

Food Product Description

	Glycemic Index	Glycemic Load	Diabetic Carb Choices	Serving Size in Grams	Serving Size in Ounces	Available Carbs / Serving
BAKERY PRODUCTS						
Cakes						
Angel food cake (Loblaw's, Toronto, Canada)	67	19.4	1.9	50	1.76	29
Banana cake, made with sugar	47±8	17.9	2.5	80	2.82	38
Banana cake, made without sugar	55±10	16.0	1.9	80	2.82	29
Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, MN, USA)	38±3	19.8	3.5	111	3.91	52
Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Vic, Australia)	73±12	19.0	1.7	38	1.34	26
Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)	87±17	25.2	1.9	50	1.76	29
Pound cake (Sara Lee Canada, Bramalea, Canada)	54	15.1	1.9	53	1.87	28
Sponge cake, plain	46±6	16.6	2.4	63	2.22	36
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA)	42±4	24.2	3.9	111	3.91	58
Croissant (Food City, Toronto, Canada)	67	17.5	1.7	57	2.01	26
Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	69	13.1	1.3	50	1.76	19
Doughnut, cake type (Loblaw's, Canada)	76	17.4	1.5	47	1.66	23
Flan cake (Weston's Bakery, Toronto, Canada)	65	31.2	3.2	70	2.47	48
Muffins						
Apple, made with sugar4	44±6	12.8	1.9	60	2.12	29
Apple, made without sugar4	48±10	9.0	1.3	60	2.12	19
Apple, oat, sultana, made from packet mix (Defiance Milling Co., Acacia Ridge, Qld, Australia)	54±4	14.0	1.7	50	1.76	26
Apricot, coconut and honey, made from packet mix (Defiance Milling Co., Australia)	60±4	15.6	1.7	50	1.76	26
Banana, oat and honey, made from packet mix (Defiance Milling Co., Australia)	65±11	16.9	1.7	50	1.76	26
Bran (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	60	14.6	1.6	57	2.01	24
Blueberry (Culinar Inc., Canada)	59	17.3	1.9	57	2.01	29
Carrot (Culinar Inc., Canada)	62	20.1	2.1	57	2.01	32
Chocolate butterscotch, made from packet mix (Defiance Milling Co., Australia)	53±5	15.0	1.9	50	1.76	28
Corn muffin, low-amylose5	102	29.6	1.9	57	2.01	29
Corn muffin, high-amylose5	49					
Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	69	23.9	2.3	50	1.76	35
Pancakes, prepared from shake mix (Green's General Foods, Glendenning, NSW, Australia)	67±5	38.9	3.9	80	2.82	58
Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Vic, Australia)	102±11	22.2	1.5	77	2.72	22
Pastry	59±6	15.4	1.7	57	2.01	26
Pikelets, Golden brand (Tip Top Bakeries, Chatswood, NSW, Australia)	85±14	17.9	1.4	40	1.41	21
Scones, plain, made from packet mix (Defiance Milling Co., Australia)	92±8	7.0	0.5	25	0.88	8
Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76	9.9	0.9	35	1.23	13
BEVERAGES						
Coca Cola®						
Coca Cola®, soft drink (Coca Cola Amatil, Sydney, NSW, Australia)	53±7	13.9	1.7	250	8.82	26
Coca Cola®, soft drink/soda (Coca Cola Bottling Company, Atlanta, GA, USA)	63	16.2	1.7	250	8.82	26
<i>mean of two types</i>	58±5					
Cordial, orange, reconstituted (Berri Ltd., Berri, SA, Australia)	66±8	13.2	1.3	250	8.82	20
Fanta®, orange soft drink (Coca Cola Amatil, Australia)	68±6	22.8	2.3	250	8.82	34
Lucozade®, original (sparkling glucose drink) (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)	95±10	39.7	2.8	250	8.82	42
Smoothie, raspberr (Con Agra Inc., Omaha, NE, USA)	33±9	13.6	2.7	250	8.82	41
Smoothie drink, soy, banana (So Natural Foods, Tarren Point, NSW, Australia)6	30±3	6.6	1.5	250	8.82	22
Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia)6	34±3	8.4	1.7	250	8.82	25
Solo™, lemon squash, soft drink (Cadbury Schweppes, Sydney, NSW, Australia)6	58±5	17.0	1.9	250	8.82	29
Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium Health Foods, Berkeley Vale, NSW, Australia)	43±5	11.4	1.7	250	8.82	26
Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium Health Foods, Australia)	46±5	10.8	1.6	250	8.82	24
Xpress, chocolate (soy bean, cereal and legume extract drink with fructose)6 (So Natural Foods, Australia)	39±2	13.2	2.3	250	8.82	34
Juices						
Apple juice						
Apple juice, pure, unsweetened, reconstituted (Berri Ltd., Berri, SA, Australia)	39±5					
Apple juice, unsweetened	40					
Apple juice, unsweetened (Allens, Toronto, Canada)	41					
<i>mean of three studies</i>	40±1	11.7	1.9	250	8.82	29
Apple juice, pure, clear, unsweetened (Wild About Fruit, Wandin, Vic, Australia)	44±2	13.3	2.0	250	8.82	30
Apple juice, pure, cloudy, unsweetened (Wild About Fruit, Australia)	37±3	10.4	1.9	250	8.82	28
Apple and cherry juice, pure, unsweetened (Wild About Fruit, Australia)	43±3	14.3	2.2	250	8.82	33
Carrot juice, freshly made (Sydney, Australia)6	43±3	10.0	1.5	250	8.82	23
Cranberry juice cocktail (Ocean Spray®, Melbourne, Vic, Australia)	52±3	15.9	2.1	250	8.82	31
Cranberry juice cocktail (Ocean Spray® Inc., Lakeville-Middleboro, MA, USA)	68±3	24.2	2.4	250	8.82	36
Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	16.0	1.9	250	8.82	29
Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	10.7	1.5	250	8.82	22
Orange juice						

Orange Juice (Canada)	46±6					
Orange juice, unsweetened, reconstituted (Quelch®, Berri Ltd., Carlton, Vic, Australia)	53±6					
<i>mean of two studies</i>	50±4	12.8	1.7	250	8.82	26
Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	15.6	2.3	250	8.82	34
Tomato juice, canned, no added sugar (Berri Ltd., Berri, SA, Australia) ⁶	38±4	3.5	0.6	250	8.82	9
Yakult®, fermented milk drink with Lactobacillus casei (Yakult, Dandenong, Vic, Australia)	46±6	5.5	0.8	65	2.29	12
Sports drinks						
Gatorade® (Spring Valley Beverages Pty Ltd., Cheltenham, Vic, Australia)	78±13	11.7	1.0	250	8.82	15
Isostar® (Novartis Consumer Health, Nyon, Switzerland)	70±15	13.0	1.2	250	8.82	18
Sports Plus® (Berri Ltd., Berri, SA, Australia)	74±6	13.0	1.1	250	8.82	17
Sustagen Sport® (Mead Johnson, Rydalmere, NSW, Australia)	43±9	21.1	3.3	250	8.82	49
Drinks made from drinking mix powders						
Build-Up™ nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, NSW, Australia)	41±4	13.5	2.2	250	8.82	33
Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3	11.5	1.5	250	8.82	23
Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, NSW, Australia) mixed in reduced fat milk	36±3	6.7	1.3	250	8.82	19
Malted milk powder in full-fat cow's milk (Nestlé, Australia)	45±3	11.9	1.7	250	8.82	26
Milo™ (chocolate nutrient-fortified drink powder)						
Milo™ (Nestlé, Australia) dissolved in water	55±3	8.6	1.1	250	8.82	16
Milo™ (Nestlé, Auckland, New Zealand) dissolved in water	52±5	8.5	1.1	250	8.82	16
<i>mean of two studies</i>	54±2					
Milo™ (Nestlé, Australia) dissolved in full-fat cow's milk	35±2	8.9	1.7	250	8.82	25
Milo™ (Nestlé, New Zealand) dissolved in full-fat cow's milk	36±3	9.5	1.7	250	8.82	26
<i>mean of two studies</i>	36±1					
Nutrimeal™, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, UT, USA)	26±3	4.4	1.1	250	8.82	17
Quik™ (sweet drink powder)						
Quik™, chocolate (Nestlé, Sydney, NSW, Australia), dissolved in water	53±5	3.5	0.5	250	8.82	7
Quik™, chocolate (Nestlé, Australia), dissolved in 1.5% fat milk	41±4	4.7	0.7	250	8.82	11
Quik™, strawberry (Nestlé, Australia), dissolved in water	64±8	4.9	0.5	250	8.82	8
Quik™, strawberry (Nestlé, Australia), dissolved in 1.5% fat milk	35±3	4.3	0.8	250	8.82	12
BREADS						
Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72	25.0	2.3	70	2.47	35
Baguette, white, plain (France)	95±15	14.7	1.0	30	1.06	15
French baguette with chocolate spread (France)	72±8	26.9	2.5	70	2.47	37
French baguette with butter and strawberry jam (France)	62±7	25.6	2.7	70	2.47	41
Pain au lait (Pasquier, France)	63±10	20.2	2.1	60	2.12	32
Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74	15.8	1.4	30	1.06	21
Barley Breads						
Coarse barley kernel bread, 75-80% kernels						
75% kernels	27	5.3	1.3	30	1.06	20
80% scalded intact kernels (20% white wheat flour)	34	6.7	1.3	30	1.06	20
80% intact kernels (20% white wheat flour)	40	7.9	1.3	30	1.06	20
<i>mean of three studies</i>	34±4					
Barley kernel bread, 50% kernels						
50% kernels (Canada)	43	8.8	1.3	30	1.06	20
50% kibbled barley (Australia)	48	9.8	1.3	30	1.06	20
<i>mean of two studies</i>	46±2	9.4	1.3	30	1.06	20
Sunflower and barley bread (Riga bakeries, Sydney, NSW, Australia)	57±6	6.2	0.7	30	1.06	11
Barley flour breads						
100% barley flour (rye bread composition) (Canada)	67	8.5	0.9	30	1.06	13
Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67	13.2	1.3	30	1.06	20
Wholemeal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fibre barley flour) (Sweden)	50	7.4	1.0	30	1.06	15
Wholemeal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fibre barley flour) (Sweden)	43	4.9	0.7	30	1.06	11
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	13.8	1.3	30	1.06	20
Wholemeal barley flour bread with sourdough (lactic acid) ⁵	53	10.4	1.3	30	1.06	20
Wholemeal barley flour bread with lactic acid ⁵	66	12.4	1.3	30	1.06	19
Wholemeal barley flour bread with calcium lactate ⁵	59	11.6	1.3	30	1.06	20
Wholemeal barley flour bread with sodium propionate ⁵	65	12.8	1.3	30	1.06	20
Wholemeal barley flour bread with higher dose sodium propionate ⁵	57	10.8	1.3	30	1.06	19
Buckwheat bread						
Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)	47	9.7	1.4	30	1.06	21
Fruit Breads						
Bürger™ Fruit loaf (Tip Top Bakeries, Chatswood, NSW, Australia)	44±5	5.7	0.9	30	1.06	13
Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, NSW, Australia)	54±6	8.3	1.0	30	1.06	15
Continental fruit loaf, wheat bread with dried fruit (Australia)	47±6	7.3	1.0	30	1.06	15
Happiness™ (cinnamon, raisin, pecan bread) (Natural Ovens, Mannitowoc, WI, USA)	63±5	8.9	0.9	30	1.06	14

Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)	54±6	6.6	0.8	30	1.06	12
Hamburger bun (Loblaws, Toronto, Canada)	61	9.2	1.0	30	1.06	15
Kaiser rolls (Loblaws, Canada)	73	11.5	1.1	30	1.06	16
Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70	16.1	1.5	30	1.06	23
Gluten-free bread						
Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Vic, Australia)	79±13	10.0	0.9	30	1.06	13
Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71	10.5	1.0	30	1.06	15
Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80	11.9	1.0	30	1.06	15
<i>mean of two studies</i>	76±5	11.3	1.0	30	1.06	15
Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69	8.7	0.9	30	1.06	13
Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76	9.6	0.9	30	1.06	13
<i>mean of two studies</i>	73±4	9.2	0.9	30	1.06	13
Oat Bread						
Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65	12.5	1.3	30	1.06	19
Oat bran bread						
50% oat bran (Australia)	44	8.1	1.2	30	1.06	18
45% oat bran and 50% wheat flour (Sweden)	50	9.2	1.2	30	1.06	18
<i>mean of two studies</i>	47±3	8.7	1.2	30	1.06	18
Rice bread						
Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, NSW, Australia)	72±9	8.3	0.8	30	1.06	12
Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)	61±9	7.1	0.8	30	1.06	12
Rye Bread						
Rye kernel (pumpernickel) bread						
Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	41	5.0	0.8	30	1.06	12
Rye kernel bread (Pumpernickel) (Canada)	41	5.0	0.8	30	1.06	12
Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46	5.2	0.7	30	1.06	11
Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55	6.8	0.8	30	1.06	12
Cocktail, sliced (Kasselar Food Products, Toronto, Canada)	55	6.8	0.8	30	1.06	12
Cocktail, sliced (Kasselar Food Products, Canada)	62	7.8	0.8	30	1.06	12
<i>mean of six studies</i>	50±4	6.2	0.8	30	1.06	12
Rye bread, 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	8.4	0.9	30	1.06	14
Rye breads, specialty						
Blackbread, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	76±14	9.7	0.9	30	1.06	13
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	6.6	0.7	30	1.06	10
Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67	8.8	0.9	30	1.06	13
Light rye (Silverstein's Bakery, Toronto, Canada)	68	9.9	0.9	30	1.06	14
Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	55	6.9	0.9	30	1.06	13
Roggenbrot, Vogel's (Stevns & Co, Sydney, NSW, Australia)	59±5	8.0	0.9	30	1.06	14
Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	86±15	11.6	0.9	30	1.06	14
Sourdough rye (Canada)	57					
Sourdough rye (Australia)	48					
<i>mean of two studies</i>	53±5	6.0	0.8	30	1.06	12
Volkornbrot, wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	56	7.3	0.9	30	1.06	13
Wheat Breads						
Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	52	10.3	1.3	30	1.06	20
Cracked wheat kernel - bulgur bread						
50% cracked wheat kernel (Canada)	58	11.5	1.3	30	1.06	20
75% cracked wheat kernels (Canada)	48	9.5	1.3	30	1.06	20
<i>mean of two studies</i>	53±3	10.5	1.3	30	1.06	20
Spelt wheat breads						
White spelt wheat bread9 (Slovenia)	74	16.9	1.5	30	1.06	23
Wholemeal spelt wheat bread9 (Slovenia)	63	12.0	1.3	30	1.06	19
Scalded spelt wheat kernel bread9 (Slovenia)	67	14.9	1.5	30	1.06	22
Spelt multigrain bread® (Pav's bakery, Australia)	54±10	6.5	0.8	30	1.06	12
White wheat flour bread						
White flour (Canada)	69±5	9.8	0.9	30	1.06	14
White flour (USA)	70	9.9	0.9	30	1.06	14
White flour, Sunblest™ (Tip Top Bakeries, Australia)	70	9.9	0.9	30	1.06	14
White flour (Dempster's Corporate Foods Ltd., Canada)	71	10.1	0.9	30	1.06	14

