) ⁶ | 40 | 120 | 29 | 10 | 12 |
| Cranberry Juices | | | | | |
| Cranberry juice cocktail (Ocean Spray, Melbourne, Vic, Australia) | 52±3 | 250 | 31 | 6 | 16 |
| Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA) | 68±3 | 250 | 35 | 10 | 24 |
| Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK) | 56±4 | 250 | 29 | 7 | 16 |
| Custard apple, raw, flesh only (Australia) | 54±2 | 120 | 19 | 9 | 10 |
| Dates, dried (Australia) | 103±21 | 60 | 40 | 69 | 42 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, Australia) | 61±6 | 60 | 26 | 26 | 16 |
| Fruit Cocktail, canned (Delmonte Canadian Cannery Ltd., Hamilton, Canada) | 55 | 120 | 16 | 7 | 9 |
| Grapefruit, raw (Canada) | 25 | 120 | 11 | 2 | 3 |
| Grapefruit juice, unsweetened (Sunpac, Toronto, Canada) | 48 | 250 | 20 | 4 | 9 |
| Grapes, raw | | | | | |
| Grapes, NS ¹ (Canada) | 43 | 120 | 17 | 6 | 7 |
| Grapes, NS ¹ (Italy) | 49 | 120 | 19 | 8 | 9 |
| <i>mean of two studies</i> | 46±3 | 120 | 18 | 7 | 8 |
| Grapes, black, Waltham Cross (Australia) | 59 | 120 | 18 | 9 | 11 |
| Kiwi Fruits, raw | | | | | |
| Kiwi fruit, Hayward (New Zealand) ⁶ | 47±4 | 120 | 12 | 5 | 5 |
| Kiwi fruit (Australia) ⁶ | 58±7 | 120 | 12 | 6 | 7 |
| <i>mean of two studies</i> | 53±6 | 120 | 12 | 5 | 6 |
| Lychee, canned in syrup and drained, Narcissus brand (China) | 79±8 | 120 | 20 | 13 | 16 |
| Mangos, raw | | | | | |
| Mango (<i>Mangifera indica</i>), (Philippines) ⁶ | 41 | 120 | 20 | 7 | 8 |
| Mango (<i>Mangifera indica</i>), (Australia) ⁶ | 51±3 | 120 | 15 | 6 | 8 |
| Mango, ripe (<i>Mangifera indica</i>), (India) ¹¹ | 60±16 | 120 | 15 | 8 | 9 |
| <i>mean of three studies</i> | 51±5 | 120 | 17 | 7 | 8 |
| Mango, low-fat frozen fruit dessert, Frutia (Weis Frozen Foods, Toowong, Australia) | 42±3 | 100 | 23 | 10 | 10 |
| Marmalade, orange (Australia) | 48±9 | 30 | 20 | 31 | 9 |
| Oranges, raw | | | | | |
| Oranges, NS ¹ (Denmark) | 31 | 120 | 11 | 3 | 3 |
| Oranges, NS ¹ (South Africa) | 33±6 | 120 | 10 | 3 | 3 |
| Oranges, NS ¹ (Canada) | 40±3 | 120 | 11 | 4 | 4 |
| Oranges, NS ¹ (Italy) | 48 | 120 | 11 | 4 | 5 |
| Oranges (Sunkist, Van Nuys, CA, USA) | 48 | 120 | 11 | 4 | 5 |
| Oranges NS ¹ (Canada) | 51 | 120 | 11 | 5 | 6 |
| <i>mean of six studies</i> | 42±3 | 120 | 11 | 4 | 5 |
| Orange Juices | | | | | |
| Orange Juice (Canada) | 46±6 | 250 | 26 | 5 | 12 |
| Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd., Australia) | 53±6 | 250 | 18 | 4 | 9 |
| Orange juice, reconstituted from frozen concentrate (USA) | 57±6 | 250 | 26 | 6 | 15 |
| <i>mean of three studies</i> | 52±3 | 250 | 23 | 5 | 12 |
| Paw Paw/Papayas, raw | | | | | |
| Paw paw (<i>Carica papaya</i>), (Australia) ⁶ | 56±6 | 120 | 8 | 4 | 5 |
| Paw paw (papaya), ripe (India) ¹¹ | 60±16 | 120 | 29 | 15 | 17 |
| Papaya (<i>Carica papaya</i>), (Philippines) ⁶ | 60 | 120 | 15 | 7 | 9 |
| <i>mean of three studies</i> | 59±1 | 120 | 17 | 9 | 10 |
| Peaches | | | | | |
| Peach, raw (Canada) | 28 | 120 | 13 | 3 | 4 |
| Peach, raw (Italy) | 56 | 120 | 8 | 4 | 5 |
| <i>mean of two studies</i> | 42±14 | 120 | 11 | 4 | 5 |
| Peach, canned in natural juice (Goulburn Valley, Ardmona Foods, Mooroopna, Vic, Australia) | 30±4 | 120 | 11 | 3 | 3 |
| Peach, canned in natural juice (SPC Ltd., Shepparton, Vic, Australia) | 45±6 | 120 | 11 | 4 | 5 |
| <i>mean of two studies</i> | 38±8 | 120 | 11 | 4 | 4 |
| Peach, canned in heavy syrup (Letona Foods, Hawthorn East, Vic, Australia) | 58±11 | 120 | 15 | 7 | 9 |
| Peach, canned in light syrup (Delmonte, Canadian Cannery Ltd.) | 52 | 120 | 18 | 8 | 9 |
| Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia) | 62±9 | 120 | 17 | 9 | 11 |
| Pears | | | | | |
| Pear, raw, NS ¹ (Canada) | 33 | 120 | 13 | 3 | 4 |
| Pear, Winter Nellis, raw (New Zealand) ⁶ | 34±4 | 120 | 12 | 3 | 4 |
| Pear, Bartlett, raw (Canada) | 41 | 120 | 8 | 3 | 3 |
| Pear, raw, NS ¹ (Italy) | 42 | 120 | 11 | 4 | 4 |
| <i>mean of four studies</i> | 38±2 | 120 | 11 | 3 | 4 |
| Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia) | 25±6 | 120 | 14 | 3 | 4 |

| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|---|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| Pear halves, canned in natural juice (SPC Ltd., Australia) | 43±15 | 120 | 13 | 5 | 5 |
| Pear, canned in pear juice, Bartlett (Delmonte, Canadian Cannery Ltd.) | 44 | 120 | 11 | 4 | 5 |
| Pineapples | | | | | |
| Pineapple, raw (Australia) ⁶ | 66±7 | 120 | 10 | 5 | 6 |
| Pineapple (<i>Ananas comosus</i>), raw (Philippines) ⁶ | 51 | 120 | 16 | 7 | 8 |
| <i>mean of two studies</i> | 59±8 | 120 | 13 | 6 | 7 |
| Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada) | 46 | 250 | 34 | 6 | 15 |
| Plums | | | | | |
| Plum, raw, NS ¹ (Canada) | 24 | 120 | 14 | 3 | 3 |
| Plum, raw, NS ¹ (Italy) | 53 | 120 | 11 | 5 | 6 |
| <i>mean of two studies</i> | 39±15 | 120 | 12 | 4 | 5 |
| Prunes, pitted (Sunsweet Growers Inc., Yuba City, CA, USA) | 29±4 | 60 | 33 | 16 | 10 |
| Raisins (Canada) | 64±11 | 60 | 44 | 47 | 28 |
| Rockmelon/Cantaloupe, raw (Australia) ⁶ | 65±9 | 120 | 6 | 3 | 4 |
| Strawberries, fresh, raw (Sydney, NSW, Australia) ⁶ | 40±7 | 120 | 3 | 1 | 1 |
| Strawberry jam | 51±10 | 30 | 20 | 34 | 10 |
| Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia) | 90±12 | 30 | 26 | 77 | 23 |
| Sultanas | 56±11 | 60 | 45 | 42 | 25 |
| Tomato juice, no added sugar (Berri Ltd., Berri, SA, Australia) ⁶ | 38±4 | 250 | 9 | 1 | 4 |
| Tropical Fruity Bitz, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia) | 41±3 | 15 | 11 | 31 | 5 |
| Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Sydney, NSW, Australia) | 59±8 | 100 | 21 | 12 | 12 |
| Watermelon, raw (Australia) ⁶ | 72±13 | 120 | 6 | 4 | 4 |
| Wild Berry Fruity Bitz, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia) | 35±4 | 15 | 12 | 27 | 4 |
| INFANT FORMULA AND WEANING FOODS | | | | | |
| Formulas | | | | | |
| Infasoy, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia) ⁶ | 55±6 | 100 ml | 7 | 4 | 4 |
| Karicare gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand) ⁶ | 35±5 | 100 ml | 7 | 2 | 2 |
| Nan-1 infant formula with iron (Nestlé, Sydney, NSW, Australia) ⁶ | 30±6 | 100 ml | 8 | 2 | 2 |
| S-26 infant formula (Wyeth Nutritionals, Australia) ⁶ | 36±6 | 100 ml | 7 | 3 | 3 |
| Weaning Foods | | | | | |
| Farex baby rice (Heinz Wattie's Ltd., Malvern, Vic, Australia) ⁶ | 95±13 | 87 | 6 | 7 | 6 |
| Robinsons First Tastes from 4 months (Nutricia, Wells, UK) | | | | | |
| Apple, apricot and banana cereal ⁶ | 56±8 | 75 | 13 | 14 | 7 |
| Creamed porridge ⁶ | 59±8 | 75 | 9 | 7 | 5 |
| Rice pudding ⁶ | 59±6 | 75 | 11 | 9 | 6 |
| Heinz for Baby from 4 months (Heinz Wattie's Ltd., Australia) | | | | | |
| Chicken and noodles with vegetables, strained ⁶ | 67±11 | 120 | 7 | 4 | 5 |
| Sweetcorn and rice ⁶ | 65±13 | 120 | 15 | 8 | 10 |
| LEGUMES AND NUTS | | | | | |
| Baked Beans | | | | | |
| Baked Beans, canned (Canada) | 40±3 | | | | |
| Baked Beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada) | 56 | | | | |
| <i>mean of two studies</i> | 48±8 | 150 | 15 | 5 | 7 |
| Beans, Dried, Boiled | | | | | |
| Beans, dried, type NS ¹ (Italy) | 36 | 150 | 30 | 7 | 11 |
| Beans, dried, type NS ¹ (Italy) | 20 | 150 | 30 | 4 | 6 |
| <i>mean of two studies</i> | 29±9 | 150 | 30 | 6 | 9 |
| Blackeyed Beans/Peas (Cowpeas), Boiled | | | | | |
| Blackeyed beans (Canada) | 50 | 150 | 30 | 10 | 15 |
| Blackeyed beans (Canada) | 33±4 | 150 | 30 | 7 | 10 |
| <i>mean of two studies</i> | 42±9 | 150 | 30 | 9 | 13 |
| Butter Beans | | | | | |
| Butter beans (South Africa) | 28±7 | 150 | 20 | 4 | 5 |
