

Online Supplemental Material - Atkinson FS, Brand-Miller JC, Foster-Powell K, Buyken AE, Goletzke J. International tables of glycemic index and glycemic load values 2021.

Supplemental Table S1. Glycemic index (GI) values and glycemic load (GL) values determined in studies using method consistent with ISO 26642:2010.

Explanatory note: Values included in Supplemental Table S1 were tested using a methodology consistent with the ISO Standard (26642:2010). Test food portions had to contain either 25 or 50 g of available carbohydrate. Included data was tested in ≥ 10 healthy adults (allowing for one outlier to be excluded for GI determination) with reported normal glucose tolerance, aged 18 – 65 years. Blood sampling timepoints were those specified in the ISO Standard (0, 15, 30, 45, 60, 90 and 120 min), although additional time points were allowed (eg 75, 105, 150, and 180 min). Recommended analysis methods according to the ISO Standard (26642:2010) are spectrophotometry or electrochemical detection-coupled enzyme systems. If glucometers were used, in accordance with the ISO Standard only studies that used glucometers with a laboratory inter-assay CV on standard solutions $< 3.6\%$ were included in Supplemental Table S1. Glycemic index categorization: low GI food ≤ 55 , medium GI food 56 – 69, high GI food ≥ 70 . Glycemic load (GL) is calculated by multiplying the known amount of available carbohydrate contained in the specified serving size by the GI value of that food (using glucose as the reference food), then dividing by 100. A standardized available carbohydrate portion for each food category was used to calculate the nominal GL value shown. The standardized available carbohydrate portion used for each food category is shown underneath the major food category headings. The GL value for each food is intended as a guide only.

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Supplemental Table S1. Glycemic index (GI) values and glyceic load (GL) values determined in studies using method consistent with ISO 26642:2010.

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects number)(type & | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|---|---------------------------|--------------------------------------|-------|-------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|---------------------------|
| BAKERY PRODUCTS | | | | | | | | | | | | |
| <i>Average available carbohydrate portion = 30 g, this value was used to determine the nominal GL for each item in this category.</i> | | | | | | | | | | | | |
| Cakes | | | | | | | | | | | | |
| 1 | Cake, NS, decreased GI variant, sugar-to-flour ratio: 0.80 (Bakery School, Herk-de-Stad, Belgium) | Belgium | 2010* | 20±4 | 6 | Normal, 10 | 25 | 54.4 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic 1 |
| 2 | Carrot cake, prepared with wheat flour and coconut flour | Philippines | 2002 | 37±2 | 11 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic 2 |
| 3 | Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, USA) | USA | 2000 | 38±3 | 11 | Normal, 10 | 50 | 92.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 4 | Chocolate mudcake | Australia | 2009 | 43±4 | 13 | Normal, 9 | 50 | 109.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 5 | Christmas fruit cake | Australia | 2009 | 53±3 | 16 | Normal, 10 | 50 | 90.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 6 | Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Australia) | Australia | 2000 | 73±12 | 22 | Normal, 10 | 50 | 74.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 7 | Plumcake, prepared with wheat flour and yogurt (Mulino Bianco, Barilla, Italy) ⁶ | Italy | 2005 | 47±6 | 14 | Normal, 10 | 50 | 100 | Glucose, 2h | Standard | Capillary, whole blood | YSI 3 |
| 8 | Pound cake 0% (Bimbo S.A de C.V, Mexico) | Mexico | 2006 | 38±5 | 11 | Normal, 12 | 50 | 122.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 9 | Raspberry Coffee cake, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 50±4 | 15 | Normal, 10 | 50 | 113.6 | Bread, 2h | Standard | Capillary, whole blood | YSI UO ⁷ |
| 10 | Sponge cake, filled with marmalade and yogurt cream (Yogo brioss, Ferrero, Italy) | Italy | 2014 | 57±5 | 17 | Normal, 10 | 25 | 50 | Glucose, 2h | Standard | Capillary, whole blood | YSI 3 |
| 11 | Sponge cake with cocoa, milk cream-filled, coated with chocolate (Kinder Délice, Italy) ⁶ | Italy | 2012 | 58±8 | 17 | Normal, 10 | 50 | 114.8 | Glucose, 2h | Standard | Capillary, whole blood | YSI 3 |
| 12 | Sponge cake with cocoa, milk cream-filled, coated with chocolate and coconut pieces (Kinder Délice Cocco, Kinder, Ferrero, Italy) | Italy | 2012 | 56±6 | 17 | Normal, 10 | 25 | 62 | Glucose, 2h | Standard | Capillary, whole blood | YSI 3 |
| 13 | Sponge cake, soft wheat flour, carrots (14%), almonds (7%) (Camille, Mulino Bianco, Barilla, Italy) | Italy | 2007 | 51±3 | 15 | Normal, 10 | 50 | 70 | Glucose, 2h | Standard | Capillary, whole blood | YSI 3 |