White flour (South Africa)	71±7	8.9	0.9	30	1.06	13
White flour (Canada)	71	10.1	0.9	30	1.06	14
<i>mean of six studies</i>	70±0	9.7	0.9	30	1.06	14
White wheat flour bread, hard, toasted (Italian)	73	11.0	1.0	30	1.06	15
Wonder™, enriched white bread (Interstate Brands Companies, Kansas City, MO, USA)	71±9					
Wonder™, enriched white bread (Interstate Brands Companies, USA)	72±4					
Wonder™, enriched white bread (Interstate Brands Companies, USA)	77±3					
<i>mean of three studies</i>	73±2	10.3	0.9	30	1.06	14
White Turkish bread (Turkey)	87	14.6	1.1	30	1.06	17
White bread with enzyme inhibitors						
White bread + acarbose (200mg) (Mexico)	18	3.0	1.1	30	1.06	17
White bread + acarbose (200mg) (Mexico)	50	8.3	1.1	30	1.06	17
<i>mean in two groups of subjects</i>	34±16	5.7	1.1	30	1.06	17
White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor) (Switzerland)5	48	5.9	0.8	30	1.06	12
White bread roll + 6 mg trestatin (Switzerland)5	29	3.6	0.8	30	1.06	12
White bread with soluble fiber						
White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	41	6.8	1.1	30	1.06	17
White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	65	10.8	1.1	30	1.06	17
<i>mean in two groups of subjects</i>	53±12	8.8	1.1	30	1.06	17
White bread eaten with vinegar as vinaigrette (Sweden)	45	6.7	1.0	30	1.06	15
White bread eaten with powdered dried seaweed (Nori alga) (Spain)	48	7.1	1.0	30	1.06	15
White bread containing Eurylon® high-amylose maize starch (France)12	42	8.1	1.3	30	1.06	19
White fiber-enriched bread						
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	8.5	0.9	30	1.06	13
White resistant starch-enriched bread						
Fibre White™ (Nature's Fresh, Auckland, New Zealand)	77±10	11.2	1.0	30	1.06	15
Wonderwhite™ (Buttercup Bakeries, Australia)	80±8	11.4	0.9	30	1.06	14
Wholemeal wheat flour bread (whole wheat)						
Wholemeal flour (Canada)	52	6.1	0.8	30	1.06	12
Wholemeal flour (Canada)	64	7.5	0.8	30	1.06	12
Wholemeal flour (Canada)	65	7.6	0.8	30	1.06	12
Wholemeal flour (Canada)	67	7.9	0.8	30	1.06	12
Wholemeal flour (Canada)	67	7.9	0.8	30	1.06	12
Wholemeal flour (Canada)	69	8.1	0.8	30	1.06	12
Wholemeal flour (Canada)	71	8.3	0.8	30	1.06	12
Wholemeal flour (Canada)	72±6	8.5	0.8	30	1.06	12
Wholemeal flour (USA)5	73	10.1	0.9	30	1.06	14
Wholemeal flour (South Africa)	75±9	9.4	0.9	30	1.06	13
Wholemeal flour (Tip Top Bakeries, Australia)	77±9	9.0	0.8	30	1.06	12
Wholemeal flour (Tip Top Bakeries, Australia)	78±16	9.1	0.8	30	1.06	12
Wholemeal flour (Kenya)	87	10.9	0.9	30	1.06	13
<i>mean of thirteen studies</i>	71±2	9.5	0.9	30	1.06	13
Wholemeal Turkish bread	49	7.9	1.1	30	1.06	16
Specialty wheat breads						
Bürgen® Mixed Grain bread (Australia)						
Bürgen® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)	34±4					
Bürgen® Mixed Grain	45±12					
Bürgen® Mixed Grain	69±6					
<i>mean of three studies</i>	49±10	5.5	0.7	30	1.06	11
Bürgen® Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia)	31±3	3.1	0.7	30	1.06	10
Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia)	36±4	3.2	0.6	30	1.06	9
English Muffin™ bread (Natural Ovens, USA)	77±7	10.9	0.9	30	1.06	14
Healthy Choice™ Hearty 7 Grain (Con Agra Inc., USA)	55±6	7.8	0.9	30	1.06	14
Healthy Choice™ Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	8.8	0.9	30	1.06	14
Helga's™ Classic Seed Loaf (Quality Bakers, Sydney, NSW, Australia)	68±9	9.3	0.9	30	1.06	14
Helga's™ traditional wholemeal bread (Quality Bakers, Australia)	70±14	9.3	0.9	30	1.06	13
Hunger Filler™, whole grain bread (Natural Ovens, USA)	59±8	7.4	0.9	30	1.06	13
Molenberg™ (Goodman Fielder, Auckland, New Zealand)	75±10					
Molenberg™ (Goodman Fielder, New Zealand)	84±8					
<i>mean of two studies</i>	80±5	11.2	0.9	30	1.06	14
9-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5	6.1	0.9	30	1.06	14
Multigrain Loaf, spelt wheat flour (Australia)	54±10	8.0	1.0	30	1.06	15
Multigrain (50% kibbled wheat grain) (Australia)	43	6.0	0.9	30	1.06	14
Nutty Natural™, whole grain bread (Natural Ovens, USA)	59±7	7.3	0.8	30	1.06	12

Performax™ (Country Life Bakeries, Dandenong, Vic, Australia)	38±3	4.8	0.9	30	1.06	13
Ploughman's™ Wholegrain, original recipe (Quality Bakers, Australia)	47	6.6	0.9	30	1.06	14
Ploughman's™ Wholemeal, smooth milled (Quality Bakers, Australia)	64±10	8.5	0.9	30	1.06	13
Semolina Bread (Kenya)	64					
Sourdough wheat (Australia)	54	8.0	0.9	30	1.06	14
Soy & Linseed bread (made from packet mix in bread maker) (Con Agra Inc., USA)	50±6	5.1	0.7	30	1.06	10
Stay Trim™, whole grain bread (Natural Ovens, USA)	70±10	10.2	1.0	30	1.06	15
Sunflower & Barley bread, Riga brand (Berzin's Specialty Bakery, Australia)	57±6	7.3	0.9	30	1.06	13
Vogel's Honey & Oats (Stevens & Co., Sydney, NSW, Australia)	55±5	7.5	0.9	30	1.06	14
Vogel's Roggenbrot (Stevens & Co., Australia)	59±5	8.0	0.9	30	1.06	14
Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74	16.1	1.5	30	1.06	22
100% Whole Grain™ bread (Natural Ovens, USA)	51±11	6.8	0.9	30	1.06	13
White wheat flour flatbread (Sweden)	79	12.8	1.1	30	1.06	16
Unleavened Breads						
Lebanese bread, white (Seda Bakery, Sydney, NSW, Australia)	75±9	11.7	1.1	30	1.06	16
Middle Eastern flatbread	97±29	15.3	1.1	30	1.06	16
Pita bread, white (Canada)	57	9.5	1.1	30	1.06	17
Wheat flour flatbread (India)	66±9	10.4	1.1	30	1.06	16
Amaranth : wheat (25:75) composite flour flatbread (India)	66±10	9.8	1.0	30	1.06	15
Amaranth : wheat (50:50) composite flour flatbread (India)	76±20	11.3	1.0	30	1.06	15
BREAKFAST CEREALS AND RELATED PRODUCTS						
All-Bran™ (high-fiber, extruded wheat bran cereal)						
All-Bran™ (Kellogg's, Pagewood, NSW, Australia)13	30	4.4	1.0	30	1.06	15
All-Bran™ (Kellogg's, Battle Creek, MI, USA)	38	8.7	1.5	30	1.06	23
All-Bran™ (Kellogg's Inc., Etobicoke, Canada)	50	8.7	1.5	30	1.06	23
All-Bran™ (Kellogg's Inc., Canada)	51±5	8.7	1.5	30	1.06	23
<i>mean of four studies</i>	42±5					
All-Bran Fruit 'n Oats™ (Kellogg's, Australia)	39	6.8	1.1	30	1.06	17
All-Bran Soy 'n Fibre™ (Kellogg's, Australia)	33±3	4.5	0.9	30	1.06	14
Amaranth (Amaranthus esculentum) popped, eaten with milk and non-nutritive sweetener (India)	97±19	18.4	1.3	30	1.06	19
Barley porridge						
Wholemeal barley flour porridge (100% regular barley) (flour:water = 1:3), boiled 2.5 min (Sweden)	68	23.2	2.3	50 (dry)	1.76	34
Wholemeal high-fibre barley flour porridge (50% regular barley flour: 50% high-fibre barley flour) (Sweden)	55	8.5	1.0	50 (dry)	1.76	15
Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden)	62	17.5	1.9	50 (dry)	1.76	28
Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden)	65	18.3	1.9	50 (dry)	1.76	28
Bran Buds™ (Kellogg's Inc., Canada)15	58	7.0	0.8	30	1.06	12
Bran Buds with psyllium (Kellogg's Inc., Canada)15	47	5.7	0.8	30	1.06	12
Bran Chex™ (Nabisco Brands Ltd., Toronto, Canada)15	58	11.0	1.3	30	1.06	19
Bran Flakes™ (Kellogg's, Australia)	74	13.2	1.2	30	1.06	18
Cheerios™ (General Mills Inc., Etobicoke, Canada)15	74	15.0	1.3	30	1.06	20
Chocapic™ (Nestlé, France)	84±9	21.2	1.7	30	1.06	25
Coco Pops™ (cocoa flavoured puffed rice)						
Coco Pops™ (Kellogg's, Australia)	77±8					
Coco Pops™ (Kellogg's, Australia)	77±3					
<i>mean of two studies</i>	77	20.2	1.7	30	1.06	26
Corn Bran™ (Quaker Oats Co. of Canada, Peterborough, Canada)15	75	15.2	1.3	30	1.06	20
Corn Chex™ (Nabisco Brands Ltd., Canada)15	83	20.9	1.7	30	1.06	25
Cornflakes™						
Cornflakes™ (Kellogg's, Auckland, New Zealand)	72±16	18.3	1.7	30	1.06	25
Cornflakes™ (Kellogg's, Australia)	77	19.6	1.7	30	1.06	25
Cornflakes™ (Kellogg's Inc., Canada)	80±6	20.8	1.7	30	1.06	26
Cornflakes™ (Kellogg's Inc., Canada)	86	22.3	1.7	30	1.06	26
Cornflakes™ (Kellogg's, USA)5	92	23.9	1.7	30	1.06	26
<i>mean of five studies</i>	81±3	20.8	1.7	30	1.06	26
Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada)15	74	16.7	1.5	30	1.06	23
Cornflakes, Crunchy Nut™ (Kellogg's, Australia)	72±4	17.2	1.6	30	1.06	24
Corn Pops™ (Kellogg's, Australia)	80±4	21.0	1.7	30	1.06	26
Cream of Wheat™ (Nabisco Brands Ltd., Canada)15	66	17.0	1.7	250	8.82	26
Cream of Wheat™, Instant (Nabisco Brands Ltd., Canada)15	74	22.0	2.0	250	8.82	30
Crispix™ (Kellogg's Inc., Canada)15	87	21.9	1.7	30	1.06	25
Energy Mix™ (Quaker, France)	80±7	19.3	1.6	30	1.06	24
Froot Loops™ (Kellogg's, Australia)	69±9	17.9	1.7	30	1.06	26
Frosties™, sugar-coated cornflakes (Kellogg's, Australia)	55	14.5	1.7	30	1.06	26
Fruitful Lite™ (Hubbards, Auckland, New Zealand)	61±20	12.0	1.3	30	1.06	20
Fruity-Bix™, berry (Sanitarium, Auckland, New Zealand)	113±10	24.6	1.5	30	1.06	22
Golden Grahams™ (General Mills Inc., Canada)15	71	17.6	1.7	30	1.06	25