| Butter beans, dried, cooked 1.25 h (South Africa) | 29±8 | 150 | 20 | 4 | 6 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Butter beans (Canada) | 36±4 | 150 | 20 | 5 | 7 |
| <i>mean of three studies</i> | 31±3 | 150 | 20 | 4 | 6 |
| Butter beans, dried, boiled + 5g sucrose (South Africa) | 30±2 | 150 | 20 | 4 | 6 |
| Butter beans, dried, boiled + 10g sucrose (South Africa) | 31±2 | 150 | 20 | 4 | 6 |
| Butter beans, dried, boiled + 15g sucrose (South Africa) | 54±4 | 150 | 20 | 7 | 11 |
| Chickpeas (Garbanzo Beans, Bengal Gram), Boiled | | | | | |
| Chickpeas (<i>Cicer arietinum</i> Linn), dried, soaked, boiled 35 min (Philippines) | 10 | 150 | 30 | 2 | 3 |
| Chickpeas, dried, boiled (Canada) | 31 | 150 | 30 | 6 | 9 |
| Chickpeas (Canada) | 33 | 150 | 30 | 7 | 10 |
| Chickpeas (Canada) | 36±5 | 150 | 30 | 7 | 11 |
| <i>mean of four studies</i> | 28±6 | 150 | 30 | 6 | 8 |
| Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada) | 42 | 150 | 22 | 6 | 9 |
| Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada) | 41 | 150 | 16 | 4 | 7 |
| Haricot/Navy Beans | | | | | |
| Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada) | 29 | 150 | 33 | 6 | 9 |
| Haricot/Navy beans, dried, boiled (Canada) | 30 | 150 | 30 | 6 | 9 |
| Haricot/Navy beans, boiled (Canada) | 31±6 | 150 | 30 | 6 | 9 |
| Haricot/Navy beans (King Grains, Canada) | 39 | 150 | 30 | 8 | 12 |
| Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Canada) | 59 | 150 | 33 | 13 | 19 |
| <i>mean of five studies</i> | 38±6 | 150 | 31 | 8 | 12 |
| Kidney Beans | | | | | |
| Kidney/white bean (<i>Phaseolus vulgaris</i> Linn), soaked, boiled 17 min (Philippines) | 13 | 150 | 25 | 2 | 3 |
| Kidney beans (<i>Phaseolus vulgaris</i>), (India) | 19 | 150 | 25 | 3 | 5 |
| Kidney beans (USA) ⁵ | 23 | 150 | 25 | 4 | 6 |
| Kidney beans, dried, boiled (France) | 23±1 | 150 | 25 | 4 | 6 |
| Kidney beans (<i>Phaseolus vulgaris</i> L.), red, soaked 20 min, boiled 70 min (Sweden) | 25 | 150 | 25 | 4 | 6 |
| Kidney beans (Canada) | 29±8 | 150 | 25 | 5 | 7 |
| Kidney beans, dried, boiled (Canada) | 42 | 150 | 25 | 7 | 10 |
| Kidney beans (Canada) | 46 | 150 | 25 | 8 | 11 |
| <i>mean of eight studies</i> | 28±4 | 150 | 25 | 5 | 7 |
| Kidney beans (<i>Phaseolus vulgaris</i> L.) - autoclaved | 34 | 150 | 25 | 6 | 8 |
| Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada) | 52 | 150 | 17 | 6 | 9 |
| Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India) ¹¹ | 70±11 | 150 | 25 | 11 | 17 |
| Black bean (<i>Phaseolus vulgaris</i> Linn), soaked overnight, cooked 45 min (Philippines) | 20 | 150 | 25 | 3 | 5 |
| Lentils, type NS¹ | | | | | |
| Lentils, type NS ¹ (USA) | 28 | | | | |
| Lentils, type NS ¹ (Canada) | 29±3 | | | | |
| <i>mean of two studies</i> | 29±1 | 150 | 18 | 3 | 5 |
| Lentils, Green | | | | | |
| Lentils, green, dried, boiled (Canada) | 22 | 150 | 18 | 3 | 4 |
| Lentils, green, dried, boiled (France) | 30±15 | 150 | 18 | 4 | 6 |
| Lentils, green, dried, boiled (Australia) | 37±3 | 150 | 14 | 4 | 5 |
| <i>mean of three studies</i> | 30±4 | 150 | 17 | 3 | 5 |
| Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada) | 52 | 150 | 17 | 6 | 9 |
| Lentils, Red | | | | | |
| Lentils, red, dried, boiled (Canada) | 18 | 150 | 18 | 2 | 3 |
| Lentils, red, dried, boiled (Canada) | 21 | 150 | 18 | 3 | 4 |
| Lentils, red, dried, boiled (Canada) | 31 | 150 | 18 | 4 | 6 |
| Lentils, red, dried, boiled (Canada) | 32 | 150 | 18 | 4 | 6 |
| <i>mean of four studies</i> | 26±4 | 150 | 18 | 3 | 5 |
| Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada) | 32 | 150 | 30 | 6 | 10 |
| Marrowfat Peas | | | | | |
| Marrowfat peas, dried, boiled (USA) | 31 | | | | |
| Marrowfat peas, dried, boiled (Canada) | 47±3 | | | | |
| <i>mean of two studies</i> | 39±8 | 150 | 19 | 5 | 7 |
| Mung Beans | | | | | |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|---|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Mung bean (<i>Phaseolus aureus</i> Roxb.), soaked, boiled 20 min (Philippines) | 31 | 150 | 17 | 4 | 5 |
| Mung bean, fried (Australia) | 53±8 | | | | |
| Mung bean, germinated (Australia) | 25±4 | 150 | 17 | 3 | 4 |
| Mung bean, pressure cooked (Australia) | 42±5 | 150 | 17 | 5 | 7 |
| Peas, dried, boiled (Australia) | 22 | 150 | 9 | 1 | 2 |
| Pigeon Pea (<i>Cajanus cajan</i> Linn. Huth), soaked, boiled 45 min (Philippines) | 22 | 150 | 20 | 3 | 4 |
| Pinto Beans | | | | | |
| Pinto beans, dried, boiled (Canada) | 39 | 150 | 26 | 7 | 10 |
| Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada) | 45 | 150 | 22 | 7 | 10 |
| Romano beans (Canada) | 46 | 150 | 18 | 6 | 8 |
| Soya Beans | | | | | |
| Soya beans, dried, boiled (Canada) | 15±5 | 150 | 6 | 1 | 1 |
| Soya beans, dried, boiled (Australia) | 20±3 | 150 | 6 | 1 | 1 |
| <i>mean of two studies</i> | 18±3 | 150 | 6 | 1 | 1 |
| Soya beans, canned (Canada) | 14±2 | 150 | 6 | 1 | 1 |
| Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada) | 32 | 150 | 19 | 4 | 6 |
| MEAL REPLACEMENT PRODUCTS | | | | | |
| Hazelnut & Apricot bar (Dietworks, South Yarra, Vic, Australia) | 42±7 | 50 | 22 | 19 | 9 |
| L•E•A•N Products (Usana Inc., Salt Lake City, UT, US) | | | | | |
| L•E•A•N Fibergy bar, Harvest Oat | 45±4 | 50 | 29 | 26 | 13 |
| Nutrimeal, drink powder, Dutch Chocolate | 26±3 | 250 | 13 | 1 | 3 |
| L•E•A•N (Life long) Nutribar, Peanut Crunch | 30±4 | 40 | 19 | 14 | 6 |
| L•E•A•N (Life long) Nutribar, Chocolate Crunch | 32±4 | 40 | 19 | 15 | 6 |
| <i>mean of two Nutri bars</i> | 31±1 | 40 | 19 | 14 | 6 |
| Worldwide Sport Nutrition Reduced-carbohydrate Products (2000 formulations) | | | | | |
| Designer chocolate, sugar-free ⁶ | 14±3 | 35 | 22 | 9 | 3 |
| Burn-it Bars | | | | | |
| Chocolate deluxe ⁶ | 29±3 | 50 | 8 | 5 | 2 |
| Peanut butter ⁶ | 23±3 | 50 | 6 | 3 | 1 |
| Pure-Protein Bars | | | | | |
| Chewy choc-chip ⁶ | 30±4 | 80 | 14 | 5 | 4 |
| Chocolate deluxe ⁶ | 38±4 | 80 | 13 | 6 | 5 |
| Peanut butter ⁶ | 22±4 | 80 | 9 | 3 | 2 |
| Strawberry shortcake ⁶ | 43±4 | 80 | 13 | 7 | 6 |
| White chocolate mousse ⁶ | 40±4 | 80 | 15 | 7 | 6 |
| Pure-Protein Cookies | | | | | |
| Choc-chip cookie dough ⁶ | 25±3 | 55 | 11 | 5 | 3 |
| Coconut ⁶ | 42±5 | 55 | 9 | 7 | 4 |
| Peanut butter ⁶ | 37±7 | 55 | 9 | 6 | 3 |
| Ultra Pure-protein Shakes | | | | | |
| Cappuccino | 47±6 | 250 | 1 | 0 | 1 |
| Frosty chocolate | 37±6 | 250 | 3 | 0 | 1 |
| Strawberry shortcake | 42±4 | 250 | 1 | 0 | 1 |
| Vanilla ice cream | 32±5 | 250 | 3 | 0 | 1 |
| MIXED MEALS AND CONVENIENCE FOODS | | | | | |
| Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Tooronga, Vic, Australia) | 46±4 | 100 | 16 | 7 | 7 |
| Fish Fingers (Canada) | 38±6 | 100 | 19 | 7 | 7 |
| Greek lentil stew with a bread roll, home made (Australia) | 40±5 | 360 | 37 | 4 | 15 |
| Kugel (Polish dish containing egg noodles, sugar, cheese and raisins), (Israel) | 65±6 | 150 | 48 | 21 | 31 |
| Lean Cuisine, French style chicken with rice, reheated (Nestlé, Sydney, Australia) ⁶ | 36±6 | 400 | 68 | 6 | 24 |
| Pies, beef, party size (Farmland, Grocery Holdings, Australia) | 45±6 | 100 | 27 | 12 | 12 |
| Pizzas | | | | | |
| Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada) | 60 | 100 | 27 | 16 | 16 |
| Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy) | 80 | 100 | 27 | 22 | 22 |
| Pizza, Super Supreme, pan (11.4% fat), (Pizza Hut, Sydney, NSW, Australia) | 36±6 | 100 | 24 | 9 | 9 |
| Pizza, Super Supreme, thin and crispy (13.2% fat), (Pizza Hut, Australia) | 30±4 | 100 | 22 | 7 | 7 |
| Pizza, Vegetarian Supreme, thin and crispy (7.8% fat), (Pizza Hut, Australia) ⁶ | 49±6 | 100 | 25 | 12 | 12 |

| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|--|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| Sausages, NS ¹ (Canada) | 28±6 | 100 | 3 | 1 | 1 |