Golden Wheats™ (Kellogg's, Australia)	71±8	16.0	1.5	30	1.06	23
Grapenuts™						
Grapenuts™ (Post, Kraft General Foods Inc., Toronto, Canada)15	67	13.0	1.3	30	1.06	19
Grapenuts™ (Kraft Foods Inc., Port Chester, NY, USA)	75±6	16.3	1.5	30	1.06	22
<i>mean of two studies</i>	71±4	14.6	1.4	30	1.06	21
Grapenuts™ Flakes (Post, Kraft General Foods Inc., Canada)15	80	17.4	1.5	30	1.06	22
Guardian™ (Kellogg's, Australia)	37±9	4.6	0.8	30	1.06	12
Healthwise™ for bowel health (Uncle Toby's, Wahgunyah, Vic, Australia)	66±9	12.1	1.2	30	1.06	18
Healthwise™ for heart health (Uncle Toby's, Australia)	48±5	8.9	1.3	30	1.06	19
Honey Rice Bubbles™ (Kellogg's, Australia)	77±4	20.5	1.8	30	1.06	27
Honey Smacks™ (Kellogg's, Australia)	71±10	16.0	1.5	30	1.06	23
Hot cereal, apple & cinnamon (Con Agra Inc., USA)	37±6	8.2	1.5	30	1.06	22
Hot cereal, unflavoured (Con Agra Inc., USA)	25±5	4.9	1.3	30	1.06	19
Just Right™ (Kellogg's, Australia)	60±15	12.9	1.5	30	1.06	22
Just Right Just Grains™ (Kellogg's, Australia)	62±11	14.4	1.5	30	1.06	23
Komplete™ (Kellogg's, Australia)	48±5	10.0	1.4	30	1.06	21
Life™ (Quaker Oats Co., Canada)15	66	16.0	1.7	30	1.06	25
Mini Wheats™, whole wheat (Kellogg's, Australia)	58±8	12.1	1.4	30	1.06	21
Mini Wheats™, blackcurrant (Kellogg's, Australia)	72±10	15.4	1.4	30	1.06	21
Muesli						
Muesli, NS8 (Canada)	66±9	16.0	1.6	30	1.06	24
Alpen Muesli (Wheetabix, France)	55±10	10.4	1.3	30	1.06	19
Muesli, gluten-free (Freedom Foods, Cheltenham, Vic, Australia) with 1.5% fat milk	39±6	7.4	1.3	30	1.06	19
Muesli, Lite (Sanitarium, New Zealand)	54±12	9.6	1.2	30	1.06	18
Muesli, Natural (Sanitarium, New Zealand)	57±9	10.8	1.3	30	1.06	19
Muesli, Natural (Sanitarium, Australia)	40±6	7.6	1.3	30	1.06	19
<i>mean of two studies</i>	49±9	9.6	1.3	30	1.06	20
Muesli, No Name (Sunfresh Ltd., Toronto, Canada)15	60	10.7	1.2	30	1.06	18
Muesli, Swiss Formula (Uncle Toby's, Australia)	56±8	9.2	1.1	30	1.06	16
Muesli, toasted (Purina, Sydney, NSW, Australia)	43±4	7.1	1.1	30	1.06	17
Nutrigrain™ (Kellogg's, Australia)	66±12	9.9	1.0	30	1.06	15
Oat 'n Honey Bake™ (Kellogg's, Australia)	77±11	13.1	1.1	30	1.06	17
Oat bran						
Oat bran, raw (Quaker Oats Co., Canada)15	50	2.5	0.3	10	0.35	5
Oat bran, raw	59	2.9	0.3	10	0.35	5
<i>mean of two studies</i>	55±5	3.0	0.3	10	0.35	5
Porridge made from rolled oats						
Porridge (Uncle Toby's, Australia)13	42	8.9	1.4	250	8.82	21
Porridge (Canada)16	49±8	11.1	1.5	250	8.82	23
Traditional porridge oats (Lowan Whole Foods, Box Hill, Vic, Australia)	51±8	10.8	1.4	250	8.82	21
Porridge (Hubbards, New Zealand)	58±9	12.3	1.4	250	8.82	21
Porridge (Australia)	58±4	12.3	1.4	250	8.82	21
Porridge (Canada)	62	14.1	1.5	250	8.82	23
Porridge (Canada)	69	15.7	1.5	250	8.82	23
Porridge (USA)6	75	17.1	1.5	250	8.82	23
<i>mean of eight studies</i>	58±4	12.8	1.5	250	8.82	22
Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden)	74	23.6	2.1	50 (dry)	1.76	32
Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden)	55	14.9	1.8	250	8.82	27
Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden)	69	18.6	1.8	250	8.82	27
Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden)	50	13.5	1.8	250	8.82	27
Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden)	80	21.6	1.8	250	8.82	27
Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden)	53	14.3	1.8	250	8.82	27
Instant Porridge						
Quick Oats (Quaker Oats Co., Canada)	65					
One Minute Oats (Quaker Oats Co., Canada)15	66					
<i>mean of two studies</i>	66±1	16.8	1.7	250	8.82	26
Pop Tarts™, Double Chocolate (Kellogg's, Australia)	70±2	24.9	2.4	50	1.76	36
Pro Stars™ (General Mills Inc., Canada)15	71	16.7	1.6	30	1.06	24
Puffed Wheat						
Puffed Wheat (Quaker Oats Co., Canada)15	67	13.5	1.3	30	1.06	20
Puffed Wheat (Sanitarium, Australia)	80±11	16.8	1.4	30	1.06	21
<i>mean of two studies</i>	74±7	15.5	1.4	30	1.06	21
Raisin Bran™ (Kellogg's, USA)	61±5	11.7	1.3	30	1.06	19
Red River Cereal (Maple Leaf Mills, Toronto, Canada)	49	11.0	1.5	30	1.06	22
Rice Bran, extruded (Rice Growers Co-Operative Ltd., Leeton, NSW, Australia)	19±3	2.7	0.9	30	1.06	14
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	22.4	1.7	30	1.06	26
Rice Chex™ (Nabisco Brands Ltd., Canada)15	89	23.3	1.7	30	1.06	26
Rice Krispies™ (Kellogg's Inc., Canada)15	82	21.0	1.7	30	1.06	26
Shredded Wheat						
Shredded Wheat (Canada)	67±10	13.4	1.3	30	1.06	20
Shredded Wheat™ (Nabisco Brands Ltd., Canada)15	83	16.6	1.3	30	1.06	20
<i>mean of two studies</i>	75±8	15.0	1.3	30	1.06	20
Special K™ - formulation of this cereal varies in different countries						
Special K™ (Kellogg's, Australia)	54±4	11.3	1.4	30	1.06	21
Special K™ (Kellogg's, USA)	69±5	14.3	1.4	30	1.06	21
Special K™ (Kellogg's, France)	84±12	19.8	1.6	30	1.06	24
Soy Tasty™ (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)	60±5	11.8	1.3	30	1.06	20
Soytana™, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals, Mt Kuring-gai, NSW)	49±3	12.3	1.7	45	1.59	25
Sultana Bran™ (Kellogg's, Australia)	73±13	13.7	1.3	30	1.06	19
Sustain™ (Kellogg's, Australia)13	68	14.8	1.5	30	1.06	22
Team™ (Nabisco Brands Ltd., Canada)15	82	17.0	1.5	30	1.06	22
Thank Goodness™ (Hubbards, New Zealand)	65±18	15.0	1.5	30	1.06	23
Total™ (General Mills Inc., Canada)15	76	17.0	1.5	30	1.06	22
Ultra-bran™, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g) (Specialty Cereals, Australia)	41±4	5.2	0.9	30	1.06	13
Wheat-bites™ (Uncle Toby's, Australia)	72±11	18.3	1.7	30	1.06	25
Wheat biscuits (plain flaked wheat)						
Vita-Brits™ (Uncle Toby's, Australia)13	61	12.1	1.3	30	1.06	20
Vita-Brits™ (Uncle Toby's, Australia)	68±6	13.5	1.3	30	1.06	20
Weet-Bix™ (Sanitarium, Australia)	69	11.5	1.1	30	1.06	17
Weet-Bix™ (Sanitarium, Australia)	69±4	11.5	1.1	30	1.06	17
Weetabix™ (Weetabix of Canada Ltd., Thornhill, Canada)15	74	16.0	1.5	30	1.06	22
Weetabix™ (Weetabix of Canada Ltd.)	75±10	16.2	1.5	30	1.06	22
Whole wheat Goldies™ (Kellogg's, Australia)	70±4	14.0	1.3	30	1.06	20
<i>mean of seven studies</i>	70±2	13.0	1.3	30	1.06	19
Wheat biscuits (flaked wheat) with additional ingredients						
Good Start™, muesli wheat biscuits (Sanitarium, Australia)	68±4	13.6	1.3	30	1.06	20
Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4	10.1	1.1	30	1.06	17
Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia)	57±3	9.3	1.1	30	1.06	16
Honey Goldies™ (Kellogg's Australia)	72±3	15.1	1.4	30	1.06	21
Lite-Bix™, plain, no added sugar (Sanitarium, Australia)	70±3	13.9	1.3	30	1.06	20
Oat bran Weet-Bix™ (Sanitarium, Australia)	57±4	11.4	1.3	30	1.06	20
Sultana Goldies™ (Kellogg's Australia)	65±6	13.3	1.4	30	1.06	21
BREAKFAST CEREAL BARS						
Crunchy Nut Cornflakes™ bar (Kellogg's, Australia)	72±6	18.7	1.7	30	1.06	26
Fibre Plus™ bar (Uncle Toby's, Australia)	78±9	18.0	1.5	30	1.06	23
Fruity-Bix™ bar, fruit and nut, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, Australia)	56±4	10.4	1.3	30	1.06	19
Fruity-Bix™ bar, wild berry, wheat biscuit cereal with fruit and covered with yoghurt coating (Sanitarium, Australia)	51±4	9.5	1.3	30	1.06	19
K-Time Just Right™ bar (Kellogg's, Australia)	72±4	17.0	1.6	30	1.06	24
K-Time Strawberry Crunch™ bar (Kellogg's, Australia)	77±5	19.1	1.7	30	1.06	25
Rice Bubble Treat™ bar (Kellogg's, Australia)	63±11	14.9	1.6	30	1.06	24
Sustain™ bar (Kellogg's, Australia)	57±10	14.1	1.7	30	1.06	25
CEREAL GRAINS						
Amaranth						
Amaranth (Amaranthus esculentum) popped, eaten with milk and non-nutritive sweetener (India)	97±19	21.0	1.5	30	1.06	22
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	10.6	2.8	150	5.29	42
Barley (Hordeum vulgare) (India)	37					
Barley (Hordeum vulgare) (India)	48					
<i>mean of two groups of subjects</i>	43±6	25.8	2.8	150	5.29	42
Barley, cracked (Malthouth, Tunisia)	50	21.2	2.8	150	5.29	42
Barley, rolled (Australia)	66±5	25.4	2.5	50 (dry)	1.76	38
Buckwheat						

Buckwheat (Canada)	49					
Buckwheat (Canada)	51±10					
Buckwheat (Canada)	63					
<i>mean of three studies</i>	54±4	16.1	2.0	150	5.29	30
Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden)	45	13.4	2.0	150	5.29	30
Corn/Maize						
Maize (Zea Mays), 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	8.8	0.9	150	5.29	13
Cornmeal + margarine (McNair Products Co. Ltd., Canada)	69	8.6	0.8	150	5.29	12
<i>mean of two studies</i>	69±1	9.0	0.9	150	5.29	13
Sweet corn						
Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	11.0	2.0	150	5.29	30
Sweet corn, on the cob, boiled 20 min (Australia)	48	14.3	2.0	150	5.29	30
Sweet corn (Canada)	59±11	19.7	2.2	150	5.29	33
Sweet corn (USA)	60	20.1	2.2	150	5.29	33
Sweet corn (USA)	60	20.1	2.2	150	5.29	33
Sweet corn (South Africa)	62±5	20.3	2.2	150	5.29	33
<i>mean of six studies</i>	53±4	17.0	2.1	150	5.29	32
Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA)	46	12.8	1.9	150	5.29	28
Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	47	15.7	2.2	150	5.29	33
Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	68	8.5	0.8	20	0.71	12
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	22.7	2.3	150	5.29	35
Millet						
Millet, boiled (Canada)	71±10	25.2	2.4	150	5.29	36
Millet flour porridge (Kenya)	107					
Rice, white						
Arborio, risotto rice, boiled (Sun Rice brand, Rice Growers Co-Op., Australia)	69±7	36.2	3.5	150	5.29	53
White (Oryza sativa), boiled (India)	69±15	29.7	2.9	150	5.29	43
Rice, boiled white, type NS8						
Type NS, eaten alone (France)	45	13.5	2.0	150	5.29	30
Type NS (India)	48	18.2	2.5	150	5.29	38
Type NS (Canada)	51	21.2	2.8	150	5.29	42
Type NS (France)	52	18.8	2.4	150	5.29	36
Type NS (Canada)	56	23.3	2.8	150	5.29	42
Type NS (Pakistan)	69	26.2	2.5	150	5.29	38
Type NS (Canada)	72±9	30.0	2.8	150	5.29	42
Type NS, boiled in salted water (India)	72	27.4	2.5	150	5.29	38
Type NS, boiled 13 min (Italy)	102	30.6	2.0	150	5.29	30
Type NS (Kenya)	112	47.1	2.8	150	5.29	42
Type NS, boiled (France)	43	12.9	2.0	150	5.29	30
Type NS, boiled (France)	47	14.1	2.0	150	5.29	30
<i>mean of 12 studies</i>	64±7	23.3	2.4	150	5.29	36
Type NS, boiled in salted water, refrigerated 16-20h, reheated (India)	53	20.1	2.5	150	5.29	38
Type NS, boiled 13 min, then baked 10 min (Italy)	104	31.2	2.0	150	5.29	30
Long grain, boiled						
Long grain, boiled 5 min (Canada)	41	16.4	2.7	150	5.29	40
Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, NSW, Australia)	50	21.4	2.9	150	5.29	43
Gem long grain (Dainty Food Inc., Toronto, Canada)	55	22.0	2.7	150	5.29	40
Long grain, white (Uncle Bens, Auckland, New Zealand)	56±7	23.9	2.9	150	5.29	43
Long grain, boiled 25 min (Surinam)	56±2	23.9	2.9	150	5.29	43
Gem long grain (Dainty Food Inc., Canada)	57	22.8	2.7	150	5.29	40
Long grain, boiled 15 min	58	23.2	2.7	150	5.29	40
Gem long grain (Dainty Food Inc., Canada)	60	24.0	2.7	150	5.29	40
Gem long grain (Dainty Food Inc., Canada)	60	24.0	2.7	150	5.29	40
Long grain, white, boiled 7 min (Star brand, Gouda foods, Concord, Canada)	64±3	25.6	2.7	150	5.29	40
<i>mean of 10 studies</i>	56±2	22.9	2.7	150	5.29	41
Rice, long grain, quick-cooking varieties						
Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6	25.1	2.5	150	5.29	37
Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7	27.6	2.5	150	5.29	37
Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods King's Lynn, Norfolk, UK)	52±5	19.2	2.5	150	5.29	37
Rice, specialty rices						

Cajun Style, Uncle Ben's® (Effem Foods Ltd., Bolton, Canada)	51	19.1	2.5	150	5.29	37
Garden Style, Uncle Ben's® (Effem Foods Ltd., Canada)	55	20.6	2.5	150	5.29	37
Long Grain and Wild, Uncle Ben's® (Effem Foods Ltd., Canada)	54	20.2	2.5	150	5.29	37
Mexican Fast and Fancy, Uncle Ben's® (Effem Foods Ltd., Canada)	58	21.7	2.5	150	5.29	37
Saskatchewan wild rice (Canada)	57	18.2	2.1	150	5.29	32
Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand)	86±10	37.0	2.9	150	5.29	43
Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand)	98±7	31.0	2.1	150	5.29	32
Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	46.1	2.8	150	5.29	42
Rice, white low-amylose						
Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	83±13	35.8	2.9	150	5.29	43
Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	87±7	37.3	2.9	150	5.29	43
Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	88±11	37.7	2.9	150	5.29	43
Pelde, white (Rice Growers Co-op., Australia)	93±11	39.9	2.9	150	5.29	43
White, low-amylose, boiled (Turkey)	139	59.6	2.9	150	5.29	43
Rice, white high-amylose						
Bangladeshi rice variety BR16 (28% amylose)	37	14.4	2.6	150	5.29	39
Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min	39	15.2	2.6	150	5.29	39
<i>mean of two studies</i>	38	14.8	2.6	150	5.29	39
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	21.6	2.6	150	5.29	39
Koshikari (Japonica), white, short-grain, boiled 15 min then steamed 10 min (Japan)	48±8	18.1	2.5	150	5.29	38
Basmati						
Basmati, white, boiled (Mahatma brand, Sydney, NSW, Australia)	58±8	21.8	2.5	150	5.29	38
Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® (Masterfoods, Kings Lynn, Norfolk, UK)	57±4	23.5	2.7	150	5.29	41
Quick cooking white basmati, cooked 10 min, Uncle Ben's® Superior (Masterfoods Olen, Belgium)	60±5	22.5	2.5	150	5.29	38
Rice, brown						
Brown (Canada)	66±5	21.5	2.2	150	5.29	33
Brown, steamed (USA)5	50	16.3	2.2	150	5.29	33
Brown (Oriza Sativa), boiled (South India)5	50±19	16.3	2.2	150	5.29	33
<i>mean of three studies</i>	55±5	17.9	2.2	150	5.29	33
Calrose brown (Rice Growers Co-op., Australia)	87±8	32.7	2.5	150	5.29	38
Doongara brown, high amylose (Rice Growers Co-op., Australia)	66±7	24.3	2.5	150	5.29	37
Pelde brown (Rice Growers Co-op., Australia)	76±6	28.5	2.5	150	5.29	38
Parboiled, cooked 20 min, Uncle Ben's Natur-reis® (Masterfoods Olen, Belgium)	64±7	23.2	2.4	150	5.29	36
Sunbrow Quick™ (Rice Growers Co-op., Australia)	80±7	30.8	2.5	150	5.29	38
Instant/puffed rice						
Instant rice, white, boiled 1 min (Canada)	46	19.2	2.8	150	5.29	42
Instant rice, white, cooked 6 min (Trice brand, Australia)	87	36.3	2.8	150	5.29	42
Puffed, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods Olen, Belgium)	74±5	30.9	2.8	150	5.29	42
<i>mean of three studies</i>	69±12	28.8	2.8	150	5.29	42
Instant doongara, white, cooked 5 min (Rice Growers Co-op., Australia)	94±7	35.0	2.8	150	5.29	42
Parboiled rice						
Parboiled rice (Canada)	48	17.5	2.4	150	5.29	36
Parboiled rice (USA)	72	26.3	2.4	150	5.29	36
Converted, white, Uncle Ben's® (Effem Foods Ltd., Canada)	45	16.4	2.4	150	5.29	36
Converted, white, boiled 20-30 min, Uncle Ben's® (Masterfoods USA, Vernon, CA)	38	13.9	2.4	150	5.29	36
Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)	50	18.2	2.4	150	5.29	36
Boiled, 12 min (Denmark)6	39	14.2	2.4	150	5.29	36
Boiled, 12 min (Denmark)	42	15.3	2.4	150	5.29	36
Boiled, 12 min (Denmark)	43	15.7	2.4	150	5.29	36
Boiled, 12 min (Denmark)	46	16.8	2.4	150	5.29	36
Long grain, boiled 5 min (Canada)	38	13.9	2.4	150	5.29	36
Long grain, boiled, 10 min (USA)5	61	22.3	2.4	150	5.29	36
Long grain, boiled 15 min (Canada)	47	17.2	2.4	150	5.29	36
Long grain, boiled 25 min (Canada)	46	16.8	2.4	150	5.29	36
<i>mean of thirteen studies</i>	47±3	16.9	2.4	150	5.29	36
Parboiled rice, eaten as part of a traditional Indian meal (India)5	99					
Parboiled, low-amylose						
Bangladeshi rice variety BR2, parboiled (12% amylose)	51	19.4	2.5	150	5.29	38
Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op., Australia)	87±7	34.3	2.6	150	5.29	39
Parboiled, high-amylose						
Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op., Australia)	50±6	19.3	2.6	150	5.29	39
Bangladeshi rice variety BR16, parboiled (28% amylose)	35	13.1	2.5	150	5.29	37
Bangladeshi rice variety BR16, traditionally parboiled (27% amylose)	32	12.2	2.5	150	5.29	38