| Sirloin chop with mixed vegetables and mashed potato, home made (Australia) | 66±12 | 360 | 53 | 10 | 35 |
| Spaghetti bolognese, home made (Australia) | 52±9 | 360 | 48 | 7 | 25 |
| Stirfried vegetables with chicken and boiled white rice, home made (Australia) | 73±17 | 360 | 75 | 15 | 55 |
| Sushi | | | | | |
| Sushi, salmon (from 'I Love Sushi' chain store, Sydney, NSW, Australia) ⁶ | 48±8 | 100 | 36 | 17 | 17 |
| Sushi, roasted sea algae, vinegar and rice (Japan) | 55 | 100 | 37 | 20 | 20 |
| <i>mean of two studies</i> | 52±4 | 100 | 37 | 19 | 19 |
| White boiled rice, grilled beefburger, cheese, and butter (France) | 27 | 440 | 50 | 3 | 14 |
| White boiled rice, grilled beefburger, cheese and butter (France) | 22 | 440 | 50 | 3 | 11 |
| <i>mean in two groups of subjects</i> | 25±2 | 440 | 50 | 3 | 13 |
| White Bread with Toppings | | | | | |
| White wheat flour bread, butter, cheese, regular cow's milk and fresh cucumber (Sweden) ⁶ | 55 | 200 | 68 | 19 | 38 |
| White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden) ⁶ | 39 | 200 | 28 | 5 | 11 |
| White bread with butter (Canada) | 59 | 100 | 48 | 29 | 29 |
| White bread with skim milk cheese (Canada) | 55 | 100 | 47 | 26 | 26 |
| White bread with butter and skim milk cheese (Canada) | 62 | 100 | 38 | 23 | 23 |
| White/wholemeal wheat bread with peanut butter (Canada) | 51 | 100 | 44 | 23 | 23 |
| White/wholemeal wheat bread with peanut butter (Canada) | 67 | 100 | 44 | 30 | 30 |
| <i>mean of two studies</i> | 59±8 | 100 | 44 | 26 | 26 |
| NUTRITIONAL SUPPORT PRODUCTS | | | | | |
| Choicedm, vanilla (Mead Johnson Nutritionals, Evansville, IN,US) | 23±4 | 237ml | 24 | 2 | 6 |
| Enercal Plus, made from powder (Wyeth-Ayerst International Inc., Madison, NJ, US) | 61±13 | 237ml | 40 | 10 | 24 |
| Ensure (Abbott Australasia, Kurnell, NSW, Australia) | 50±8 | 237ml | 40 | 8 | 19 |
| Ensure, vanilla (Abbott Australasia) | 48±3 | 250ml | 34 | 7 | 16 |
| Ensure bar, chocolate fudge brownie (Abbott Australasia) | 43±3 | 38 | 20 | 22 | 8 |
| Ensure Plus, vanilla (Abbott Australasia) | 40±4 | 237ml | 47 | 8 | 19 |
| Ensure Pudding, old fashioned vanilla (Abbott Laboratories Inc., Ashland, OH, USA) | 36±4 | 113 | 26 | 8 | 9 |
| Glucerna, vanilla (Abbott Laboratories Inc., USA) ⁶ | 31±2 | 237ml | 23 | 3 | 7 |
| Jevity (Abbott Australasia) | 48±3 | 237ml | 36 | 7 | 17 |
| Resource Diabetic, French vanilla (Novartis Nutrition Corp., Young America, USA) ⁶ | 34±3 | 237ml | 23 | 3 | 8 |
| Resource Diabetic, Swiss chocolate (Novartis, Auckland, New Zealand) | 16±4 | 237ml | 41 | 3 | 7 |
| Resource thickened orange juice, honey consistency (Novartis, New Zealand) | 47±9 | 237ml | 39 | 8 | 18 |
| Resource thickened orange juice, nectar consistency (Novartis, New Zealand) | 54±7 | 237ml | 36 | 8 | 19 |
| Resource fruit beverage, peach flavour (Novartis, New Zealand) | 40±8 | 237ml | 41 | 7 | 16 |
| Sustagen, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, NSW, Australia) | 31±4 | 250ml | 41 | 5 | 13 |
| Sustagen Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia) | 33±4 | 250ml | 44 | 6 | 15 |
| Sustagen Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia) | 27±3 | 250 | 47 | 5 | 13 |
| Ultraal with fiber (Mead Johnson, Evansville, IN, USA) | 40 | 237 ml | 29 | 5 | 12 |
| PASTAS and NOODLES | | | | | |
| Capellini (Primo Foods Ltd., Toronto, Canada) | 45 | 180 | 45 | 11 | 20 |
| Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Vic, Australia) | 78±10 | 180 | 42 | 18 | 32 |
| Fettucine, Egg | | | | | |
| Fettucine, egg | 32±4 | 180 | 46 | 8 | 15 |
| Fettucine, egg (Mother Earth Fine Foods, Rowville, Vic, Australia) | 47±6 | 180 | 46 | 12 | 22 |
| <i>mean of two studies</i> | 40±8 | 180 | 46 | 10 | 18 |
| Gluten-free pasta, maize starch, boiled 8 min (UK) | 54 | 180 | 42 | 12 | 22 |
| Gnocchi, NS ¹ (Latina, Pillsbury Australia Ltd., Mt. Waverley, Vic, Australia) | 68±9 | 180 | 48 | 18 | 33 |
| 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 | | | | |
| <i>mean of three studies</i> | 47±1 | 180 | 40 | 10 | 19 |
| Linguine | | | | | |
| Thick, durum wheat, white, fresh (Sweden) | 43 | 180 | 48 | 11 | 21 |

| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|--|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden) | 48 | 180 | 48 | 13 | 23 |
| <i>mean of two studies</i> | 46±3 | 180 | 48 | 12 | 22 |
| Thin, durum wheat (Sweden) | 49 | 180 | 48 | 13 | 23 |
| Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden) | 61 | 180 | 48 | 16 | 29 |
| Thin, fresh, durum wheat with 39% w/w egg (Sweden) | 45 | 180 | 41 | 10 | 18 |
| Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden) | 53 | 180 | 41 | 12 | 22 |
| <i>mean of four studies</i> | 52±3 | 180 | 45 | 13 | 23 |
| Mung Bean Noodles | | | | | |
| Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China) | 26 | 180 | 45 | 7 | 12 |
| Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China) | 39±9 | 180 | 45 | 10 | 18 |
| <i>mean of two studies</i> | 33±7 | | | | |
| Macaroni | | | | | |
| Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada) | 45 | 180 | 49 | 12 | 22 |
| Macaroni, plain, boiled (Turkey) | 48 | 180 | 49 | 13 | 23 |
| <i>mean of two studies</i> | 47±2 | 180 | 48 | 13 | 23 |
| Macaroni and Cheese, boxed (Kraft General Foods Canada Inc., Don Mills, Ontario) | 64 | 180 | 51 | 18 | 32 |
| Ravioli, durum wheat flour, meat filled, boiled (Australia) | 39±1 | 180 | 38 | 8 | 15 |
| Rice Noodles/Pasta | | | | | |
| Rice noodles, dried, boiled (Thai World, Bangkok, Thailand) | 61±6 | 180 | 39 | 13 | 23 |
| Rice noodles, freshly made, boiled (Sydney, NSW, Australia) | 40±4 | 180 | 39 | 9 | 15 |
| Rice pasta, brown, boiled 16 min (Rice Grower's Co-op., Leeton, NSW, Australia) | 92±8 | 180 | 38 | 19 | 35 |
| Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Carrum Downs, Vic, Australia) | 76±6 | 180 | 49 | 21 | 37 |
| Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China) | 58 | 180 | 39 | 12 | 22 |
| Spaghetti | | | | | |
| Spaghetti, gluten-free, rice and split pea, canned in tomato sauce (Orgran Foods, Australia) | 68±9 | 220 | 27 | 8 | 19 |
| Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada) | 27 | 180 | 52 | 8 | 14 |
| Spaghetti, White, Boiled 5 min | | | | | |
| Boiled 5 min (Lancia-Bravo Foods Ltd., Canada) | 32 | 180 | 48 | 9 | 15 |
| Boiled 5 min (Canada) | 34 | 180 | 48 | 9 | 16 |
| Boiled 5 min (Canada) | 40 | 180 | 48 | 11 | 19 |
| Boiled 5 min (Middle East) | 44 | 180 | 48 | 12 | 21 |
| <i>mean of four studies</i> | 38±3 | 180 | 48 | 10 | 18 |
| Spaghetti, White or Type NS¹, Boiled 10-15 min | | | | | |
| White, durum wheat, boiled 10 min in salty water (Barilla, Parma, Italy) ¹² | 58 | 180 | 48 | 15 | 28 |
| White, durum wheat flour, boiled 12 min (Starhushålls, Kungsörnen AB, Järna, Sweden) | 47 | 180 | 48 | 13 | 23 |
| White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden) | 53 | 180 | 48 | 14 | 25 |
| Boiled 15 min (Lancia-Bravo Foods Ltd., Canada) | 32 | 180 | 48 | 9 | 15 |
| Boiled 15 min (Lancia-Bravo Foods Ltd., Canada) | 36 | 180 | 48 | 10 | 17 |
| Boiled 15 min (Canada) | 41 | 180 | 48 | 11 | 20 |
| White, boiled 15 min in salted water (Unico, Concord, Canada) | 44±3 | 180 | 48 | 12 | 21 |
| <i>mean of seven studies</i> | 44±3 | 180 | 48 | 12 | 21 |
| Spaghetti, White or Type NS¹, Boiled 20 min | | | | | |
| White, durum wheat, boiled 20 min (Australia) | 58±7 | 180 | 44 | 14 | 26 |
| Durum wheat, boiled 20 min (USA) | 64±15 | 180 | 43 | 15 | 27 |
| <i>mean of two studies</i> | 61±3 | 180 | 44 | 15 | 27 |
| Spaghetti, White, Boiled | | | | | |