Bangladeshi rice variety BR16, pressure parboiled (27% amylose)	27	11.1	2.7	150	5.29	41
Bangladeshi rice variety BR4, parboiled (27% amylose)	33	12.6	2.5	150	5.29	38
<i>Mean of 5 studies</i>	35±4	13.6	2.6	150	5.29	39
Rye, whole kernels						
Rye, whole kernels (Canada)	29	11.0	2.5	50 (dry)	1.76	38
Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	34	12.9	2.5	50 (dry)	1.76	38
Rye, whole kernels (Canada)	39	14.8	2.5	50 (dry)	1.76	38
<i>mean of three studies</i>	34±3	12.9	2.5	50 (dry)	1.76	38
Wheat						
Wheat, whole kernels						
Wheat, whole kernels (Triticum aestivum) (India)11	30±9	11.3	2.5	50 (dry)	1.76	38
Wheat, whole kernels (Canada)	42	13.8	2.2	50 (dry)	1.76	33
Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	44	14.5	2.2	50 (dry)	1.76	33
Wheat, whole kernels (Canada)	48	15.8	2.2	50 (dry)	1.76	33
<i>mean of four studies</i>	41±3	14.0	2.3	50 (dry)	1.76	34
Wheat, type NS8 (India)	90	33.8	2.5	50 (dry)	1.76	38
Wheat, precooked kernels						
Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4	19.0	2.5	50 (dry)	1.76	37
Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5	16.6	2.2	50 (dry)	1.76	33
Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)	40±5	15.7	2.6	125	4.41	39
Quick cooking (White Wings, Sydney, NSW, Australia)	54±11	25.2	3.1	150	5.29	47
Semolina						
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	5.9	0.7	150	5.29	11
Cracked wheat (bulgur/bourghul)						
Bulgur, boiled (Canada)	46					
Bulgur, boiled in 800 mL water 20 min (Canada)	46					
Bulgur, boiled 20 min (Canada)	46					
Bulgur, boiled 20 min (Canada)	53					
<i>mean of four studies</i>	48±2	12.4	1.7	150	5.29	26
COOKIES						
Arrowroot						
Arrowroot (McCormick's, Interbare Foods, Toronto, Canada)	63	12.6	1.3	25	0.88	20
Arrowroot plus (McCormick's, Canada)	62	11.2	1.2	25	0.88	18
Milk Arrowroot™ (Arnotts, Sydney, NSW, Australia)	69±7	12.2	1.2	25	0.88	18
<i>mean of three studies</i>	65±2	12.1	1.3	25	0.88	19
Barquette Abricot (LU, Ris, Orangis, France)	71±6	22.7	2.1	40	1.41	32
Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)	57±9	18.8	2.2	50	1.76	33
Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9	17.1	2.3	50	1.76	34
Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11	13.5	1.3	25	0.88	20
Digestives						
Digestives (Canada)	55					
Digestives (Canada)	59±7					
Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada)	62					
<i>mean of three studies</i>	59±2	9.7	1.1	25	0.88	16
Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	58	9.9	1.1	25	0.88	17
Evergreen met Krenten (LU, Netherlands)	66±12	14.0	1.4	38	1.34	21
Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand)	77±25	13.2	1.1	25	0.88	17
Graham Wafers (Christie Brown & Co., Toronto, Canada)	74	13.7	1.2	25	0.88	18
Gran'Dia Banana, Oats and Honey (LU, Brazil)	28±5	6.4	1.5	30	1.06	23
Grany en-cas Abricot (LU, France)	55±6	9.0	1.1	30	1.06	16
Grany en-cas Fruits des bois (LU, France)	50±5	7.2	0.9	30	1.06	14
Grany Rush Apricot (LU, Netherlands)	62±3	12.3	1.3	30	1.06	20
Highland Oatmeal™ (Westons biscuits, Sydney, NSW, Australia)	55±8	10.0	1.2	25	0.88	18
Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland)	57	8.3	1.0	25	0.88	15
LU P'tit Déjeuner Chocolat (LU, France)	42±5	14.3	2.3	50	1.76	34
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	45±5	15.8	2.3	50	1.76	35
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	52±3	18.1	2.3	50	1.76	35
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	49±8	18.1	2.3	50	1.76	35
<i>mean of three studies</i>	49±2	17.1	2.3	50	1.76	35
Maltmeal wafer (Griffin's Foods Ltd., New Zealand)	50±10	8.6	1.1	25	0.88	17
Morning Coffee™ (Arnotts, Australia)	79±6	15.0	1.3	25	0.88	19
Nutrigrain Fruits des bois (Kellogg's, France)	57±4	13.0	1.5	35	1.23	23
Oatmeal (Canada)	54±4	9.3	1.1	25	0.88	17
Oro (Saiwa, Italy)	61±9	19.5	2.1	40	1.41	32

Oro (Saiwa, Italy)	67±17	21.2	2.1	40	1.41	32
<i>mean of two studies</i>	64±3	20.4	2.1	40	1.41	32
Petit LU Normand (LU, France)	51±3	9.5	1.3	25	0.88	19
Petit LU Roussillon (LU, France)	48±4	8.5	1.2	25	0.88	18
Prince Energie+ (LU, France)	73±5	12.6	1.1	25	0.88	17
Prince fourré chocolat (LU, France)	53±5					
Prince fourré chocolat (LU, France)	50±5					
<i>mean of two studies</i>	52±2	15.7	2.0	45	1.59	30
Prince Meganana Chocolate (LU, Spain)	49±12	17.7	2.4	50	1.76	36
Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6	16.3	2.4	50	1.76	36
Rich Tea (Canada)	55±4	10.4	1.3	25	0.88	19
Sablé des Flandres (LU, France)	57±10	8.4	1.0	20	0.71	15
Shortbread (Arnotts, Australia)	64±8	9.9	1.1	25	0.88	16
Shredded Wheatmeal™ (Arnotts, Australia)	62±4	11.0	1.2	25	0.88	18
Snack Right Fruit Slice (97% fat-free) (Arnott's, Australia)	45±3	8.5	1.3	25	0.88	19
Thé (LU, France)	41±7	6.5	1.1	20	0.71	16
Vanilla Wafers (Christie Brown & Co., Canada)	77	13.7	1.2	25	0.88	18
Véritable Petit Beurre (LU, France)	51±8	9.1	1.2	25	0.88	18
CRACKERS						
Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	67	9.5	0.9	25	0.88	14
Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, NSW, Australia)	87±10	17.6	1.3	25	0.88	20
Cream Cracker (LU Triumfo, Brazil)	65±11	10.8	1.1	25	0.88	17
High-calcium cracker (Danone, Malaysia)	52±8	9.0	1.1	25	0.88	17
Jatz™, plain salted craker biscuits (Arnotts, Australia)	55±5	9.6	1.1	25	0.88	17
Puffed Crispbread (Westons, Australia)	81±9	15.0	1.3	25	0.88	19
Puffed rice cakes						
Puffed rice cakes, white (Rice Growers Co-op., Leeton, NSW, Australia)	82±11	17.0	1.4	25	0.88	21
Rice cakes, Calrose rice (low-amylose) (Rice Growers Co-op., Australia)	91±7	19.0	1.4	25	0.88	21
Rice cakes, Doongara rice (high-amylose) (Rice Growers Co-op., Australia)	61±5	13.0	1.4	25	0.88	21
<i>mean of three studies</i>	78±9	17.0	1.4	25	0.88	21
Rye crispbread						
Rye crispbread (Canada)	63	10.3	1.1	25	0.88	16
Ryvita™ (Canada)	69±10	11.3	1.1	25	0.88	16
High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	59	8.9	1.0	25	0.88	15
Rye crispbread (Ryvita Company Ltd., UK)	63	11.1	1.2	25	0.88	18
<i>mean of four studies</i>	64±2	10.5	1.1	25	0.88	16
Kavii™ Norwegian Crispbread (Players Biscuits, Sydney, NSW, Australia)	71±7	11.5	1.1	25	0.88	16
Sao™, plain square crackers (Arnotts, Australia)	70±9	11.7	1.1	25	0.88	17
Stoned Wheat Thins (Christie Brown & Co., Canada)	67	11.7	1.1	25	0.88	17
Water cracker						
Water cracker (Canada)	63±9	11.2	1.2	25	0.88	18
Water cracker (Arnotts, Australia)	78±11	13.9	1.2	25	0.88	18
<i>mean of two studies</i>	71±8	12.6	1.2	25	0.88	18
Premium Soda Crackers (Christie Brown & Co., Canada)	74	12.4	1.1	25	0.88	17
Vita-wheat™, original, crispbread (Arnott's, Australia)	55±4	10.3	1.3	25	0.88	19
DAIRY PRODUCTS AND ALTERNATIVES						
Custard						
No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Sydney, NSW, Australia)	35±2	5.8	1.1	100	3.53	17
Custard, home made from milk, wheat starch, and sugar (Australia)	43±10	7.1	1.1	100	3.53	17
TRIM™, reduced-fat custard (Pauls Ltd., South Brisbane, Qld, Australia)	37±4	5.7	1.0	100	3.53	15
<i>mean of three studies</i>	38±2	6.2	1.1	100	3.53	16
Ice cream, Regular/NS8						
Ice cream, NS (Canada)	36±8					
Ice cream (half vanilla, half chocolate) (Italy)	57					
Ice cream, NS (USA)	62					
Ice cream, chocolate flavored (USA)	68±15					
Ice cream (half vanilla, half chocolate) (Italy)	80					
<i>mean of five studies</i>	61±7	7.9	0.9	50	1.76	13
Ice cream, Reduced- or Low-fat						
Ice cream, low-fat, vanilla, 'Light' (Peter's, Sydney, NSW, Australia)	50±8	3.0	0.4	50	1.76	6
Ice-cream, low-fat (1.2 % fat), Prestige Light rich vanilla (Norco, Lismore, NSW, Australia)6	47±5	4.8	0.7	50	1.76	10
Ice-cream, low-fat (1.4% fat), Prestige Light traditional toffee (Norco, Australia)6	37±4	5.3	0.9	50	1.76	14
Ice-cream, reduced-fat (7.1 % fat), Prestige golden macadamia (Norco, Australia)6	39±3	4.6	0.8	50	1.76	12
Ice cream, Premium (high-fat)						
Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)	37±3	3.5	0.6	50	1.76	9
Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)	38±3	3.4	0.6	50	1.76	9

Milk, full-fat						
Full-fat (Italy)	11					
Full-fat (3% fat, Skånemejerier, Malmö, Sweden)6	21					
Full-fat (Italy)	24					
Full-fat cow's milk, fresh (Dairy Farmers, Sydney, NSW, Australia)	31±2					
Full-fat (Canada)	34±6					
Full-fat (USA)	40					
<i>mean of five studies</i>	27±4	3.1	0.8	250	8.82	12
Fermented cow's milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden)6	11					
Fermented cow's milk (filmjök, 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	3.1	0.8	250	8.82	12
Milk, skim (Canada)	32±5	4.0	0.9	250	8.82	13
Milk, condensed, sweetened (Nestlé, Sydney, NSW, Australia)	61±6	17.0	1.8	50	8.82	27
Milk, low-fat, chocolate, with aspartame, Lite White™ (Dairy Farmers, Australia)	24±6	3.5	1.0	250	8.82	15
Milk, low-fat, chocolate, with sugar, Lite White™ (Dairy Farmers, Australia)	34±4	8.8	1.7	250	8.82	26
Mousse, reduced-fat, prepared from commercial mousse mix with water						
Butterscotch, 1.9% fat (Nestlé, Australia)	36±4	3.6	0.7	50	1.76	10
Chocolate, 2% fat (Nestlé, Australia)	31±4	3.4	0.7	50	1.76	11
Hazelnut, 2.4% fat (Nestlé, Australia)	36±4	3.7	0.7	50	1.76	10
Mango, 1.8% fat (Nestlé, Australia)	33±5	3.6	0.7	50	1.76	11
Mixed berry, 2.2% fat (Nestlé, Australia)	36±5	3.7	0.7	50	1.76	10
Strawberry, 2.3% fat (Nestlé, Australia)	32±3	3.2	0.7	50	1.76	10
<i>mean of six foods</i>	34±1	3.5	0.7	50	1.76	10
Pudding						
instant, chocolate, made from powder and whole milk (White Wings, Sydney, NSW, Australia)	47±4	7.5	1.1	100	3.53	16
instant, vanilla, made from powder and whole milk (White Wings, Australia)	40±4	6.4	1.1	100	3.53	16
<i>mean of two foods</i>	44±4	7.0	1.1	100	3.53	16
Yoghurt						
Yoghurt, type NS8 (Canada)	36±4	3.4	0.6	200	7.05	9
Low-fat yoghurt						
Low-fat, fruit, aspartame, Ski™ (Dairy Farmers, Australia)	14±4	1.8	0.9	200	7.05	13
Low-fat, fruit, sugar, Ski™ (Dairy Farmers, Australia)	33±7	10.2	2.1	200	7.05	31
Low-fat (0.9%), fruit, wild strawberry (Ski d'Lite™, Dairy Farmers, Australia)	31±14	9.4	2.0	200	7.05	30
Non-fat yoghurt, sweetened with acesulfame K and Splenda						
Diet Vaalia™, exotic fruits (Pauls Ltd., Australia)6	23±2	3.7	1.1	200	7.05	16
Diet Vaalia™, mango (Pauls Ltd., Australia)6	23±2	3.3	0.9	200	7.05	14
Diet Vaalia™, mixed berry (Pauls Ltd., Australia)6	25±3	3.3	0.9	200	7.05	13
Diet Vaalia™, strawberry (Pauls Ltd., Australia)6	23±2	2.9	0.9	200	7.05	13
Diet Vaalia™, vanilla (Pauls Ltd., Australia)6	23±2	2.9	0.9	200	7.05	13
<i>mean of five foods</i>	24±1	3.3	0.9	200	7.05	14
Reduced-fat yoghurt						
Reduced-fat, Vaalia™, apricot & mango (Pauls Ltd., Australia)6	26±4	7.8	2.0	200	7.05	30
Reduced-fat, Vaalia™, french vanilla (Pauls Ltd., Australia)6	26±4	2.6	0.7	200	7.05	10
Reduced-fat, Extra-Lite™, strawberry (Pauls Ltd., Australia)6	28±4	9.2	2.2	200	7.05	33
<i>mean of three foods</i>	27±1	6.6	1.6	200	7.05	24
Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit (Pauls Ltd., Australia)6	38±4	11.0	1.9	200	7.05	29
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	7.7	1.1	250	8.82	17
Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia)6	36±4	6.4	1.2	250	8.82	18
Soy milk, reduced-fat (1.5%), 120 mg calcium, Light (So Natural Foods, Australia)6	44±3	7.7	1.1	250	8.82	17
Soy milk drinks						
Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia)6	30±3	6.6	1.5	250	8.82	22
Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia)6	34±3	8.4	1.7	250	8.82	25
<i>mean of two drinks</i>	32±2	7.5	1.5	250	8.82	23
Up & Go™, cocoa malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium, Berkeley Vale, NSW, Australia)	43±5	11.2	1.7	250	8.82	26
Up & Go™, original malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium, Australia)	46±5	10.8	1.6	250	8.82	24
<i>mean of two drinks</i>	45±2	11.1	1.7	250	8.82	25
Xpress™, chocolate (soy bean, cereal and legume extract drink with fructose)6 (So Natural Foods, Australia)	39±2	13.2	2.3	250	8.82	34
Soy yoghurt						
Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia)6	50±3	13.0	1.7	200	7.05	26
Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA)	115±14	9.8	0.6	50	1.76	9