| White (Denmark) | 33 | 180 | 48 | 9 | 16 |
| White, durum wheat (Catelli Ltd, Montreal, Canada) | 34 | 180 | 48 | 9 | 16 |
| White (Australia) | 38 | 180 | 44 | 9 | 17 |
| White (Canada) | 42 | 180 | 48 | 11 | 20 |
| White (Canada) | 48 | 180 | 48 | 13 | 23 |
| White (Vetta, Greens Foods, Glendenning, NSW, Australia) | 49±7 | 180 | 44 | 12 | 22 |
| White (Canada) | 50±8 | 180 | 48 | 13 | 24 |
| <i>mean of seven studies</i> | 42±3 | 180 | 47 | 11 | 20 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Spaghetti, White, Durum Wheat Semolina (Panzani, Marseilles, France) | | | | | |
| Boiled in 0.7% salted water for 11 min | 59±15 | 180 | 48 | 16 | 28 |
| Boiled in 0.7% salted water for 16.5 min | 65±15 | 180 | 48 | 17 | 31 |
| Boiled in 0.7% salted water for 22 min | 46±10 | 180 | 48 | 12 | 22 |
| <i>mean of three cooking times</i> | 57±6 | 180 | 48 | 15 | 27 |
| Spaghetti, Wholemeal, Boiled | | | | | |
| Wholemeal (USA) | 32 | 180 | 44 | 8 | 14 |
| Wholemeal (Canada) | 42±4 | 180 | 40 | 9 | 17 |
| <i>mean of two studies</i> | 37±5 | 180 | 42 | 9 | 16 |
| Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia) | 43±10 | 180 | 44 | 11 | 19 |
| Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia) | 29±6 | 180 | 31 | 5 | 9 |
| Star Pastina, white, boiled 5 minutes (Lancia-Bravo Foods Ltd., Canada) | 38 | 180 | 48 | 10 | 18 |
| Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada) | 50 | 180 | 21 | 6 | 10 |
| Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia) ⁶ | 62±8 | 180 | 48 | 17 | 30 |
| Vermicelli, white, boiled (Australia) | 35±7 | 180 | 44 | 9 | 16 |
| SNACK FOODS AND CONFECTIONERY | | | | | |
| Burger Rings, barbeque-flavored (Smith's Snack Food Co., Chatswood, Australia) | 90±16 | 50 | 31 | 55 | 28 |
| Chocolate, Milk, Plain | | | | | |
| Chocolate, milk, plain with sucrose (Belgium) ⁶ | 34±5 | 50 | 22 | 15 | 7 |
| Chocolate, milk (Cadbury's Confectionery, Ringwood, Vic, Australia) | 49±6 | 50 | 30 | 29 | 14 |
| Chocolate, milk, Dove® (Mars Confectionery, Ballarat, Vic, Australia) | 45±8 | 50 | 30 | 27 | 13 |
| Chocolate, milk (Nestlé, Sydney, NSW, Australia) | 42±8 | 50 | 31 | 26 | 13 |
| <i>mean of four studies</i> | 43±3 | 50 | 28 | 24 | 12 |
| Chocolate, milk, plain, low-sugar with maltitol (Belgium) ⁶ | 35±16 | 50 | 22 | 15 | 8 |
| Chocolate, white, Milky Bar® (Nestlé, Australia) | 44±6 | 50 | 29 | 26 | 13 |
| Corn Chips | | | | | |
| Corn chips, plain, salted (Doritos original, Smith's Snack Food Co., Australia, 1998) | 42±4 | 50 | 25 | 21 | 11 |
| Corn chips, plain, salted (Doritos original, Smith's Snack Food Co., Australia, 1985) | 72 | 50 | 25 | 37 | 18 |
| Nachips (Old El Paso Foods Co., Canada) | 74 | 50 | 29 | 42 | 21 |
| <i>mean of three studies</i> | 63±10 | 50 | 26 | 33 | 17 |
| Fruit Bars | | | | | |
| Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry), (Mother Earth, Auckland, New Zealand) | 50±8 | 50 | 34 | 34 | 17 |
| Heinz Kidz Fruit Fingers, banana (HJ Heinz, Malvern, Vic, Australia) | 61±11 | 30 | 20 | 40 | 12 |
| Real Fruit Bars, strawberry (Uncle Toby's, Wahgunyah, Vic, Australia) | 90±12 | 30 | 26 | 77 | 23 |
| Roll-Ups®, processed fruit snack (Uncle Toby's, Australia) | 99±12 | 30 | 25 | 81 | 24 |
| Fruity Bitz (vitamin and mineral enriched dried fruit snacks) | | | | | |
| Fruity Bitz, apricot (Blackmores Ltd., Balgowlah, NSW, Australia) | 42±3 | 15 | 12 | 32 | 5 |
| Fruity Bitz, berry (Blackmores Ltd., Australia) | 35±4 | 15 | 12 | 27 | 4 |
| Fruity Bitz, tropical (Blackmores Ltd., Australia) | 41±3 | 15 | 11 | 31 | 5 |
| <i>mean of three flavours</i> | 39±2 | 15 | 12 | 30 | 4 |
| 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 | | | | |
| <i>mean of two studies</i> | 78±2 | 30 | 28 | 73 | 22 |
| Kudos Whole Grain Bars, chocolate chip (M & M/Mars, Hackettstown, NJ, USA) | 62±8 | 50 | 32 | 40 | 20 |
| Life Savers®, peppermint candy (Nestlé, Australia) | 70±6 | 30 | 30 | 69 | 21 |
| M & M's®, peanut (Mars Confectionery, Australia) | 33±3 | 30 | 17 | 19 | 6 |
| Mars Bar® | | | | | |
| Mars Bar® (Mars Confectionery, Australia) | 62±8 | 60 | 40 | 41 | 25 |
| Mars Bar® (M&M/Mars, USA) | 68±12 | 60 | 40 | 45 | 27 |
| <i>mean of two studies</i> | 65±3 | 60 | 40 | 43 | 26 |
| Muesli bar containing dried fruit (Uncle Toby's, Australia) | 61±7 | 30 | 21 | 42 | 13 |
| Nougat, Jijona (La Fama, Spain) | 32 | 30 | 12 | 13 | 4 |
| Nutella®, chocolate hazelnut spread (Ferrero Australia, Milson's Point, Australia) | 33±4 | 20 | 12 | 19 | 4 |
| Nuts | | | | | |
| Cashew nuts, salted (Coles Supermarkets, Australia) ⁶ | 22±5 | 50 | 13 | 6 | 3 |
| Peanuts | | | | | |

| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|---|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| Peanuts, crushed (South Africa) ⁶ | 7±4 | 50 | 4 | 1 | 0 |
| Peanuts (Canada) ⁶ | 13±6 | 50 | 7 | 2 | 1 |
| Peanuts (Mexico) ⁶ | 23 | 50 | 7 | 3 | 2 |
| <i>mean of three studies</i> | 14±8 | 50 | 6 | 2 | 1 |
| Popcorn | | | | | |
| Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, Australia) | 55±7 | 20 | 11 | 30 | 6 |
| Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia) | 89 | 20 | 11 | 48 | 10 |
| <i>mean of two studies</i> | 72±17 | 20 | 11 | 39 | 8 |
| Pop Tarts, double choc (Kellogg's, Pagewood, NSW, Australia) | 70±2 | 50 | 35 | 48 | 24 |
| Potato Crisps | | | | | |
| Potato crisps, plain, salted (Arnott's, Homebush, NSW, Australia) | 57 | 50 | 18 | 20 | 10 |
| Potato crisps, plain, salted (Canada) | 51±7 | 50 | 24 | 25 | 12 |
| <i>mean of two studies</i> | 54±3 | 50 | 21 | 23 | 11 |
| Pretzels, oven-baked, traditional wheat flavour (Parker's, Smith's Snack Food Co., Australia) | 83±9 | 30 | 20 | 54 | 16 |
| Skittles® (Mars Confectionery, Australia) | 70±5 | 50 | 45 | 63 | 32 |
| Snack Bars | | | | | |
| Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA) | 40±8 | 50 | 29 | 23 | 12 |
| Snack bar, Peanut Butter & Choc-Chip (Con Agra Inc., USA) | 37±6 | 50 | 27 | 20 | 10 |
| Snickers Bar® | | | | | |
| Snickers Bar® (Mars Confectionery, Australia) | 41±5 | 60 | 36 | 25 | 15 |
| Snickers Bar® (M&M/Mars, USA) | 68 | 60 | 34 | 39 | 23 |
| <i>mean of two studies</i> | 55±14 | 60 | 35 | 32 | 19 |
| Twisties, cheese-flavoured, extruded snack, rice and corn (Smith's Snackfood Co., Australia) | 74±5 | 50 | 29 | 43 | 22 |
| Twix® Cookie Bar, caramel (M&M/Mars, USA) | 44±6 | 60 | 39 | 28 | 17 |
| SPORTS BARS | | | | | |
| Power Bar® | | | | | |
| Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA) | 58±5 | | | | |
| Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA) | 53 | | | | |
| <i>mean of two studies</i> | 56±3 | 65 | 42 | 36 | 24 |
| Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA) | 39 | 65 | 26 | 16 | 10 |
| SOUPS | | | | | |
| Black Bean (Wil-Pack Foods, San Pedro, CA, USA) | 64 | 250 | 27 | 7 | 17 |
| Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada) | 66 | 250 | 41 | 11 | 27 |
| Lentil, canned (Unico, Concord, Canada) | 44 | 250 | 21 | 4 | 9 |
| Minestrone, Traditional, Country Ladle (Campbell's Soups, Homebush, Australia) ⁶ | 39±3 | 250 | 18 | 3 | 7 |
| Noodle soup (traditional Turkish soup with stock and noodles) | 1 | 250 | 9 | 0 | 0 |
| Split Pea (Wil-Pak Foods, USA) | 60 | 250 | 27 | 6 | 16 |
| Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers) | 20 | | | | |
| Tomato soup (Canada) | 38±9 | 250 | 17 | 3 | 6 |
| SUGARS AND SUGAR ALCOHOLS | | | | | |
| Blue Agave Cactus Nectars, High-fructose | | | | | |
| Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA) ⁶ | 11±1 | 10 | 8 | 9 | 1 |
| Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA) ⁶ | 10±1 | 10 | 8 | 8 | 1 |
| 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 | | | | |
| <i>mean of six studies</i> | 19±2 | 10 | 10 | 19 | 2 |
| Glucose | | | | | |
| 50 g portion (dextrose) | 85 | | | | |
| 25g portion, fed with oats ²⁸ | 92 | | | | |
| 50 g portion | 93 | | | | |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|---|----------------------------|-------------------------|------------------|---------------|----------------------------|
| 50 g portion (dextrose) | 96 | | | | |
| 50 g portion | 96 | | | | |
| 50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada) | 96 | | | | |
| 50 g portion | 100 | | | | |
| 50 g portion (Glucodin glucose tablets, Boots, North Ryde, NSW, Australia) | 102±9 | | | | |
| 25 g portion (Bio-Health, Canada) ⁶ | 103 | | | | |
| 50 g portion (dextrose) | 111 | | | | |
| 100 g portion (Bio-Health, Canada) ¹² | 114 | | | | |
| <i>mean of 11 studies</i> | 99±3 | 10 | 10 | 99 | 10 |
| Glucose Consumed with American Ginseng (<i>Panax quinquefolius</i> L.) | | | | | |
| 25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng ⁵ | 78 | 10 | 10 | 78 | 8 |
| 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 | | | | |
| <i>mean in two groups of subjects</i> | 78±2 | 10 | 10 | 78 | 8 |
| 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 | 8 | 65 | 6 |
| 50 g Glucose + 14.5 g guar gum | 62 | 10 | 10 | 62 | 6 |
| 50 g Glucose + 14.5 g oat gum (78% oat β-glucan) | 57 | 10 | 10 | 57 | 6 |
| 100 g Glucose + 20 g acacia gum ⁷ | 85 | 10 | 10 | 85 | 9 |
| 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), (sulphonylureas not taken) | 55 | | | | |
| 30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate), (France), (sulphonylureas not taken) | 57 | | | | |
| <i>mean in two groups of subjects</i> | 56±1 | 250 | 35 | 8 | 20 |
| Honeys | | | | | |
| Locust honey (Romania) ⁶ | 32 | 25 | 21 | 27 | 7 |
| Yellow box (46% fructose), (Australia) ⁶ | 35±4 | 25 | 18 | 26 | 6 |
| Stringy Bark (52% fructose), (Australia) ⁶ | 44±4 | 25 | 21 | 36 | 9 |
| Red Gum (35% fructose), (Australia) ⁶ | 46±3 | 25 | 18 | 34 | 8 |
| Iron Bark (34% fructose), (Australia) ⁶ | 48±3 | 25 | 15 | 29 | 7 |
| Yapunya (42% fructose), (Australia) ⁶ | 52±5 | 25 | 17 | 35 | 9 |
| Pure (Capilano Honey Ltd., Richlands, Qld, Australia) | 58±6 | 25 | 21 | 48 | 12 |
| Commercial Blend (38% fructose), (WA blend, Capilano Honey Ltd., Australia) ⁶ | 62±3 | 25 | 18 | 44 | 11 |
| Salvation Jane (32% fructose), (Australia) ⁶ | 64±5 | 25 | 15 | 39 | 10 |
| Commercial Blend (28% fructose), (NSW blend, Capilano Honey Ltd., Australia) ⁶ | 72±6 | 25 | 13 | 36 | 9 |
| Honey, NS ¹ (Canada) ⁶ | 87±8 | 25 | 21 | 72 | 18 |
| <i>mean of 11 types of honey</i> | 55±5 | 25 | 18 | 39 | 10 |
| Lactose | | | | | |
| 50 g lactose (Sigma Chemical Company, USA) | 43 | | | | |
| 25 g lactose (BDH, Poole, UK) ⁶ | 48 | | | | |
| 25 g lactose ²⁸ | 48 | | | | |
| <i>mean of three studies</i> | 46±2 | 10 | 10 | 46 | 5 |
| 50 g maltose | 105±12 | 10 | 10 | 1.05 | 11 |
| 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 | | | | |
| <i>mean of 10 studies</i> | 68±5 | 10 | 10 | 68 | 7 |

| Food | GI glucose² | Serv. g¹ | Carb. / serv. | GL / 100 g | GL / serv.³ |
|---|-----------------------------------|--------------------------------|--------------------------|-----------------------|-----------------------------------|
| Sugar Alcohols and Sugar-replacement Compounds | | | | | |
| Lactitol | | | | | |
| 25 g lactitol ³⁰ | -1±7 | | | | |
| 25 g lactitol MC (Danisco sweeteners, Redhill, Surrey, UK) ³⁰ | 3±1 | | | | |
| <i>mean of two studies</i> | 2±3 | 10 | 10 | 2 | 0 |
| Litesse | | | | | |
| 25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ³⁰ | 7±2 | 10 | 10 | 7 | 1 |
| 25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ³⁰ | 4±2 | 10 | 10 | 4 | 0 |
| Maltitol-based Sweeteners or Bulking Agents | | | | | |
| 25 g Malbit CR (87% maltitol), (Cerestar, Vilvoorde, Belgium) ³⁰ | 30±12 | 10 | 10 | 30 | 3 |
| 25 g Maltidex 100 (> 72% maltitol), (Cerestar, Vilvoorde, Belgium) ³⁰ | 44±11 | 10 | 10 | 44 | 4 |
| 25 g Malbit CH (99% maltitol), (Cerestar, Vilvoorde, Belgium) ³⁰ | 73±29 | 10 | 10 | 73 | 7 |
| 25 g Maltidex 200 (50% maltitol), (Cerestar, Vilvoorde, Belgium) ³⁰ | 89±28 | 10 | 10 | 89 | 9 |
| Xylitol | | | | | |
| 25 g xylitol ³⁰ | 7±7 | | | | |
| 25 g Xylitol C (Danisco Sweeteners, UK) ³⁰ | 8±2 | | | | |
| <i>mean of two studies</i> | 8±1 | 10 | 10 | 8 | 1 |
| VEGETABLES | | | | | |
| Green Peas | | | | | |
| Pea, frozen, boiled (Canada) ⁶ | 39 | 80 | 7 | 3 | 3 |
| Pea, frozen, boiled (Canada) ⁶ | 51±6 | 80 | 7 | 4 | 4 |
| Pea, green (<i>Pisum sativum</i>), (India) ¹¹ | 54±14 | 80 | 7 | 5 | 4 |
| <i>mean of three studies</i> | 48±5 | 80 | 7 | 4 | 3 |
| Pumpkin (South Africa) | 75±9 | 80 | 4 | 4 | 3 |
| Sweet Corn | | | | | |
| Sweet corn, 'Honey & Pearl' variety (New Zealand) | 37±12 | 80 | 16 | 7 | 6 |
| Sweet corn on the cob, boiled 20 min (Sydney, Australia) | 48 | 80 | 16 | 10 | 8 |
| Sweet corn (Canada) | 59±11 | 80 | 18 | 13 | 11 |
| Sweet corn, boiled (USA) | 60 | 80 | 18 | 13 | 11 |
| Sweet corn, boiled (USA) | 60 | 80 | 18 | 13 | 11 |
| Sweet corn (South Africa) | 62±5 | 80 | 18 | 14 | 11 |
| <i>mean of six studies</i> | 54±4 | 80 | 17 | 12 | 9 |
| Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA) | 46 | 80 | 14 | 8 | 7 |
| Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto) | 47 | 80 | 15 | 9 | 7 |
| VEGETABLES, ROOT | | | | | |
| Beetroot (Canada) ⁶ | 64±16 | 80 | 7 | 6 | 5 |
| Carrots | | | | | |
| Carrots, raw (Romania) ^{5,6} | 16 | 80 | 8 | 2 | 1 |
| Carrots, peeled, boiled (Sydney, NSW, Australia) ⁶ | 32±5 | 80 | 5 | 2 | 1 |
| Carrots, peeled, boiled (Sydney, NSW, Australia) ⁶ | 49±2 | 80 | 5 | 3 | 2 |
| Carrots, NS ¹ (Canada) ⁶ | 92±20 | 80 | 6 | 7 | 5 |
| <i>mean of four studies</i> | 47±16 | 80 | 6 | 3 | 3 |
| Cassava, boiled, with salt (Kenya, Africa) | 46 | 100 | 27 | 12 | 12 |
| Parsnips (Canada) ⁶ | 97±19 | 80 | 12 | 15 | 12 |
| Potatoes | | | | | |
| Baked Potatoes | | | | | |
| Ontario, white, baked in skin (Canada) | 60 | 150 | 30 | 12 | 18 |
| Baked Potato, 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 | | | | |
| <i>mean of four studies</i> | 85±12 | 150 | 30 | 17 | 26 |
| Boiled Potatoes | | | | | |
| Desiree, peeled, boiled 35 min (Australia) | 101±15 | 150 | 17 | 11 | 17 |
| Nardine (New Zealand) | 70±17 | 150 | 25 | 12 | 18 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada) | 58 | 150 | 27 | 11 | 16 |
| Pontiac, peeled, boiled whole for 30 min (Australia) | 56 | 150 | 26 | 10 | 14 |
| Pontiac, peeled, boiled 35 min (Australia) | 88±9 | 150 | 18 | 11 | 16 |
| Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada) | 63 | 150 | 18 | 7 | 11 |
| Sebago, peeled, boiled 35 min (Australia) | 87±7 | 150 | 17 | 10 | 14 |
| Boiled/Cooked Potatoes, White/Type NS¹ | | | | | |
| Type NS ¹ (Kenya, Africa) | 24 | 150 | 28 | 4 | 7 |
| White, cooked (Romania) ⁵ | 41 | 150 | 30 | 8 | 12 |
| White, boiled (Canada) | 54 | 150 | 27 | 10 | 15 |
| Type NS ¹ , boiled (Australia) | 56 | 150 | 19 | 7 | 11 |
| Type NS ¹ , boiled in salted water (India) | 76 | 150 | 34 | 17 | 26 |
| <i>mean of five studies</i> | 50±9 | 150 | 28 | 9 | 14 |
| Type NS ¹ , boiled in salted water, refrigerated, reheated (India) | 23 | 150 | 34 | 5 | 8 |
| Canned Potatoes | | | | | |
| Prince Edward Island, canned, heated in microwave (Avon, Cobi Foods Inc., Port Williams, Canada) | 61 | 150 | 18 | 7 | 11 |
| New, canned, heated in microwave 3 min (Mint Tiny Taters, Edgell's, Cheltenham, Vic, Australia) | 65±9 | 150 | 18 | 8 | 12 |
| <i>mean of two studies</i> | 63±2 | 150 | 18 | 7 | 11 |
| French Fries | | | | | |
| French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada) | 75 | 150 | 29 | 15 | 22 |