FRUIT AND FRUIT PRODUCTS						
Apples, raw						
Apple, NS8 (Denmark)	28	3.7	0.9	120	4.23	13
Apple, Braeburn (New Zealand)6	32±4	4.0	0.9	120	4.23	13
Apple, NS8 (Canada)	34	5.3	1.1	120	4.23	16
Apple, Golden Delicious (Canada)	39±3	6.1	1.1	120	4.23	16
Apple, NS8 (USA)	40	6.2	1.1	120	4.23	16
Apple, NS8 (Italy)	44	5.9	0.9	120	4.23	13
<i>mean of six studies</i>	38±2	5.5	1.0	120	4.23	15
Apple juice						
Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, SA, Australia)	39±5	9.9	1.7	250	8.82	25
Apple juice, unsweetened (USA)	40	11.6	1.9	250	8.82	29
Apple juice, unsweetened (Allens, Toronto, Canada)	41	12.1	2.0	250	8.82	30
<i>mean of three studies</i>	40±1	11.2	1.9	250	8.82	28
Apple, dried (Australia)	29±5	10.0	2.3	60	2.12	34
Apricots						
Apricots, raw, NS8 (Italy)	57	5.2	0.6	120	4.23	9
Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	64	12.0	1.3	120	4.23	19
Apricots, dried (Australia)	30±7	8.0	1.8	60	2.12	27
Apricots, dried (Wasco foods, Montreal, Canada)	32	9.7	2.0	60	2.12	30
<i>mean of two studies</i>	31±1	8.8	1.9	60	2.12	28
Apricot fruit bar, pureed dried apricot filling in wholemeal pastry (Mother Earth, Auckland, New Zealand)	50±8	17.0	2.3	50	1.76	34
Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, SA, Australia)	55±7	7.1	0.9	30	1.06	13
Apricot Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	4.8	0.8	15	0.53	12
Banana, raw						
Banana (Canada)	46	11.6	1.7	120	4.23	25
Banana (Italy)	58	13.4	1.5	120	4.23	23
Banana (Canada)	58	14.6	1.7	120	4.23	25
Banana (Canada)	62±9	15.6	1.7	120	4.23	25
Banana (South Africa)	70±5	16.2	1.5	120	4.23	23
Banana, ripe (all yellow) (USA)	51	12.9	1.7	120	4.23	25
Banana, under-ripe (Denmark)	30	6.3	1.4	120	4.23	21
Banana, slightly under-ripe (yellow with green sections) (USA)	42	10.6	1.7	120	4.23	25
Banana, over-ripe (yellow flecked with brown) (USA)	48	12.1	1.7	120	4.23	25
Banana, over-ripe (Denmark)	52	10.6	1.3	120	4.23	20
<i>mean of 10 studies</i>	52±4	12.4	1.6	120	4.23	24
Banana, processed fruit fingers, Heinz Kidz™ (H J Heinz, Malvern, Vic, Australia)	61±11	12.0	1.3	30	1.06	20
Breadfruit (Artocarpus altilis), raw (Australia)6	68	18.1	1.8	120	4.23	27
Cherries, raw, NS8 (Canada)	22	2.7	0.8	120	4.23	12
Chico (Zapota zapotilla coville), raw (Philippines)6	40	11.8	1.9	120	4.23	29
Cranberry juice						
Cranberry juice cocktail (Ocean Spray, Melbourne, Vic, Australia)	52±3	16.1	2.1	250	8.82	31
Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)	68±3	24.1	2.3	250	8.82	35
Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	16.4	1.9	250	8.82	29
Custard apple, raw, flesh only (Australia)	54±2	10.2	1.3	120	4.23	19
Dates, dried (Australia)	103±21	41.6	2.7	60	2.12	40
Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, NSW, Australia)	61±6	15.7	1.7	60	2.12	26
Fruit Cocktail, canned (Delmonte Canadian Cannery Ltd., Hamilton, Canada)	55	8.6	1.1	120	4.23	16
Grapefruit, raw (Canada)	25	2.7	0.7	120	4.23	11
Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	9.5	1.3	250	8.82	20
Grapes, raw						
Grapes, NS8(Canada)	43	7.2	1.1	120	4.23	17
Grapes, NS8 (Italy)	49	9.2	1.3	120	4.23	19
<i>mean of two studies</i>	46±3	8.2	1.2	120	4.23	18
Grapes, black, Waltham Cross (Australia)	59	10.5	1.2	120	4.23	18
Kiwi fruit, raw						
Kiwi fruit, Hayward (New Zealand)6	47±4	5.5	0.8	120	4.23	12
Kiwi fruit (Australia)6	58±7	6.8	0.8	120	4.23	12
<i>mean of two studies</i>	53±6	6.2	0.8	120	4.23	12
Lychee, canned in syrup and drained, Narcissus brand (China)	79±8	16.1	1.3	120	4.23	20
Mango, raw						
Mango (Mangifera indica) (Philippines)6	41	8.1	1.3	120	4.23	20
Mango (Mangifera indica) (Australia)6	51±3	7.7	1.0	120	4.23	15
Mango, ripe (Mangifera indica) (India)11	60±16	9.0	1.0	120	4.23	15
<i>mean of three studies</i>	51±5	8.5	1.1	120	4.23	17
Mango, low-fat frozen fruit dessert, Frutia™ (Weis Frozen Foods, Toowong, Qld, Australia)	42±3	9.7	1.5	100	3.53	23

Marmalade, orange (Australia)	48±9	9.4	1.3	30	1.06	20
Oranges, raw						
Oranges, NS8 (Denmark)	31	3.3	0.7	120	4.23	11
Oranges, NS8 (South Africa)	33±6	3.3	0.7	120	4.23	10
Oranges, NS8 (Canada)	40±3	4.5	0.7	120	4.23	11
Oranges, NS8 (Italy)	48	5.4	0.7	120	4.23	11
Oranges (Sunkist, Van Nuys, CA, USA)	48	5.4	0.7	120	4.23	11
Oranges NS8 (Canada)	51	5.7	0.7	120	4.23	11
<i>mean of six studies</i>	42±3	4.6	0.7	120	4.23	11
Orange juice						
Orange Juice (Canada)	46±6	11.7	1.7	250	8.82	26
Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd., Australia)	53±6	9.4	1.2	250	8.82	18
Orange juice, reconstituted from frozen concentrate (USA)	57±6	15.1	1.7	250	8.82	26
<i>mean of three studies</i>	52±3	12.1	1.5	250	8.82	23
Paw paw/papaya, raw						
Paw paw (Carica papaya) (Australia)6	56±6	4.7	0.5	120	4.23	8
Paw paw (papaya), ripe (India)11	60±16	17.4	1.9	120	4.23	29
Papaya (Carica papaya) (Philippines)6	60	8.7	1.0	120	4.23	15
<i>mean of three studies</i>	59±1	10.2	1.1	120	4.23	17
Peaches						
Peach, raw (Canada)	28	3.7	0.9	120	4.23	13
Peach, raw (Italy)	56	4.6	0.5	120	4.23	8
<i>mean of two studies</i>	42±14	4.6	0.7	120	4.23	11
Peach, canned in natural juice (Goulburn Valley, Ardmona Foods, Mooroopna, Vic, Australia)	30±4	3.4	0.7	120	4.23	11
Peach, canned in natural juice (SPC Ltd., Shepparton, Vic, Australia)	45±6	5.0	0.7	120	4.23	11
<i>mean of two studies</i>	38±8	4.2	0.7	120	4.23	11
Peach, canned in heavy syrup (Letona Foods, Hawthorn East, Vic, Australia)	58±11	8.7	1.0	120	4.23	15
Peach, canned in light syrup (Delmonte, Canadian Cannery Ltd.)	52	9.2	1.2	120	4.23	18
Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	62±9	10.7	1.1	120	4.23	17
Pears						
Pear, raw, NS8 (Canada)	33	4.2	0.9	120	4.23	13
Pear, Winter Nellis, raw (New Zealand)6	34±4	4.1	0.8	120	4.23	12
Pear, Bartlett, raw (Canada)	41	3.4	0.5	120	4.23	8
Pear, raw, NS8 (Italy)	42	4.5	0.7	120	4.23	11
<i>mean of four studies</i>	38±2	4.2	0.7	120	4.23	11
Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	25±6	3.6	0.9	120	4.23	14
Pear halves, canned in natural juice (SPC Ltd., Australia)	43±15	5.4	0.9	120	4.23	13
Pear, canned in pear juice, Bartlett (Delmonte, Canadian Cannery Ltd.)	44	4.8	0.7	120	4.23	11
Pineapple						
Pineapple, raw (Australia)6	66±7	6.3	0.7	120	4.23	10
Pineapple (Ananas comosus), raw (Philippines)6	51	8.0	1.1	120	4.23	16
<i>mean of two studies</i>	59±8	7.4	0.9	120	4.23	13
Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	15.4	2.3	250	8.82	34
Plums						
Plum, raw, NS8 (Canada)	24	3.3	0.9	120	4.23	14
Plum, raw, NS8 (Italy)	53	5.7	0.7	120	4.23	11
<i>mean of two studies</i>	39±15	4.8	0.8	120	4.23	12
Prunes, pitted (Sunsweet Growers Inc., Yuba City, CA, USA)	29±4	9.7	2.2	60	2.12	33
Raisins (Canada)	64±11	28.5	2.9	60	2.12	44
Rockmelon/Cantaloupe, raw (Australia)6	65±9	3.7	0.4	120	4.23	6
Strawberries, fresh, raw (Sydney, NSW, Australia)6	40±7	1.3	0.2	120	4.23	3
Strawberry jam	51±10	10.3	1.3	30	1.06	20
Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12	23.0	1.7	30	1.06	26
Sultanas	56±11	25.2	3.0	60	2.12	45
Tomato juice, no added sugar (Berri Ltd., Berri, SA, Australia)6	38±4	3.5	0.6	250	8.82	9
Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	41±3	4.7	0.7	15	0.53	11
Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Sydney, NSW, Australia)	59±8	12.3	1.4	100	3.53	21
Watermelon, raw (Australia)6	72±13	4.3	0.4	120	4.23	6
Wild Berry Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	35±4	4.1	0.8	15	0.53	12
INFANT FORMULA AND WEANING FOODS						
Formula						
Infasoy™, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia)6	55±6	3.8	0.5	100 mL	3.53	7
Karicare™ gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand)6	35±5	2.4	0.5	100 mL	3.53	7
Nan-1™ infant formula with iron (Nestlé, Sydney, NSW, Australia)6	30±6	2.3	0.5	100 mL	3.53	8
S-26™ infant formula (Wyeth Nutritionals, Australia)6	36±6	2.6	0.5	100 mL	3.53	7
Weaning Foods						

Farex™ baby rice (Heinz Wattie's Ltd., Malvern, Vic, Australia) ⁶	95±13	5.7	0.4	87	3.07	6
Robinsons First Tastes from 4 months (Nutricia, Wells, UK)						
Apple, apricot and banana cereal ⁶	56±8	7.0	0.9	75	2.65	13
Creamed porridge ⁶	59±8	5.4	0.6	75	2.65	9
Rice pudding ⁶	59±6	6.5	0.7	75	2.65	11
Heinz for Baby from 4 months (Heinz Wattie's Ltd., Australia)						
Chicken and noodles with vegetables, strained ⁶	67±11	4.8	0.5	120	4.23	7
Sweetcorn and rice ⁶	65±13	9.7	1.0	120	4.23	15
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	7.4	1.0	150	5.29	15
Beans, dried, boiled						
Beans, dried, type NS8 (Italy)	36	10.8	2.0	150	5.29	30
Beans, dried, type NS8 (Italy)	20	6.0	2.0	150	5.29	30
<i>mean of two studies</i>	29±9	8.7	2.0	150	5.29	30
Blackeyed beans/peas (Cowpeas), boiled						
Blackeyed beans (Canada)	50	15.2	2.0	150	5.29	30
Blackeyed beans (Canada)	33±4	10.1	2.0	150	5.29	30
<i>mean of two studies</i>	42±9	12.8	2.0	150	5.29	30
Butter Beans						
Butter beans (South Africa)	28±7	5.5	1.3	150	5.29	20
Butter beans, dried, cooked 1.25 h (South Africa)	29±8	5.7	1.3	150	5.29	20
Butter beans (Canada)	36±4	7.0	1.3	150	5.29	20
<i>mean of three studies</i>	31±3	6.1	1.3	150	5.29	20
Butter beans, dried, boiled + 5g sucrose (South Africa)	30±2	5.9	1.3	150	5.29	20
Butter beans, dried, boiled + 10g sucrose (South Africa)	31±2	6.1	1.3	150	5.29	20
Butter beans, dried, boiled + 15g sucrose (South Africa)	54±4	10.6	1.3	150	5.29	20
Chickpeas (Garbanzo beans, Bengal gram), boiled						
Chickpeas (Cicer arietinum Linn), dried, soaked, boiled 35 min (Philippines)	10	3.0	2.0	150	5.29	30
Chickpeas, dried, boiled (Canada)	31	9.2	2.0	150	5.29	30
Chickpeas (Canada)	33	9.8	2.0	150	5.29	30
Chickpeas (Canada)	36±5	10.7	2.0	150	5.29	30
<i>mean of four studies</i>	28±6	8.3	2.0	150	5.29	30
Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	42	9.4	1.5	150	5.29	22
Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	41	6.7	1.1	150	5.29	16
Haricot/Navy beans						
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	29	9.5	2.2	150	5.29	33
Haricot/Navy beans, dried, boiled (Canada)	30	9.0	2.0	150	5.29	30
Haricot/Navy beans, boiled (Canada)	31±6	9.3	2.0	150	5.29	30
Haricot/Navy beans (King Grains, Canada)	39	11.6	2.0	150	5.29	30
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Canada)	59	19.2	2.2	150	5.29	33
<i>mean of five studies</i>	38±6	11.8	2.1	150	5.29	31
Kidney Beans						
Kidney/white bean (Phaseolus vulgaris Linn), soaked, boiled 17 min (Philippines)	13	3.2	1.7	150	5.29	25
Kidney beans (Phaseolus vulgaris) (India)	19	4.7	1.7	150	5.29	25
Kidney beans (USA) ⁵	23	5.7	1.7	150	5.29	25
Kidney beans, dried, boiled (France)	23±1	5.7	1.7	150	5.29	25
Kidney beans (Phaseolus vulgaris L.), red, soaked 20 min, boiled 70 min (Sweden)	25	6.2	1.7	150	5.29	25
Kidney beans (Canada)	29±8	7.1	1.7	150	5.29	25
Kidney beans, dried, boiled (Canada)	42	10.3	1.7	150	5.29	25
Kidney beans (Canada)	46	11.3	1.7	150	5.29	25
<i>mean of eight studies</i>	28±4	6.9	1.7	150	5.29	25
Kidney beans (Phaseolus vulgaris L.) - autoclaved	34	8.4	1.7	150	5.29	25
Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	52	9.0	1.1	150	5.29	17
Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India) ¹¹	70±11	17.2	1.7	150	5.29	25
Black bean (Phaseolus vulgaris Linn), soaked overnight, cooked 45 min (Philippines)	20	4.9	1.7	150	5.29	25
Lentils, type NS8						
Lentils, type NS (USA)	28					
Lentils, type NS (Canada)	29±3					
<i>mean of two studies</i>	29±1	5.2	1.2	150	5.29	18
Lentils, green						
Lentils, green, dried, boiled (Canada)	22	4.0	1.2	150	5.29	18
Lentils, green, dried, boiled (France)	30±15	5.5	1.2	150	5.29	18
Lentils, green, dried, boiled (Australia)	37±3	5.3	0.9	150	5.29	14