| 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 | | | | |
| <i>mean of six studies</i> | 85±3 | 150 | 20 | 11 | 17 |
| Mashed Potato | | | | | |
| Type NS ¹ (Canada) | 67 | | | | |
| Type NS ¹ (South Africa) | 71±10 | | | | |
| Type NS ¹ (France) | 83 | | | | |
| <i>mean of three studies</i> | 74±5 | 150 | 20 | 10 | 15 |
| Prince Edward Island, peeled, cubed, boiled 15 min, mashed (Canada) | 73 | 150 | 18 | 9 | 13 |
| Pontiac, peeled, cubed, boiled 15 min, mashed (Australia) | 91±9 | 150 | 20 | 12 | 18 |
| Microwaved Potatoes | | | | | |
| Pontiac, peeled and microwave on high for 6-7.5 min (Australia) | 79±9 | 150 | 18 | 10 | 14 |
| Type NS ¹ , microwaved (USA) | 82 | 150 | 33 | 18 | 27 |
| New Potatoes | | | | | |
| New (Canada) | 47 | | | | |
| New (Canada) | 54 | | | | |
| New (Canada) | 70±8 | | | | |
| <i>mean of three studies</i> | 57±7 | 150 | 21 | 8 | 12 |
| New, unpeeled and boiled 20 min (Australia) | 78±12 | 150 | 21 | 11 | 16 |
| Steamed Potatoes | | | | | |
| Potato, peeled, steamed 1 h (<i>Solanum tuberosum</i>), (India) ¹¹ | 65±11 | 150 | 27 | 12 | 18 |
| Potato dumplings (white wheat flour, white potatoes, boiled in salted water (Italy)) | 52 | 150 | 45 | 16 | 24 |
| Sweet Potatoes | | | | | |
| Sweet potato (<i>Ipomoea batatas</i>), (Australia) | 44 | 150 | 25 | 7 | 11 |
| Sweet potato, NS ¹ (Canada) | 48±6 | 150 | 34 | 11 | 16 |
| Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada) | 59 | 150 | 30 | 12 | 18 |
| Sweet potato, kumara (New Zealand) | 77±12 | 150 | 25 | 13 | 19 |
| Sweet potato, kumara (New Zealand) | 78±6 | 150 | 25 | 13 | 20 |
| <i>mean of five studies</i> | 61±7 | 150 | 28 | 11 | 17 |
| Swede | | | | | |
| Swede (rutabaga), (Canada) ⁶ | 72±8 | 150 | 10 | 5 | 7 |
| Tapiocas | | | | | |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada) | 81 | 250 | 18 | 6 | 14 |
| Tapioca (<i>Manihot Utilissima</i>), steamed 1 h (India) ¹¹ | 70±10 | 250 | 18 | 5 | 12 |
| Taro | | | | | |
| Taro (<i>Colocasia esculenta</i>), peeled, boiled (Australia) | 54 | | | | |
| Taro, peeled, boiled (New Zealand) | 56±12 | | | | |
| <i>mean of two studies</i> | 55±1 | 150 | 8 | 3 | 4 |
| Yams | | | | | |
| Yam, peeled, boiled (New Zealand) | 25±4 | | | | |
| Yam, peeled, boiled (New Zealand) | 35±5 | | | | |
| Yam (Canada) | 51±12 | | | | |
| <i>mean of three studies</i> | 37±8 | 150 | 36 | 9 | 13 |
| INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS | | | | | |
| AFRICAN | | | | | |
| Brown beans (South Africa) | 24±8 | 50 (dry) | 25 | 12 | 6 |
| Cassava, boiled, with salt (Kenya) | 46 | 100 | 27 | 12 | 12 |
| Ga kenkey, prepared from fermented cornmeal (<i>Zea mays</i>), (Ghana) ³¹ | 12±1 | 150 | 13 | 5 | 7 |
| Gari, roasted cassava dough (<i>Manihot utilissima</i>), (Ghana) ³¹ | 56±3 | 100 | 27 | 15 | 15 |
| Gram dhal (South Africa) | 5±3 | 50 (dry) | 29 | 3 | 1 |
| Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa) | 71±6 | 50 (dry) | 36 | 51 | 25 |
| Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa) | 74±7 | 50 (dry) | 40 | 60 | 30 |
| Maize meal porridge/gruel (Kenya) | 109 | 50 (dry) | 38 | 83 | 41 |
| M'fino/Morogo, wild greens (South Africa) | 68±8 | 120 | 50 | 28 | 34 |
| Millet flour porridge/gruel (Kenya) | 107 | | | | |
| Unripe plantain (<i>Musa paradisiaca</i>), (Ghana) ³¹ | 40±4 | 120 (raw) | 34 | 11 | 13 |
| Yam (<i>Dioscorea</i> species), (Ghana) ³¹ | 66 | 150 | 36 | 16 | 23 |
| ARABIC AND TURKISH | | | | | |
| Houmous (chickpea salad dip) | 6±4 | 30 | 5 | 1 | 0 |
| Kibbeh saynieh (made with lamb and burghul) | 61±16 | 120 | 15 | 8 | 9 |
| Lebanese bread (white, unleaved), houmous, falafel and tabbouleh | 86±12 | 120 | 45 | 32 | 39 |
| Majadra (Syrian, lentils and rice) | 24±5 | 250 | 41 | 4 | 10 |
| Moroccan Couscous (stew of semolina, chickpeas, vegetables) | 58±9 | 250 | 29 | 7 | 17 |
| Stuffed Grapevine Leaves (rice and lamb stuffing with tomato sauce) | 30±11 | 100 | 15 | 5 | 5 |
| Tarhana soup (wheat flour, yoghurt, tomato, green pepper) | 20 | | | | |
| Turkish bread, white wheat flour | 87 | 30 | 17 | 49 | 15 |
| Turkish bread, whole wheat | 49 | 30 | 16 | 26 | 8 |
| Turkish noodle soup | 1 | 250 | 9 | 0 | 0 |
| ASIAN | | | | | |
| Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand) | 86±10 | 150 | 43 | 25 | 37 |
| Butter rice, warm white rice and butter (Japan) | 79 | 150 | 51 | 27 | 40 |
| Curry rice (Japan) | 67 | 150 | 61 | 27 | 41 |
| Curry rice with cheese (Japan) | 55 | 150 | 49 | 18 | 27 |
| Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok) | 98±7 | 150 | 32 | 21 | 31 |
| Glutinous rice NS ¹ (Esubi Shokuhin, Japan) | 86 | 150 | 65 | 37 | 55 |
| <i>mean of two studies</i> | 92±6 | 150 | 48 | 30 | 44 |
| Glutinous rice ball with cut glutinous cake (mochi), (Japan) | 48 | 75 | 28 | 18 | 14 |
| Glutinous rice cake with dried sea algae (Japan) | 83 | 75 | 39 | 43 | 32 |
| Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan) | 65 | 100 | 41 | 27 | 27 |
| Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok) | 109±10 | 150 | 42 | 31 | 46 |
| Low-protein white rice with dried sea algae (Japan) | 70 | 150 | 60 | 28 | 42 |
| Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China) | 26 | 180 | 45 | 7 | 12 |
| Lychee, canned in syrup, drained (Narcissus brand, China) | 79±8 | 120 | 20 | 13 | 16 |
| Mung bean noodles, dried, boiled (China) | 39±9 | 180 | 45 | 10 | 18 |
| Non-glutaminous rice flour, served warm with drink (Yamato Nousan, Japan) | 68 | 100 | 50 | 34 | 34 |
| Rice cracker, plain (Sakada, Japan) | 91 | 30 | 25 | 76 | 23 |
| Rice gruel with dried algae (Satou Co Ltd., Japan) | 81 | 250 | 19 | 6 | 15 |
| Rice noodles, dried, boiled (Thai World, Bangkok, Thailand) | 61±6 | 180 | 39 | 13 | 23 |
| Rice noodles, fresh, boiled (Sydney, NSW, Australia) | 40±4 | 180 | 39 | 9 | 15 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Rice vermicelli, Kongmoon (National Cereals, China) | 58 | 180 | 39 | 12 | 22 |
| Roasted rice ball (Satou Co Ltd., Japan) | 77 | 75 | 27 | 28 | 21 |
| Salted rice ball (Satou Co Ltd., Japan) | 80 | 75 | 26 | 27 | 20 |
| Soba noodles, instant, reheated in hot water, served with soup (Japan) | 46 | 180 | 49 | 12 | 22 |
| Stirfried vegetables, chicken and rice, home made (Australia) | 73±17 | 360 | 75 | 15 | 55 |
| Sushi, salmon ('I Love Sushi' chain store, Sydney, NSW, Australia) ⁶ | 48±8 | 100 | 36 | 17 | 17 |
| Sushi, roasted sea algae, vinegar and rice (Japan) | 55 | 100 | 37 | 20 | 20 |
| <i>mean of two studies</i> | 52±4 | 100 | 37 | 19 | 19 |
| Udon noodles, fresh, reheated (Fantastic, Windsor Gardens, SA, Australia) ⁶ | 62±8 | 180 | 48 | 17 | 30 |
| Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan) | 48 | 180 | 47 | 13 | 23 |
| <i>mean of two studies</i> | 55±7 | 180 | 48 | 15 | 26 |
| 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 | | | | |
| <i>mean of three types</i> | 56±1 | 300 | 47 | 9 | 26 |
| White rice with dried fish strip (okaka), (Japan) | 79 | 150 | 50 | 26 | 40 |
| White rice with fermented soybean (natto), (Japan) | 56 | 150 | 43 | 16 | 24 |
| White rice with instant miso soup (soybean paste soup), (Japan) | 61 | 150 | 47 | 19 | 29 |
| White rice with low-fat milk (Japan) | 69 | 300 | 47 | 11 | 32 |
| White rice and non-sugar yoghurt (yoghurt eaten before rice), (Japan) | 59 | | | | |
| White rice and non-sugar yoghurt eaten together (Japan) | 58 | | | | |
| <i>mean of two types</i> | 59±1 | 150 | 32 | 13 | 19 |
| 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 | | | | |
| <i>mean of two types</i> | 62±1 | 150 | 43 | 18 | 27 |
| White rice topped with raw egg and soy sauce (Japan) | 72 | 150 | 36 | 17 | 26 |
| White rice with roasted ground soybean (Japan) | 56 | 150 | 51 | 19 | 29 |
| White rice with salted dried plum (umeboshi), (Japan) | 80 | 150 | 49 | 26 | 39 |
| White rice with sea algae rolled in sheet of toasted sea algae (Japan) | 77 | 150 | 51 | 26 | 39 |
| ASIAN INDIAN | | | | | |
| Amaranth (<i>Amaranthus esculentum</i>), popped, with milk and non-nutritive sweetener | 97±19 | 30 | 19 | 61 | 18 |
| 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 | | | | |
| <i>mean of three studies</i> | 57±5 | 75 (dry) | 50 | 38 | 29 |
| Banana (<i>Musa sapientum</i>), Nendra variety, unripe, steamed 1 h ¹¹ | 70±11 | 120 | 45 | 26 | 31 |
| Barley (<i>Hordeum vulgare</i>) | 48 | | | | |
| Barley (<i>Hordeum vulgare</i>) | 37 | | | | |
| <i>mean in two groups of subjects</i> | 43±6 | 150 | 37 | 11 | 16 |
| Bengal gram dhal, chickpea | 11 | 150 | 36 | 3 | 4 |
| Black gram (<i>Phaseolus mungo</i>), soaked 12 h, stored moist 24 h, steamed 1 h ¹¹ | 43±10 | 150 | 18 | 5 | 8 |
| Chapatti | | | | | |
| Chapatti, amaranth-wheat (25:75), composite flour, served with bottle gourd and tomato curry | 66±10 | 60 | 30 | 33 | 20 |
| Chapatti, amaranth-wheat (50:50), composite flour, served with bottle gourd and tomato curry | 76±20 | 60 | 30 | 39 | 23 |
| Chapatti, baisen | 27 | | | | |
| Chapatti, bajra | 67 | | | | |
| Chapatti, bajra | 49 | | | | |
| <i>mean in two groups of subjects</i> | 58±9 | | | | |
| Chapatti, barley | 37 | | | | |
| Chapatti, barley | 48 | | | | |
| <i>mean in two groups of subjects</i> | 42±5 | | | | |
| Chapatti, maize (<i>Zea mays</i>) | 64 | | | | |
| Chapatti, maize (<i>Zea mays</i>) | 59 | | | | |
| <i>mean in two groups of subjects</i> | 62±3 | | | | |
| Chapatti, wheat, served with bottle gourd and tomato curry | 66±9 | 60 | 32 | 35 | 21 |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|---|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Chapati, flour from malted wheat, moth bean (<i>Phaseolus aconitifolius</i>) and bengal gram (<i>Cicer arietinum</i>) | 66±9 | 60 | 38 | 42 | 25 |
| Chapati, flour made from popped wheat, moth bean and bengal gram | 40±8 | 60 | 36 | 24 | 14 |
| Chapati, flour from roller dried wheat, moth bean and bengal gram | 60±9 | 60 | 38 | 38 | 23 |
| Chapati, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal | 81±4 | 200 | 50 | 20 | 41 |
| Chapati, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal <i>mean in two groups of subjects</i> | 44±3 63±19 | 200 200 | 50 50 | 11 16 | 22 32 |
| Cheela (thin savoury pancakes made from legume flour batter) | | | | | |
| Cheela, bengal gram (<i>Cicer arietinum</i>) | 42±1 | 150 | 28 | 8 | 12 |
| Cheela, bengal gram (<i>Cicer arietinum</i>), fermented batter | 36±1 | 150 | 28 | 7 | 10 |
| Cheela, green gram (<i>Phaseolus aureus</i>) | 45±1 | 150 | 26 | 8 | 12 |
| Cheela, green gram (<i>Phaseolus aureus</i>), fermented batter | 38±1 | 150 | 26 | 7 | 10 |
| Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina | 35±4 | | | | |
| Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina <i>mean in two groups of subjects</i> | 31±6 33±2 | 100 | 20 | 6 | 6 |
| Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney | 77±3 | 150 | 39 | 20 | 30 |
| Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney <i>mean in two groups of subjects</i> | 55±2 66±11 | 150 150 | 39 39 | 14 17 | 22 26 |
| Green gram (<i>Phaseolus aureus</i>), soaked 12 h, stored moist 24 h, steamed 1 h ¹¹ | 38±14 | 150 | 17 | 4 | 6 |
| Green gram, whole with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked | 57±6 | 80 (dry) | 50 | 36 | 29 |
| Green gram dhal with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked | 78±12 | 78 (dry) | 50 | 50 | 39 |
| Horse gram (<i>Dolichos biflorus</i>), soaked 12 h, stored moist 24 h, steamed 1 h ¹¹ | 51±11 | 150 | 29 | 10 | 15 |
| Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney | 77±2 | 250 | 52 | 16 | 40 |
| Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney <i>mean in two groups of subjects</i> | 60±2 69±9 | 250 250 | 52 52 | 12 14 | 31 36 |
| Jowar, roasted bread made from Jowar flour (<i>Sorghum vulgare</i>) | 77±8 | 70 (dry) | 50 | 55 | 39 |
| 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 <i>mean in two groups of subjects</i> | 29±4 27±3 | 50 | 31 | 17 | 8 |
| Lentil and cauliflower curry with rice (Australia) | 60±10 | 360 | 51 | 9 | 31 |
| Millet/Ragi (<i>Eleusine coracana</i>), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h ¹¹ | 68±10 | 150 | 34 | 15 | 23 |
| Millet/Ragi (<i>Eleusine coracana</i>) ¹¹ | 84 | 70 (dry) | 50 | 60 | 42 |
| Millet/Ragi (<i>Eleusine coracana</i>) flour eaten as roasted bread <i>mean of two studies</i> | 104±13 94±10 | 70 (dry) | 50 | 74 | 52 |
| Pongal (rice and roasted green gram dhal, pressure cooked) | 90±3 | | | | |
| Pongal (rice and roasted green gram dhal, pressure cooked) <i>mean in two groups of subjects</i> | 45±2 68±23 | 250 | 52 | 14 | 35 |
| Poori (deep-fried wheat flour dough) with potato palya (mashed potato) | 82±2 | | | | |
| Poori (deep-fried wheat flour dough) with potato palya (mashed potato) <i>mean in two groups of subjects</i> | 57±1 70±13 | 150 | 41 | 19 | 28 |
| Rajmah (<i>Phaseolus vulgaris</i>) | 19 | 150 | 30 | 4 | 6 |
| Rice (<i>Oryza Sativa</i>), boiled served with bottle gourd and tomato curry | 69±15 | 150 | 38 | 17 | 26 |
| Semolinas | | | | | |
| Semolina (<i>Triticum aestivum</i>), steamed | 55±9 | 67 (dry) | 50 | 41 | 28 |
| Semolina (<i>Triticum aestivum</i>), pre-roasted | 76±6 | 67 (dry) | 50 | 57 | 38 |
| Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>) | 46±12 | 71 (dry) | 50 | 32 | 23 |
| Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>) | 62±20 | 71 (dry) | 50 | 44 | 31 |
| Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietinum</i>) | 54±7 | 71 (dry) | 50 | 38 | 27 |
| Tapioca (<i>Manihot utilissima</i>), steamed 1h ¹¹ | 70±10 | 250 | 18 | 5 | 12 |
| Varagu (<i>Paspalum scrobiculatum</i>), pressure cooked 15 psi 12-15 min | 68±8 | 76 (dry) | 50 | 45 | 34 |
| Upittu (roasted semolina and onions, cooked in water) | 67±3 | | | | |
| Upittu (roasted semolina and onions, cooked in water) <i>mean in two groups of subjects</i> | 69±4 68±1 | 150 | 42 | 19 | 28 |
| Uppuma kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water) | 18±3 | | | | |

| Food | GI glucose ² | Serv. g ¹ | Carb. / serv. | GL / 100 g | GL / serv. ³ |
|--|----------------------------|-------------------------|------------------|---------------|----------------------------|
| Uppuma kedgere (millet, legumes, fenugreek seeds; roasted and cooked in water) | 19±3 | | | | |
| <i>mean in two groups of subjects</i> | 18±1 | 150 | 33 | 4 | 6 |
| AUSTRALIAN ABORIGINAL | | | | | |
| <i>Acacia aneura</i> , mulga seed, roasted, wet ground to paste ⁶ | 8 | 50 | 17 | 3 | 1 |
| <i>Acacia coriacea</i> , desert oak, seed bread ⁶ | 46 | 75 | 24 | 15 | 11 |
| <i>Araucaria bidwillii</i> , bunya tree nut, baked 10 min ⁶ | 47 | 50 | 16 | 15 | 7 |
| Bush honey, sugar bag ⁶ | 43 | 30 | 25 | 36 | 11 |
| <i>Castanospermum australe</i> , blackbean seed, sliced, soaked 1 wk, pounded and baked ⁶ | 8 | 50 | 9 | 1 | 1 |
| <i>Dioscorea bulbifera</i> , cheeky yam, peeled, sliced, soaked 2 d, baked 15 min ⁶ | 34 | 150 | 36 | 8 | 12 |
| <i>Macrozamia communis</i> , cycad palm seed, sliced, soaked 1 wk, pounded, baked ⁶ | 40±2 | 50 | 25 | 20 | 10 |
| PACIFIC ISLANDERS | | | | | |
| Breadfruit (<i>Artocarpus altilis</i>), (Australia) ⁶ | 68 | 120 | 27 | 15 | 18 |
| Bananas/Plantains, Green | | | | | |
| Green banana, boiled (New Zealand) | 38±10 | 120 | 21 | 7 | 8 |
| Sweet Potatoes | | | | | |