<i>mean of three studies</i>	30±4	5.1	1.1	150	5.29	17
Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	52	9.0	1.1	150	5.29	17
Lentils, red						
Lentils, red, dried, boiled (Canada)	18	3.3	1.2	150	5.29	18
Lentils, red, dried, boiled (Canada)	21	3.9	1.2	150	5.29	18
Lentils, red, dried, boiled (Canada)	31	5.7	1.2	150	5.29	18
Lentils, red, dried, boiled (Canada)	32	5.9	1.2	150	5.29	18
<i>mean of four studies</i>	26±4	4.8	1.2	150	5.29	18
Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	32	9.6	2.0	150	5.29	30
Marrowfat peas						
Marrowfat peas, dried, boiled (USA)	31					
Marrowfat peas, dried, boiled (Canada)	47±3					
<i>mean of two studies</i>	39±8	7.5	1.3	150	5.29	19
Mung beans						
Mung bean (Phaseolus aureus Roxb), soaked, boiled 20 min (Philippines)	31	5.4	1.1	150	5.29	17
Mung bean, fried (Australia)	53±8					
Mung bean, germinated (Australia)	25±4	4.3	1.1	150	5.29	17
Mung bean, pressure cooked (Australia)	42±5	7.3	1.1	150	5.29	17
Peas, dried, boiled (Australia)	22	1.9	0.6	150	5.29	9
Pigeon Pea (Cajanus cajan Linn. Huth.), soaked, boiled 45 min (Philippines)	22	4.4	1.3	150	5.29	20
Pinto beans						
Pinto beans, dried, boiled (Canada)	39	10.0	1.7	150	5.29	26
Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	45	9.8	1.5	150	5.29	22
Romano beans (Canada)	46	8.4	1.2	150	5.29	18
Soya beans						
Soya beans, dried, boiled (Canada)	15±5	0.9	0.4	150	5.29	6
Soya beans, dried, boiled (Australia)	20±3	1.2	0.4	150	5.29	6
<i>mean of two studies</i>	18±3	1.1	0.4	150	5.29	6
Soya beans, canned (Canada)	14±2	0.8	0.4	150	5.29	6
Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada)	32	6.1	1.3	150	5.29	19
MEAL REPLACEMENT PRODUCTS						
Hazelnut & Apricot bar (Dietworks, South Yarra, Vic, Australia)	42±7	9.4	1.5	50	1.76	22
L.E.A.N™ products (Usana Inc., Salt Lake City, UT, US)						
L.E.A.N Fibergy™ bar, Harvest Oat	45±4	13.1	1.9	50	1.76	29
Nutrimeal™, drink powder, Dutch Chocolate	26±3	3.3	0.9	250	8.82	13
L.E.A.N (Life long) NutriBar™, Peanut Crunch	30±4	5.6	1.3	40	1.41	19
L.E.A.N (Life long) NutriBar™, Chocolate Crunch	32±4	5.9	1.3	40	1.41	19
<i>mean of two Nutri bars</i>	31±1	5.7	1.3	40	1.41	19
Worldwide Sport Nutrition reduced-carbohydrate products (2000 formulations)						
(Worldwide Sport Nutritional Supplements Inc., Largo, FL, US)						
Designer chocolate, sugar-free ⁶	14±3	3.0	1.5	35	1.23	22
Burn-it™ bars						
Chocolate deluxe ⁶	29±3	2.3	0.5	50	1.76	8
Peanut butter ⁶	23±3	1.4	0.4	50	1.76	6
Pure-protein™ bars						
Chewy choc-chip ⁶	30±4	4.2	0.9	80	2.82	14
Chocolate deluxe ⁶	38±4	4.9	0.9	80	2.82	13
Peanut butter ⁶	22±4	2.0	0.6	80	2.82	9
Strawberry shortcake ⁶	43±4	5.5	0.9	80	2.82	13
White chocolate mousse ⁶	40±4	5.9	1.0	80	2.82	15
Pure-protein™ cookies						
Choc-chip cookie dough ⁶	25±3	2.7	0.7	55	1.94	11
Coconut ⁶	42±5	3.7	0.6	55	1.94	9
Peanut butter ⁶	37±7	3.3	0.6	55	1.94	9
Ultra pure-protein™ shakes						
Cappuccino	47±6	0.6	0.1	250	8.82	1
Frosty chocolate	37±6	1.0	0.2	250	8.82	3
Strawberry shortcake	42±4	0.6	0.1	250	8.82	1
Vanilla ice cream	32±5	0.9	0.2	250	8.82	3
MIXED MEALS AND CONVENIENCE FOODS						
Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Tooronga, Vic, Australia)	46±4	7.5	1.1	100	3.53	16
Fish Fingers (Canada)	38±6	7.3	1.3	100	3.53	19
Greek lentil stew with a bread roll, home made (Australia)	40±5	14.7	2.5	360	12.70	37
Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) (Israel)	65±6	31.5	3.2	150	5.29	48
Lean Cuisine™, French style chicken with rice, reheated (Nestlé, Sydney, NSW, Australia) ⁶	36±6	24.5	4.5	400	14.11	68
Pies, beef, party size (Farmland, Grocery Holdings, Australia)	45±6	12.1	1.8	100	3.53	27

Pizza						
Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada)	60	16.1	1.8	100	3.53	27
Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy)	80	21.6	1.8	100	3.53	27
Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6	8.7	1.6	100	3.53	24
Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4	6.7	1.5	100	3.53	22
Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia)6	49±6	12.4	1.7	100	3.53	25
Sausages, NS8 (Canada)	28±6	0.8	0.2	100	3.53	3
Sirloin chop with mixed vegetables and mashed potato, home made (Australia)	66±12	34.9	3.5	360	12.70	53
Spaghetti bolognese, home made (Australia)	52±9	25.0	3.2	360	12.70	48
Stirfried vegetables with chicken and boiled white rice, home made (Australia)	73±17	54.7	5.0	360	12.70	75
Sushi						
Sushi, salmon (from 'I Love Sushi' chain store, Sydney, NSW, Australia)6	48±8	17.4	2.4	100	3.53	36
Sushi, roasted sea algae, vinegar and rice (Japan)	55	20.5	2.5	100	3.53	37
<i>Mean of two studies</i>	52±4	19.1	2.5	100	3.53	37
White boiled rice, grilled beefburger, cheese, and butter (France)	27	13.5	3.3	440	15.52	50
White boiled rice, grilled beefburger, cheese and butter (France)	22	11.0	3.3	440	15.52	50
<i>Mean in two groups of subjects</i>	25±2	12.5	3.3	440	15.52	50
White bread with toppings						
White wheat flour bread, butter, cheese, regular cow's milk and fresh cucumber (Sweden)6	55	37.5	4.5	200	7.05	68
White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden)6	39	11.0	1.9	200	7.05	28
White bread with butter (Canada)	59	28.5	3.2	100	3.53	48
White bread with skim milk cheese (Canada)	55	26.0	3.1	100	3.53	47
White bread with butter and skim milk cheese (Canada)	62	23.3	2.5	100	3.53	38
White/wholemeal wheat bread with peanut butter (Canada)	51	22.6	2.9	100	3.53	44
White/wholemeal wheat bread with peanut butter (Canada)	67	29.7	2.9	100	3.53	44
<i>mean of two studies</i>	59±8	26.2	2.9	100	3.53	44
NUTRITIONAL SUPPORT PRODUCTS						
Choicedm™, vanilla (Mead Johnson Nutritionals, Evansville, IN, US)	23±4	6.0	1.6	237mL	8.36	24
Enercal Plus™, made from powder (Wyeth-Ayerst International Inc., Madison, NJ, US)	61±13	24.0	2.7	237mL	8.36	40
Ensure™ (Abbott Australasia, Kurnell, NSW, Australia)	50±8	19.0	2.7	237mL	8.36	40
Ensure™, vanilla (Abbott Australasia)	48±3	16.4	2.3	250mL	8.82	34
Ensure™ bar, chocolate fudge brownie (Abbott Australasia)	43±3	8.4	1.3	38	1.34	20
Ensure Plus™, vanilla (Abbott Australasia)	40±4	18.9	3.1	237mL	8.36	47
Ensure Pudding™, old fashioned vanilla (Abbott Laboratories Inc., Ashland, OH, USA)	36±4	9.4	1.7	113	3.99	26
Glucerna™, vanilla (Abbott Laboratories Inc., USA)6	31±2	7.1	1.5	237mL	8.36	23
Jevity™ (Abbott Australasia)	48±3	17.2	2.4	237mL	8.36	36
Resource Diabetic™, French vanilla (Novartis Nutrition Corp., Young America, MN, USA)6	34±3	8.0	1.5	237mL	8.36	23
Resource Diabetic™, Swiss chocolate (Novartis, Auckland, New Zealand)	16±4	7.0	2.7	237mL	8.36	41
Resource™ thickened orange juice, honey consistency (Novartis, New Zealand)	47±9	18.0	2.6	237mL	8.36	39
Resource™ thickened orange juice, nectar consistency (Novartis, New Zealand)	54±7	19.0	2.4	237mL	8.36	36
Resource™ fruit beverage, peach flavour (Novartis, New Zealand)	40±8	16.0	2.7	237mL	8.36	41
Sustagen™, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, NSW, Australia)	31±4	12.8	2.7	250mL	8.82	41
Sustagen™ Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia)	33±4	15.0	2.9	250mL	8.82	44
Sustagen™ Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia)	27±3	12.8	3.1	250	8.82	47
Ultracal™ with fiber (Mead Johnson, Evansville, IN, USA)	40	11.6	1.9	237 mL	8.36	29
PASTA and NOODLES						
Capellini (Primo Foods Ltd., Toronto, Canada)	45	20.2	3.0	180	6.35	45
Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Vic, Australia)	78±10	32.4	2.8	180	6.35	42
Fettucine, egg						
Fettucine, egg	32±4	14.7	3.1	180	6.35	46
Fettucine, egg (Mother Earth Fine Foods, Rowville, Vic, Australia)	47±6	21.7	3.1	180	6.35	46
<i>mean of two studies</i>	40±8	18.4	3.1	180	6.35	46
Gluten-free pasta, maize starch, boiled 8 min (UK)	54	22.5	2.8	180	6.35	42
Gnocchi, NS8 (Latina, Pillsbury Australia Ltd., Mt. Waverley, Vic, Australia)	68±9	32.9	3.2	180	6.35	48
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	18.6	2.7	180	6.35	40
Linguine						
Thick, durum wheat, white, fresh (Sweden)	43	20.6	3.2	180	6.35	48
Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48	23.0	3.2	180	6.35	48
<i>mean of two studies</i>	46±3	22.1	3.2	180	6.35	48
Thin, durum wheat (Sweden)	49	23.5	3.2	180	6.35	48
Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61	29.3	3.2	180	6.35	48
Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45	18.5	2.7	180	6.35	41

Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden)	53	21.8	2.7	180	6.35	41
<i>mean of four studies</i>	52±3	23.1	3.0	180	6.35	45
Mung bean noodles						
Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	11.8	3.0	180	6.35	45
Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)	39±9	17.7	3.0	180	6.35	45
<i>mean of two studies</i>	33±7					
Macaroni						
Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45	21.9	3.3	180	6.35	49
Macaroni, plain, boiled (Turkey)	48	23.4	3.3	180	6.35	49
<i>mean of two studies</i>	47±2	22.5	3.2	180	6.35	48
Macaroni and Cheese, boxed (Kraft General Foods Canada Inc., Don Mills, Ontario)	64	32.5	3.4	180	6.35	51
Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	15.0	2.5	180	6.35	38
Rice noodles/pasta						
Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	23.5	2.6	180	6.35	39
Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4	15.4	2.6	180	6.35	39
Rice pasta, brown, boiled 16 min (Rice Grower's Co-op., Leeton, NSW, Australia)	92±8	34.8	2.5	180	6.35	38
Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Carrum Downs, Vic, Australia)	76±6	36.9	3.3	180	6.35	49
Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58	22.3	2.6	180	6.35	39
Spaghetti						
Spaghetti, gluten-free, rice and split pea, canned in tomato sauce (Orgran Foods, Australia)	68±9	18.6	1.8	220	7.76	27
Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27	14.0	3.5	180	6.35	52
Spaghetti, white, boiled 5 min						
Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32	15.3	3.2	180	6.35	48
Boiled 5 min (Canada)	34	16.3	3.2	180	6.35	48
Boiled 5 min (Canada)	40	19.2	3.2	180	6.35	48
Boiled 5 min (Middle East)	44	21.1	3.2	180	6.35	48
<i>mean of four studies</i>	38±3	18.2	3.2	180	6.35	48
Spaghetti, white or type NS, boiled 10-15 min						
White, durum wheat, boiled 10 min in salty water (Barilla, Parma, Italy)12	58	27.8	3.2	180	6.35	48
White, durum wheat flour, boiled 12 min (Starhushälls, Kungsörnen AB, Järna, Sweden)	47	22.5	3.2	180	6.35	48
White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53	25.4	3.2	180	6.35	48
Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32	15.3	3.2	180	6.35	48
Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36	17.3	3.2	180	6.35	48
Boiled 15 min (Canada)	41	19.7	3.2	180	6.35	48
White, boiled 15 min in salted water (Unico, Concord, Canada)	44±3	21.1	3.2	180	6.35	48
<i>mean of seven studies</i>	44±3	21.1	3.2	180	6.35	48
Spaghetti, white or type NS8, boiled 20 min						
White, durum wheat, boiled 20 min (Australia)	58±7	25.7	2.9	180	6.35	44
Durum wheat, boiled 20 min (USA)	64±15	27.5	2.9	180	6.35	43
<i>mean of two studies</i>	61±3	26.6	2.9	180	6.35	44
Spaghetti, white, boiled						
White (Denmark)	33	15.8	3.2	180	6.35	48
White, durum wheat (Catelli Ltd, Montreal, Canada)	34	16.3	3.2	180	6.35	48
White (Australia)	38	16.8	2.9	180	6.35	44
White (Canada)	42	20.1	3.2	180	6.35	48
White (Canada)	48	23.0	3.2	180	6.35	48
White (Vetta, Greens Foods, Glendenning, NSW, Australia)	49±7	21.7	2.9	180	6.35	44
White (Canada)	50±8	24.0	3.2	180	6.35	48
<i>mean of seven studies</i>	42±3	19.7	3.1	180	6.35	47
Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)						
Boiled in 0.7% salted water for 11 min	59±15	28.3	3.2	180	6.35	48
Boiled in 0.7% salted water for 16.5 min	65±15	31.2	3.2	180	6.35	48
Boiled in 0.7% salted water for 22 min	46±10	22.1	3.2	180	6.35	48
<i>mean of three cooking times</i>	57±6	27.3	3.2	180	6.35	48
Spaghetti, wholemeal, boiled						
Wholemeal (USA)	32	14.2	2.9	180	6.35	44
Wholemeal (Canada)	42±4	16.7	2.7	180	6.35	40
<i>mean of two studies</i>	37±5	15.5	2.8	180	6.35	42
Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia)	43±10	19.0	2.9	180	6.35	44
Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6	8.9	2.1	180	6.35	31
Star Pastina, white, boiled 5 minutes (Lancia-Bravo Foods Ltd., Canada)	38	18.2	3.2	180	6.35	48
Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50	10.4	1.4	180	6.35	21
Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia)6	62±8	30.0	3.2	180	6.35	48
Vermicelli, white, boiled (Australia)	35±7	15.5	2.9	180	6.35	44
SNACK FOODS AND CONFECTIONERY						
Burger Rings™, barbeque-flavored (Smith's Snack Food Co., Chatswood, NSW, Australia)	90±16	27.5	2.1	50	1.76	31

Chocolate, milk, plain						
Chocolate, milk, plain with sucrose (Belgium) ⁶	34±5	7.5	1.5	50	1.76	22
Chocolate, milk (Cadbury's Confectionery, Ringwood, Vic, Australia)	49±6	14.5	2.0	50	1.76	30
Chocolate, milk, Dove® (Mars Confectionery, Ballarat, Vic, Australia)	45±8	13.3	2.0	50	1.76	30
Chocolate, milk (Nestlé, Sydney, NSW, Australia)	42±8	13.0	2.1	50	1.76	31
<i>mean of four studies</i>	43±3	12.0	1.9	50	1.76	28
Chocolate, milk, plain, low-sugar with maltitol (Belgium) ⁶	35±16	7.6	1.5	50	1.76	22
Chocolate, white, Milky Bar® (Nestlé, Australia)	44±6	12.8	1.9	50	1.76	29
Corn chips						
Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia, 1998)	42±4	10.7	1.7	50	1.76	25
Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia, 1985)	72	18.3	1.7	50	1.76	25
Nachips™ (Old El Paso Foods Co., Canada)	74	21.1	1.9	50	1.76	29
<i>mean of three studies</i>	63±10	16.7	1.7	50	1.76	26
Fruit Bars						
Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry) (Mother Earth, Auckland, New Zealand)	50±8	17.0	2.3	50	1.76	34
Heinz Kidz™ Fruit Fingers, banana (HJ Heinz, Malvern, Vic, Australia)	61±11	12.0	1.3	30	1.06	20
Real Fruit Bars, strawberry (Uncle Toby's, Wahgunyah, Vic, Australia)	90±12	23.1	1.7	30	1.06	26
Roll-Ups®, processed fruit snack (Uncle Toby's, Australia)	99±12	24.3	1.7	30	1.06	25
Fruity Bitz™, vitamin and mineral enriched dried fruit snacks						
Fruity Bitz™, apricot (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	4.8	0.8	15	0.53	12
Fruity Bitz™, berry (Blackmores Ltd., Australia)	35±4	4.1	0.8	15	0.53	12
Fruity Bitz™, tropical (Blackmores Ltd., Australia)	41±3	4.7	0.7	15	0.53	11
<i>mean of three flavours</i>	39±2	4.5	0.8	15	0.53	12
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	21.8	1.9	30	1.06	28
Kudos Whole Grain Bars, chocolate chip (M & M/Mars, Hackettstown, NJ, USA)	62±8	19.9	2.1	50	1.76	32
Life Savers®, peppermint candy (Nestlé, Australia)	70±6	20.7	2.0	30	1.06	30
M & M's®, peanut (Mars Confectionery, Australia)	33±3	5.6	1.1	30	1.06	17
Mars Bar®						
Mars Bar® (Mars Confectionery, Australia)	62±8	24.7	2.7	60	2.12	40
Mars Bar® (M&M/Mars, USA)	68±12	27.1	2.7	60	2.12	40
<i>mean of two studies</i>	65±3	25.9	2.7	60	2.12	40
Muesli bar containing dried fruit (Uncle Toby's, Australia)	61±7	12.6	1.4	30	1.06	21
Nougat, Jijona (La Fama, Spain)	32	3.8	0.8	30	1.06	12
Nutella®, chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia)	33±4	3.9	0.8	20	0.71	12
Nuts						
Cashew nuts, salted (Coles Supermarkets, Australia) ⁶	22±5	2.8	0.9	50	1.76	13
Peanuts						
Peanuts, crushed (South Africa) ⁶	7±4	0.3	0.3	50	1.76	4
Peanuts (Canada) ⁶	13±6	0.9	0.5	50	1.76	7
Peanuts (Mexico) ⁶	23	1.6	0.5	50	1.76	7
<i>mean of three studies</i>	14±8	0.8	0.4	50	1.76	6
Popcorn						
Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)	55±7	5.9	0.7	20	0.71	11
Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)	89	9.6	0.7	20	0.71	11
<i>mean of two studies</i>	72±17	7.7	0.7	20	0.71	11
Pop Tarts™, double choc (Kellogg's, Pagewood, NSW, Australia)	70±2	24.2	2.3	50	1.76	35
Potato crisps						
Potato crisps, plain, salted (Arnott's, Homebush, NSW, Australia)	57	10.2	1.2	50	1.76	18
Potato crisps, plain, salted (Canada)	51±7	12.3	1.6	50	1.76	24
<i>mean of two studies</i>	54±3	11.4	1.4	50	1.76	21
Pretzels, oven-baked, traditional wheat flavour (Parker's, Smith's Snack Food Co., Australia)	83±9	16.2	1.3	30	1.06	20
Skittles® (Mars Confectionery, Australia)	70±5	31.7	3.0	50	1.76	45
Snack bars						
Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)	40±8	11.7	1.9	50	1.76	29
Snack bar, Peanut Butter & Choc-Chip (Con Agra Inc., USA)	37±6	10.1	1.8	50	1.76	27
Snickers Bar®						
Snickers Bar® (Mars Confectionery, Australia)	41±5	14.8	2.4	60	2.12	36
Snickers Bar® (M&M/Mars, USA)	68	23.1	2.3	60	2.12	34
<i>mean of two studies</i>	55±14	19.3	2.3	60	2.12	35
Twisties™, cheese-flavoured, extruded snack, rice and corn (Smith's Snackfood Co., Australia)	74±5	21.6	1.9	50	1.76	29
Twix® Cookie Bar, caramel (M&M/Mars, USA)	44±6	17.0	2.6	60	2.12	39
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	23.5	2.8	65	2.29	42
Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA)	39	10.3	1.7	65	2.29	26
SOUPS						
Black Bean (Wil-Pack Foods, San Pedro, CA, USA)	64	17.3	1.8	250	8.82	27
Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	66	27.3	2.7	250	8.82	41
Lentil, canned (Unico, Concord, Canada)	44	9.0	1.4	250	8.82	21
Minestrone, Traditional, Country Ladle™ (Campbell's Soups, Homebush, NSW, Australia)6	39±3	7.1	1.2	250	8.82	18
Noodle soup (traditional Turkish soup with stock and noodles)	1	0.1	0.6	250	8.82	9
Split Pea (Wil-Pak Foods, USA)	60	16.2	1.8	250	8.82	27
Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers)	20					
Tomato soup (Canada)	38±9	6.4	1.1	250	8.82	17
SUGARS AND SUGAR ALCOHOLS						
Blue Agave cactus nectar, high-fructose						
Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA)6	11±1	0.9	0.5	10	0.35	8
Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA)6	10±1	0.8	0.5	10	0.35	8
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 oats28	25					
<i>mean of six studies</i>	19±2	1.9	0.7	10	0.35	10
Glucose						
50 g portion (dextrose)	85					
25g portion, fed with oats28	92					
50 g portion	93					
50 g portion (dextrose)	96					
50 g portion	96					
50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	96					
50 g portion	100					
50 g portion (Glucodin™ glucose tablets, Boots, North Ryde, NSW, Australia)	102±9					
25 g portion (Bio-Health, Canada)6	103					
50 g portion (dextrose)	111					
100 g portion (Bio-Health, Canada)12	114					
<i>mean of 11 studies</i>	99±3	9.9	0.7	10	0.35	10
Glucose consumed with American ginseng (Panax quinquefolius L.)						
25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng5	78	7.8	0.7	10	0.35	10
25 g glucose (Glucodex) 40 min after 3 g dried ginseng5	80					
25 g glucose (Glucodex) 40 min before 3 g dried ginseng5	76					
<i>mean in two groups of subjects</i>	78±2	7.8	0.7	10	0.35	10
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)6	79±3	6.5	0.5	10	0.35	8
50 g Glucose + 14.5 g guar gum	62	6.2	0.7	10	0.35	10
50 g Glucose + 14.5 g oat gum (78% oat β-glucan)	57	5.7	0.7	10	0.35	10
100 g Glucose + 20 g acacia gum7	85	8.5	0.7	10	0.35	10
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)(sulphon)6	55					
30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate) (France)(sulphon)6	57					
<i>mean in two groups of subjects</i>	56±1	19.6	2.3	250	8.82	35
Honey						
Locust honey (Romania)6	32	6.7	1.4	25	0.88	21
Yellow box (46% fructose) (Australia)6	35±4	6.4	1.2	25	0.88	18
Stringy Bark (52% fructose) (Australia)6	44±4	9.1	1.4	25	0.88	21
Red Gum (35% fructose) (Australia)6	46±3	8.5	1.2	25	0.88	18
Iron Bark (34% fructose) (Australia)6	48±3	7.2	1.0	25	0.88	15
Yapunya (42 % fructose) (Australia)6	52±5	8.8	1.1	25	0.88	17
Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6	12.0	1.4	25	0.88	21
Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia)6	62±3	10.9	1.2	25	0.88	18
Salvation Jane (32% fructose) (Australia)6	64±5	9.9	1.0	25	0.88	15
Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia)6	72±6	9.1	0.9	25	0.88	13
Honey, NSB (Canada)6	87±8	17.9	1.4	25	0.88	21
<i>mean of 11 types of honey</i>	55±5	9.8	1.2	25	0.88	18
Lactose						