| Sweet potato, (<i>Ipomoea batatas</i>), (Australia) | 44 | 150 | 25 | 7 | 11 |
| Sweet potato, kumara (New Zealand) | 77±12 | 150 | 25 | 13 | 19 |
| Sweet potato, kumara (New Zealand) | 78±6 | 150 | 25 | 13 | 20 |
| <i>mean of three studies</i> | 66±11 | 150 | 28 | 11 | 17 |
| Taro | | | | | |
| Taro (<i>Colocasia esculenta</i>), peeled, boiled (Australia) | 54 | | | | |
| Taro, peeled, boiled (New Zealand) | 56±12 | | | | |
| <i>mean of two studies</i> | 55±1 | 150 | 8 | 3 | 4 |
| Yams | | | | | |
| Yam, peeled, boiled (New Zealand) | 25±4 | | | | |
| Yam, peeled, boiled (New Zealand) | 35±5 | | | | |
| <i>mean of two groups of subjects</i> | 30±5 | 150 | 36 | 9 | 13 |
| ISRAELI | | | | | |
| Melawach (dough made from white wheat flour and butter, fried) | 61±10 | | | | |
| Melawach | 71±7 | | | | |
| <i>mean of two studies</i> | 66±5 | 115 | 53 | 30 | 35 |
| Melawach + 15 g locust bean (<i>Ceratonia siliqua</i>) fiber (soluble) | 31±6 | 130 | 53 | 13 | 16 |
| Melawach + 15 g maize cob fiber (insoluble) | 59±10 | 130 | 53 | 24 | 31 |
| Melawach + 15 g lupin (<i>Lupinus albus</i>) fiber | 72±10 | 130 | 53 | 29 | 38 |
| PIMA INDIAN | | | | | |
| Acorns, stewed with venison (<i>Quercus emoryi</i>) ⁶ | 16±1 | 100 | 6 | 1 | 1 |
| Cactus jam (<i>Stenocereus thurberi</i>) | 91 | 30 | 20 | 62 | 18 |
| Corn hominy (<i>Zea mays</i>) ⁶ | 40±5 | 150 | 30 | 8 | 12 |
| Fruit Leather (<i>Stenocereus thurberi</i>) | 70 | 30 | 24 | 56 | 17 |
| Lima beans broth (<i>Phaseolus lunatus</i>) ⁶ | 36±3 | 250 | 32 | 5 | 12 |
| Mesquite cakes (<i>Prosopis velutina</i>) ⁶ | 25±3 | 60 | 4 | 2 | 1 |
| Tortilla (<i>Zea mays</i> and <i>Oleña tesota</i>) | 38 | 60 | 25 | 16 | 9 |
| White teparies broth (<i>Phaseolus acutifolius</i>) ⁶ | 31±3 | 250 | 32 | 4 | 10 |
| Yellow teparies broth (<i>Phaseolus acutifolius</i>) ⁶ | 29±3 | 250 | 26 | 3 | 8 |
| SOUTH AMERICAN | | | | | |
| Arepa, corn bread cake, made with corn flour (Mexico) | 72 | 100 | 43 | 31 | 31 |
| Arepa, made from ordinary dehulled dent corn flour (25% amylose) ^{9, 34} | 81 | 100 | 43 | 35 | 35 |
| Arepa, made from dehulled high-amylose (70%) corn flour ^{9, 34} | 44 | 100 | 25 | 11 | 11 |
| Black Beans | 30 | 150 | 23 | 5 | 7 |
| Brown Beans | 38 | 150 | 25 | 6 | 9 |
| Corn tortilla (Mexican) | 52 | 50 | 24 | 25 | 12 |
| Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexican) | 39 | 100 | 23 | 9 | 9 |
| Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexican) | 78 | 100 | 15 | 11 | 11 |
| Nopal (prickly pear cactus) | 7 | 100 | 6 | 0 | 0 |
| Pinto beans, boiled in salted water | 14 | 150 | 25 | 2 | 4 |
| Wheat tortilla (Mexican) | 30 | 50 | 26 | 16 | 8 |

Notes:

This is the definitive table (from <http://www.mendosa.com/gilists.zip>) for both the glycemic index and the glycemic load, reproduced here courtesy of the author, Professor Jennie-Brand Miller of the University of Sydney. It is based on a table published July 2002 in the American Journal of Clinical Nutrition, pages 5-56.

The Glycemic Index (**GI**) is a numerical system of measuring how fast a carbohydrate triggers a rise in circulating blood sugar response. A GI is 70 or more is high, a GI is 56 to 69 inclusive is medium, and a GI of 55 or less is low.

The Glycemic Load (**GL**) is a way to assess the impact of carbohydrate consumption that takes the glycemic index into account, but gives a fuller picture than does glycemic index alone. A GI value tells you only how rapidly a particular carbohydrate turns into sugar. It doesn't tell you how much of that carbohydrate is in a serving of a particular food. A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low. Foods that have a low GI invariably have a low GL, while foods with an intermediate or high GI range from very low to very high GL.

Both GI and GL are listed. The GI is of foods based on the glucose index, where glucose is set to equal 100. The other is the glycemic load, which is the glycemic index divided by 100 multiplied by its available carbohydrate content (i.e. carbohydrates minus fiber) in grams. (The Serv. size (g); column is the serving size in grams for calculating the glycemic load.)

Endnotes:

- 1 NS, not specified; type 1 and type 2, subjects with type 1 and type 2 diabetes; AUC, area under the curve. Serving sizes in grams unless specified otherwise.
- 2 The published tables show GI values based on glucose=100 and on white bread=100.
- 3 Estimated by multiplying the foods listed GI value with glucose as the reference food by the listed g carbohydrate per serving and dividing by 100.
- 4 Human Nutrition Unit (Sydney University, Australia), unpublished observations, 1995 2002.
- 5 The low GI may be explained by the inclusion of rolled oats in the recipe.
- 6 Portions of the test food and the reference food contained 25 g carbohydrate.
- 7 V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 1996 2000.
- 8 GI calculated from the AUC for glucose.
- 9 GI calculated by using a mathematical formula based on results from an in vitro starch hydrolysis assay.
- 10 Impaired glucose tolerance.
- 11 Both the test food and the reference food contained 75 g carbohydrate.
- 12 Both the test food and the reference food contained 100 g carbohydrate.
- 13 Values based on 0.5 g carbohydrate/kg body wt.
- 14 AUC measured over 3 h for only 5 time points (0, 30, 60, 120, and 180 min).
- 15 GI corrected for added milk and adjusted to represent a 50 g carbohydrate portion size.
- 16 Made from raw oats that were cooked for 20 min.
- 17 Used as reference food and given a GI of 100. The GI of the test food was measured by expressing the glucose AUC value for the test food as a percentage of the AUC value for wheat chapatti.
- 18 GI calculated from AUC food/AUC glucose formula. The AUC value was calculated over 3 h for 5 time points only.
- 19 J Dzieniszewski, J Ciok (National Food and Nutrition Institute, Poland), unpublished observations, 1996 2001.
- 20 J Brand-Miller, S Holt (Sydney University, Australia), and V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 2000 and 2001.
- 21 M Champ (INRA, France) and V Lang (Danone Vitapole Company, France), unpublished observations, 1998.
- 22 AUC measured over 3 h for only 4 time points (0, 1, 2, and 3 h).
- 23 AUC calculated as the area above fasting to 3 h only.
- 24 AUC measured over 5 h, but blood samples taken at hourly intervals only.
- 25 Potato used as reference food with a GI fixed at 80. The GI of the test food was calculated by expressing the test food's glucose AUC value as a percentage of the potato's AUC value.
- 26 White rice was used as the reference food, but glucose was also tested and had a GI of 122. The observed GI was multiplied by 100 and then divided by 122 to convert it to a GI on the glucose scale (i.e., glucose = reference food with a GI of 100).
- 27 Blood glucose measured at 30 min intervals.
- 28 GI for sugars calculated from the glycemic response for a meal of sugar and rolled oats minus the glycemic response for the oats alone.
- 29 Both the test food and the reference food contained 30 g carbohydrate.
- 30 Total weight of the test food was 25 g, whereas reference food contained 25 g available carbohydrate. The carbohydrate content of the test food was assumed to be 100% available, which may be an overestimate.
- 31 Eaten as part of a mixed meal with fish, tomato, and onion sauce.
- 32 AUC measured over 2 h for 4 time points (0, 30, 60, and 120 min).
- 33 AUC measured over 4 h for only 6 time points (0, 30, 60, 120, 180, and 240 min).
- 34 Both the test food and the reference food contained 45 g carbohydrate.
- 35 Reference food was an ordinary corn flour arepa.