50 g lactose (Sigma Chemical Company, USA)	43					
25 g lactose (BDH, Poole, UK)6	48					
25 g lactose28	48					
<i>mean of three studies</i>	46±2	4.6	0.7	10	0.35	10
50 g maltose	105±12	10.5	0.7	10	0.35	10
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 sucrose28	64					
50 g sucrose	65±9					
100 g sucrose (Redpath Sugars, Canada)12	65					
30 g sucrose29	82					
25 g sucrose6	110±21					
<i>mean of 10 studies</i>	68±5	6.8	0.7	10	0.35	10
Sugar alcohols and sugar-replacement compounds						
Lactitol						
25 g lactitol30	-1±7					
25 g lactitol MC (Danisco sweeteners, Redhill, Surrey, UK)30	3±1					
<i>mean of two studies</i>	2±3	0.2	0.7	10	0.35	10
Litesse						
25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK)30	7±2	0.7	0.7	10	0.35	10
25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK)30	4±2	0.4	0.7	10	0.35	10
Maltitol-based sweeteners or bulking agents						
25 g Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium)30	30±12	3.0	0.7	10	0.35	10
25 g Maltidex 100 (> 72% maltitol) (Cerestar, Vilvoorde, Belgium)30	44±11	4.4	0.7	10	0.35	10
25 g Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium)30	73±29	7.3	0.7	10	0.35	10
25 g Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium)30	89±28	8.9	0.7	10	0.35	10
Xylitol						
25 g xylitol30	7±7					
25 g Xylitol C (Danisco Sweeteners, UK)30	8±2					
<i>mean of two studies</i>	8±1	0.8	0.7	10	0.35	10
VEGETABLES						
Green peas						
Pea, frozen, boiled (Canada)6	39	2.7	0.5	80	2.82	7
Pea, frozen, boiled (Canada)6	51±6	3.6	0.5	80	2.82	7
Pea, green (Pisum Sativum) (India)11	54±14	3.8	0.5	80	2.82	7
<i>mean of three studies</i>	48±5	3.4	0.5	80	2.82	7
Pumpkin (South Africa)	75±9	3.3	0.3	80	2.82	4
Sweet corn						
Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	5.9	1.1	80	2.82	16
Sweet corn on the cob, boiled 20 min (Sydney, Australia)	48	7.6	1.1	80	2.82	16
Sweet corn (Canada)	59±11	10.5	1.2	80	2.82	18
Sweet corn, boiled (USA)	60	10.7	1.2	80	2.82	18
Sweet corn, boiled (USA)	60	10.7	1.2	80	2.82	18
Sweet corn (South Africa)	62±5	11.1	1.2	80	2.82	18
<i>mean of six studies</i>	54±4	9.3	1.1	80	2.82	17
Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA)	46	6.6	0.9	80	2.82	14
Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto, Canada)	47	7.1	1.0	80	2.82	15
VEGETABLES, ROOT						
Beetroot (Canada)6	64±16	4.6	0.5	80	2.82	7
Carrots						
Carrots, raw (Romania)5,6	16	1.2	0.5	80	2.82	8
Carrots, peeled, boiled (Sydney, NSW, Australia)6	32±5	1.5	0.3	80	2.82	5
Carrots, peeled, boiled (Sydney, NSW, Australia)6	49±2	2.2	0.3	80	2.82	5
Carrots, NS8 (Canada)6	92±20	5.3	0.4	80	2.82	6
<i>mean of four studies</i>	47±16	2.7	0.4	80	2.82	6
Cassava, boiled, with salt (Kenya, Africa)	46	12.0	1.8	100	3.53	27
Parsnips (Canada)6	97±19	12.1	0.8	80	2.82	12
Potato						
Baked potato						
Ontario, white, baked in skin (Canada)	60	18.3	2.0	150	5.29	30
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	25.6	2.0	150	5.29	30
Boiled potato						
Desiree, peeled, boiled 35 min (Australia)	101±15	17.0	1.1	150	5.29	17
Nardine (New Zealand)	70±17	17.5	1.7	150	5.29	25
Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada)	58	15.9	1.8	150	5.29	27
Pontiac, peeled, boiled whole for 30 min (Australia)	56	14.3	1.7	150	5.29	26
Pontiac, peeled, boiled 35 min (Australia)	88±9	16.0	1.2	150	5.29	18
Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada)	63	11.1	1.2	150	5.29	18
Sebago, peeled, boiled 35 min (Australia)	87±7	14.4	1.1	150	5.29	17
Boiled/cooked potato, white/Type NS8						
Type NS (Kenya, Africa)	24	6.7	1.9	150	5.29	28
White, cooked (Romania)5	41	12.3	2.0	150	5.29	30
White, boiled (Canada)	54	14.8	1.8	150	5.29	27
Type NS, boiled (Australia)	56	10.8	1.3	150	5.29	19
Type NS, boiled in salted water (India)	76	25.9	2.3	150	5.29	34
<i>mean of five studies</i>	50±9	13.9	1.9	150	5.29	28
Type NS, boiled in salted water, refrigerated, reheated (India)	23	7.8	2.3	150	5.29	34
Canned potatoes						
Prince Edward Island, canned, heated in microwave (Avon, Cobi Foods Inc., Port Williams, Canada)	61	10.8	1.2	150	5.29	18
New, canned, heated in microwave 3 min (Mint Tiny Taters™, Edgell's, Cheltenham, Vic, Australia)	65±9	11.7	1.2	150	5.29	18
<i>mean of two studies</i>	63±2	11.2	1.2	150	5.29	18
French Fries						
French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	75	22.1	1.9	150	5.29	29
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	16.7	1.3	150	5.29	20
Mashed potato						
Type NS8 (Canada)	67					
Type NS8 (South Africa)	71±10					
Type NS8 (France)	83					
<i>mean of three studies</i>	74±5	14.5	1.3	150	5.29	20
Prince Edward Island, peeled, cubed, boiled 15 min, mashed (Canada)	73	12.9	1.2	150	5.29	18
Pontiac, peeled, cubed, boiled 15 min, mashed (Australia)	91±9	17.9	1.3	150	5.29	20
Microwaved potato						
Pontiac, peeled and microwave on high for 6-7.5 min (Australia)	79±9	14.3	1.2	150	5.29	18
Type NS8, microwaved (USA)	82	26.9	2.2	150	5.29	33
New Potato						
New (Canada)	47					
New (Canada)	54					
New (Canada)	70±8					
<i>mean of three studies</i>	57±7	12.0	1.4	150	5.29	21
New, unpeeled and boiled 20 min (Australia)	78±12	16.4	1.4	150	5.29	21
Steamed potato						
Potato, peeled, steamed 1 h (Solanum Tuberosum) (India)11	65±11	17.8	1.8	150	5.29	27
Potato dumplings (white wheat flour, white potatoes, boiled in salted water (Italy))	52	23.6	3.0	150	5.29	45
Sweet potato						
Sweet potato, Ipomoea batatas (Australia)	44	11.0	1.7	150	5.29	25
Sweet potato, NS8 (Canada)	48±6	16.2	2.3	150	5.29	34
Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada)	59	17.8	2.0	150	5.29	30
Sweet potato, kumara (New Zealand)	77±12	19.3	1.7	150	5.29	25
Sweet potato, kumara (New Zealand)	78±6	19.5	1.7	150	5.29	25
<i>mean of five studies</i>	61±7	17.0	1.9	150	5.29	28
Swede						
Swede (rutabaga) (Canada)6	72±8	7.5	0.7	150	5.29	10
Tapioca						
Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	81	14.2	1.2	250	8.82	18
Tapioca (Manihot Utilissima), steamed 1 h (India)11	70±10	12.3	1.2	250	8.82	18
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	4.1	0.5	150	5.29	8
Yam						
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	13.2	2.4	150	5.29	36
INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS						
AFRICAN						
Brown beans (South Africa)	24±8	6.0	1.7	50 (dry)	1.76	25
Cassava, boiled, with salt (Kenya)	46	12.0	1.8	100	3.53	27
Ga kenkey, prepared from fermented cornmeal (<i>Zea mays</i>) (Ghana)31	12±1	7.2	0.9	150	5.29	13
Gari, roasted cassava dough (<i>Manihot utilissima</i>) (Ghana)31	56±3	15.1	1.8	100	3.53	27
Gram dhal (South Africa)	5±3	1.5	1.9	50 (dry)	1.76	29
Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa)	71±6	25.4	2.4	50 (dry)	1.76	36
Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa)	74±7	29.8	2.7	50 (dry)	1.76	40
Maize meal porridge/gruel (Kenya)	109	41.4	2.5	50 (dry)	1.76	38
M'fino/Morogo, wild greens (South Africa)	68±8	34.0	3.3	120	4.23	50
Millet flour porridge/gruel (Kenya)	107					
Unripe plantain (<i>Musa paradisiaca</i>) (Ghana)31	40±4	13.4	2.3	120 (raw)	4.23	34
Yam (<i>Dioscorea</i> species) (Ghana)31	66	23.5	2.4	150	5.29	36
ARABIC AND TURKISH						
Houmous (chickpea salad dip)	6±4	0.3	0.3	30	1.06	5
Kibbeh saynieh (made with lamb and burghul)	61±16	9.2	1.0	120	4.23	15
Lebanese bread (white, unleaved), houmous, falafel and tabbouleh	86±12	38.7	3.0	120	4.23	45
Majadra (Syrian, lentils and rice)	24±5	9.8	2.7	250	8.82	41
Moroccan Couscous (stew of semolina, chickpeas, vegetables)	58±9	16.8	1.9	250	8.82	29
Stuffed Grapevine Leaves (rice and lamb stuffing with tomato sauce)	30±11	4.5	1.0	100	3.53	15
Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	20					
Turkish bread, white wheat flour	87	14.6	1.1	30	1.06	17
Turkish bread, whole wheat	49	7.9	1.1	30	1.06	16
Turkish noodle soup	1	0.1	0.6	250	8.82	9
ASIAN						
Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)	86±10	37.0	2.9	150	5.29	43
Butter rice, warm white rice and butter (Japan)	79	40.3	3.4	150	5.29	51
Curry rice (Japan)	67	40.6	4.1	150	5.29	61
Curry rice with cheese (Japan)	55	26.9	3.3	150	5.29	49
Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)	98±7	31.0	2.1	150	5.29	32
Glutinous rice NS8 (<i>Esubi</i> Shokuhin, Japan)	86	55.5	4.3	150	5.29	65
<i>Mean of two studies</i>	92±6	44.4	3.2	150	5.29	48
Glutinous rice ball with cut glutinous cake (mochi) (Japan)	48	13.6	1.9	75	2.65	28
Glutinous rice cake with dried sea algae (Japan)	83	32.0	2.6	75	2.65	39
Glutinous rice flour, instant, served warm with roasted ground soybean (Japan)	65	26.7	2.7	100	3.53	41
Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	46.1	2.8	150	5.29	42
Low-protein white rice with dried sea algae (Japan)	70	42.2	4.0	150	5.29	60
Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	11.8	3.0	180	6.35	45
Lychee, canned in syrup, drained (Narcissus brand, China)	79±8	16.1	1.3	120	4.23	20
Mung bean noodles, dried, boiled (China)	39±9	17.7	3.0	180	6.35	45
Non-glutinous rice flour, served warm with drink (Yamato Nousan, Japan)	68	34.1	3.3	100	3.53	50
Rice cracker, plain (Sakada, Japan)	91	22.9	1.7	30	1.06	25
Rice gruel with dried algae (Satou Co Ltd., Japan)	81	15.4	1.3	250	8.82	19
Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	23.5	2.6	180	6.35	39
Rice noodles, fresh, boiled (Sydney, NSW, Australia)	40±4	15.4	2.6	180	6.35	39
Rice vermicelli, Kongmoon (National Cereals, China)	58	22.3	2.6	180	6.35	39
Roasted rice ball (Satou Co Ltd., Japan)	77	20.7	1.8	75	2.65	27
Salted rice ball (Satou Co Ltd., Japan)	80	20.4	1.7	75	2.65	26
Soba noodles, instant, reheated in hot water, served with soup (Japan)	46	22.3	3.3	180	6.35	49
Stirfried vegetables, chicken and rice, home made (Australia)	73±17	54.7	5.0	360	12.70	75
Sushi, salmon ('I Love Sushi' chain store, Sydney, NSW, Australia)6	48±8	17.4	2.4	100	3.53	36
Sushi, roasted sea algae, vinegar and rice (Japan)	55	20.5	2.5	100	3.53	37
<i>Mean of two studies</i>	52±4	19.1	2.5	100	3.53	37
Udon noodles, fresh, reheated (Fantastic, Windsor Gardens, SA, Australia)6	62±8	30.0	3.2	180	6.35	48
Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48	22.6	3.1	180	6.35	47
<i>Mean of two studies</i>	55±7	26.3	3.2	180	6.35	48
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	26.3	3.1	300	10.58	47
White rice with dried fish strip (okaka) (Japan)	79	39.6	3.3	150	5.29	50
White rice with fermented soybean (natto) (Japan)	56	24.1	2.9	150	5.29	43
White rice with instant miso soup (soybean paste soup) (Japan)	61	28.7	3.1	150	5.29	47
White rice with low-fat milk (Japan)	69	32.4	3.1	300	10.58	47
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	19.2	2.1	150	5.29	32
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	26.8	2.9	150	5.29	43
White rice topped with raw egg and soy sauce (Japan)	72	26.1	2.4	150	5.29	36
White rice with roasted ground soybean (Japan)	56	28.6	3.4	150	5.29	51
White rice with salted dried plum (umeboshi) (Japan)	80	39.4	3.3	150	5.29	49
White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77	39.3	3.4	150	5.29	51
ASIAN INDIAN						
Amaranth, <i>Amaranthus esculentum</i> , popped, eaten with milk and non-nutritive sweetener	97±19	18.4	1.3	30	1.06	19
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	28.5	3.3	75 (dry)	2.65	50
Banana, (<i>Musa sapientum</i>), Nendra variety, unripe, steamed 1 h 11	70±11	31.4	3.0	120	4.23	45
Barley (<i>Hordeum vulgare</i>)	48					
Barley (<i>Hordeum vulgare</i>)	37					
<i>Mean in two groups of subjects</i>	43±6	15.8	2.5	150	5.29	37
Bengal gram dhal, chickpea	11	3.9	2.4	150	5.29	36
Black gram, (<i>Phaseolus mungo</i>), soaked 12 h, stored moist 24 h, steamed 1 h 11	43±10	7.7	1.2	150	5.29	18
Chapatti						
Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	66±10	19.6	2.0	60	2.12	30
Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd and tomato curry	76±20	23.1	2.0	60	2.12	30
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	20.9	2.1	60	2.12	32
Chapatti, flour from malted wheat, moth bean (<i>Phaseolus aconitifolius</i>) and bengal gram (<i>Cicer arietinum</i>)	66±9	25.2	2.5	60	2.12	38
Chapatti, flour made from popped wheat, moth bean and bengal gram	40±8	14.4	2.4	60	2.12	36
Chapatti, flour from roller dried wheat, moth bean and bengal gram	60±9	22.6	2.5	60	2.12	38
Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	81±4	40.5	3.3	200	7.05	50
Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	44±3	22.0	3.3	200	7.05	50
<i>Mean in two groups of subjects</i>	63±19	31.5	3.3	200	7.05	50
Cheela (thin savoury pancake made from legume flour batter)						
Cheela, bengal gram (<i>Cicer arietinum</i>)	42±1	11.9	1.9	150	5.29	28
Cheela, bengal gram (<i>Cicer arietinum</i>), fermented batter	36±1	10.2	1.9	150	5.29	28
Cheela, green gram (<i>Phaseolus aureus</i>)	45±1	11.9	1.7	150	5.29	26
Cheela, green gram (<i>Phaseolus aureus</i>), fermented batter	38±1	10.0	1.7	150	5.29	26
Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35±4					
Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31±6					
<i>Mean in two groups of subjects</i>	33±2	6.4	1.3	100	3.53	20
Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	77±3	30.4	2.6	150	5.29	39
Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	55±2	21.7	2.6	150	5.29	39
<i>Mean in two groups of subjects</i>	66±11	26.1	2.6	150	5.29	39
Green gram, (<i>Phaseolus aureus</i>), soaked 12 h, stored moist 24 h, steamed 1 h 11	38±14	6.4	1.1	150	5.29	17
Green gram, whole with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked	57±6	28.5	3.3	80 (dry)	2.82	50
Green gram dhal with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked	78±12	39.0	3.3	78 (dry)	2.75	50
Horse gram, (<i>Dolichos biflorus</i>) soaked 12 h, stored moist 24 h, steamed 1 h 11	51±11	14.8	1.9	150	5.29	29
Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	77±2	40.1	3.5	250	8.82	52
Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	60±2	31.2	3.5	250	8.82	52

<i>Mean in two groups of subjects</i>	69±9	35.9	3.5	250	8.82	52
Jowar, roasted bread made from Jowar flour (<i>Sorghum vulgare</i>)	77±8	38.5	3.3	70 (dry)	2.47	50
Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	24±4					
Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	29±4					
<i>Mean in two groups of subjects</i>	27±3	8.5	2.1	50	1.76	31
Lentil and cauliflower curry with rice (Australia)	60±10	30.6	3.4	360	12.70	51
Millet/Ragi, (<i>Eleusine coracana</i>), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h 11	68±10	22.8	2.3	150	5.29	34
Millet/Ragi (<i>Eleusine coracana</i>) ¹¹	84	42.0	3.3	70 (dry)	2.47	50
Millet/Ragi (<i>Eleusine coracana</i>) flour eaten as roasted bread	104±13	52.0	3.3	70 (dry)	2.47	50
<i>mean of two studies</i>	94±10					
Pongal (rice and roasted green gram dhal, pressure cooked)	90±3					
Pongal (rice and roasted green gram dhal, pressure cooked)	45±2					
<i>Mean in two groups of subjects</i>	68±23	35.4	3.5	250	8.82	52
Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	82±2					
Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	57±1					
<i>Mean in two groups of subjects</i>	70±13	28.4	2.7	150	5.29	41
Rajmah, <i>Phaseolus vulgaris</i>	19	5.7	2.0	150	5.29	30
Rice, (<i>Oryza Sativa</i>) boiled served with bottle gourd and tomato curry	69±15	26.2	2.5	150	5.29	38
Semolina						
Semolina (<i>Triticum aestivum</i>), steamed	55±9	27.5	3.3	67 (dry)	2.36	50
Semolina (<i>Triticum aestivum</i>), pre-roasted	76±6	38.0	3.3	67 (dry)	2.36	50
Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>)	46±12	23.0	3.3	71 (dry)	2.50	50
Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>)	62±20	31.0	3.3	71 (dry)	2.50	50
Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietum</i>)	54±7	27.0	3.3	71 (dry)	2.50	50
Tapioca (<i>Manihot utilissima</i>), steamed 1h ¹¹	70±10	12.3	1.2	250	8.82	18
Varagu (<i>Paspalum scorbiculatum</i>), pressure cooked 15lb 12-15 min	68±8	34.0	3.3	76 (dry)	2.68	50
Upittu (roasted semolina and onions, cooked in water)	67±3					
Upittu (roasted semolina and onions, cooked in water)	69±4					
<i>Mean in two groups of subjects</i>	68±1	28.4	2.8	150	5.29	42
Uppuma kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3					
Uppuma kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water)	19±3					
<i>Mean in two groups of subjects</i>	18±1	5.9	2.2	150	5.29	33
AUSTRALIAN ABORIGINAL						
<i>Acacia aneura, mulga seed, roasted, wet ground to paste</i> ⁶	8	1.4	1.1	50	1.76	17
<i>Acacia coriacea, desert oak, seed bread</i> ⁶	46	11.2	1.6	75	2.65	24
<i>Araucaria bidwillii, bunya tree nut, baked 10 min</i> ⁶	47	7.5	1.1	50	1.76	16
Bush honey, sugar bag ⁶	43	11.0	1.7	30	1.06	25
<i>Castanospermum australe, blackbean seed, sliced, soaked 1 wk, pounded and baked</i> ⁶	8	0.7	0.6	50	1.76	9
<i>Dioscorea bulbifera, cheeky yam, peeled, sliced, soaked 2 d, baked 15 min</i> ⁶	34	12.3	2.4	150	5.29	36
<i>Macrozamia communis, cycad palm seed, sliced, soaked 1 wk, pounded, baked</i> ⁶	40±2	10.0	1.7	50	1.76	25
PACIFIC ISLANDERS						
Breadfruit (<i>Artocarpus altilis</i>) (Australia) ⁶	68	18.1	1.8	120	4.23	27
Banana/plantain, green						
Green banana, boiled (New Zealand)	38±10	7.9	1.4	120	4.23	21
Sweet Potato						
Sweet potato, <i>Ipomoea batatas</i> (Australia)	44	11.0	1.7	150	5.29	25
Sweet potato, kumara (New Zealand)	77±12	19.3	1.7	150	5.29	25
Sweet potato, kumara (New Zealand)	78±6	19.5	1.7	150	5.29	25
<i>mean of three studies</i>	66±11	17.0	1.9	150	5.29	28
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	4.1	0.5	150	5.29	8
Yam						
Yam, peeled, boiled (New Zealand)	25±4					
Yam, peeled, boiled (New Zealand)	35±5					
<i>mean of two groups of subjects</i>	30±5	13.2	2.4	150	5.29	36
ISRAELI						
Melawach (dough made from white wheat flour and butter, fried)	61±10					
Melawach	71±7					
<i>mean of two studies</i>	66±5	35.0	3.5	115	4.06	53
Melawach + 15 g locust bean (<i>Ceratonia siliqua</i>) fiber (soluble)	31±6	16.4	3.5	130	4.59	53
Melawach + 15 g maize cob fiber (insoluble)	59±10	31.3	3.5	130	4.59	53
Melawach + 15 g lupin (<i>Lupinus albus</i>) fiber	72±10	38.2	3.5	130	4.59	53
PIMA INDIAN						
Acorns, stewed with venison (<i>Quercus emoryi</i>) ⁶	16±1	0.9	0.4	100	3.53	6

Cactus jam (<i>Stenocereus thurberi</i>)	91	18.5	1.3	30	1.06	20
Corn hominy (<i>Zea mays</i>)6	40±5	12.0	2.0	150	5.29	30
Fruit Leather (<i>Stenocereus thurberi</i>)	70	16.9	1.6	30	1.06	24
Lima beans broth (<i>Phaseolus lunatus</i>)6	36±3	11.5	2.1	250	8.82	32
Mesquite cakes (<i>Prosopis velutina</i>)6	25±3	0.9	0.3	60	2.12	4
Tortilla (<i>Zea mays</i> and <i>Olneya tesota</i>)	38	9.4	1.7	60	2.12	25
White teparies broth (<i>Phaseolus acutifolius</i>)6	31±3	9.8	2.1	250	8.82	32
Yellow teparies broth (<i>Phaseolus acutifolius</i>)6	29±3	7.6	1.7	250	8.82	26
SOUTH AMERICAN						
Arepa, corn bread cake, made with corn flour (Mexico)	72	30.9	2.9	100	3.53	43
Arepa, made from ordinary dehulled dent corn flour (25% amylose) 9, 34	81	34.7	2.9	100	3.53	43
Arepa, made from dehulled high-amylose (70%) corn flour 9, 34	44	11.0	1.7	100	3.53	25
Black Beans	30	6.8	1.5	150	5.29	23
Brown Beans	38	9.4	1.7	150	5.29	25
Corn tortilla (Mexican)	52	12.4	1.6	50	1.76	24
Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexican)	39	9.0	1.5	100	3.53	23
Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexican)	78	11.3	1.0	100	3.53	15
Nopal (prickly pear cactus)	7	0.4	0.4	100	3.53	6
Pinto beans, boiled in salted water	14	3.6	1.7	150	5.29	25
Wheat tortilla (Mexican)	30	7.8	1.7	50	1.76	26
Wheat tortilla, served with refried pinto beans and tomato sauce (Mexican)	28	5.1	1.2	100	3.53	18