| 14 | Sponge cake, soft wheat flour, filled with chocolate cream (Kinder Pan e Cioc Cacao, Kinder, Ferrero, Italy) | Italy | 2014 | 61±3 | 18 | Normal, 10 | 25 | 56 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
|------------------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 15 | Sponge cake, soft wheat flour, ground cereals (rice, barley, rye, oat, wheat) and cocoa, filled with barley malt cream (Kinder colazione più, Kinder, Ferrero, Italy) | Italy | 2014 | 66±8 | 20 | Normal, 10 | 25 | 57 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 16 | Sponge cake, soft wheat flour, orange cream-filled, coated with chocolate (Fiesta, Ferrero, Italy) | Italy | 2012 | 60±6 | 18 | Normal, 10 | 25 | 48 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 17 | Sponge cake, soft wheat flour, with almond and chocolate pieces (Brioche Cereali e Cioccolato, Grancereale, Barilla, Italy) | Italy | 2012 | 66±3 | 20 | Normal, 10 | 50 | 107 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 18 | Sponge cake, wheat flour, rolled barley and oat (2.5%), filled with apricot jam (Brioss Albicocca ecereali, Ferrero Italy) | Italy | 2012 | 60±7 | 18 | Normal, 10 | 50 | 80 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 4 |
| 19 | Vanilla cake, made from packet mix with vanilla frosting (Betty Crocker, General Mills Inc., Minneapolis, USA) | USA | 2000 | 42±4 | 13 | Normal, 10 | 50 | 96.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Cakes, gluten-free | | | | | | | | | | | | | |
| 20 | Cake, prepared with yoghurt, gluten-free (Plum cake, Dr Shaer AG/SPA, Italy) | Italy | 2015* | 42±6 | 13 | Normal, 10 | 50 | 102 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 5 |
| 21 | Cake, prepared with brown rice, corn, millet and buckwheat, gluten-free (Galette Chicchi al vento, Grancereale, Barilla, Italy) | Italy | 2015* | 67±6 | 20 | Normal, 10 | 50 | 62 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 5 |
| Croissant | | | | | | | | | | | | | |
| 22 | Croissant, all butter (Coles Supermarkets Pty Ltd, Australia) | Australia | 2013 | 45±6 | 14 | Normal, 10 | 50 | 123.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 23 | Croissant | Oman | 2020* | 67±2 | 20 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |
| Croissant, mean of two foods | | | | 56 | | | | | | | | | |
| Desserts | | | | | | | | | | | | | |
| 24 | Apple Berry crumble, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 41±3 | 12 | Normal, 10 | 50 | 242.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

| 25 | Bavarian (mousse filling on biscuit base), Chocolate honeycomb, light (Sara Lee Bakery, Australia) | Australia | 2006-2007 | 31±5 | 9 | Normal, 9 | 50 | 184.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
|------------------------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 26 | Danish Pastry, Apple & Peach, light (Sara Lee Bakery, Australia) | Australia | 2006-2007 | 50±4 | 15 | Normal, 10 | 50 | 114.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 27 | Fruit mince pies, shortcrust pastry case filled with dried fruit | Australia | 2009 | 58±6 | 17 | Normal, 11 | 50 | 80.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 28 | Pavlova, meringue base topped with whipped cream, fresh strawberries, banana and passionfruit pulp | Australia | 2010 | 49±5 | 15 | Normal, 9 | 50 | 193.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Gingerbread, cake-style | | | | | | | | | | | | | |
| 29 | Gingerbread ¹¹ | France | 2019* | 81±5 | 24 | Normal, 15 | 50 | 68.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| 30 | Gingerbread ¹¹ | France | 2019* | 88±5 | 26 | Normal, 15 | 50 | 68.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 7 |
| 31 | Gingerbread ¹¹ | France | 2019* | 89±8 | 27 | Normal, 13 | 50 | 68.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| Gingerbread, mean of three studies | | | | 86 | | | | | | | | | |
| Muffins | | | | | | | | | | | | | |
| 32 | Apple Blueberry muffin (Sara Lee Bakery, Australia) | Australia | 20062007 | 49±4 | 15 | Normal, 9 | 50 | 119.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 33 | Apple, oat, sultana muffin | Australia | 2000 | 54±4 | 16 | Normal, 9 | 50 | 92.6 | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 34 | Apricot, coconut and honey muffin | Australia | 2000 | 60±4 | 18 | Normal, 9 | 50 | 102.4 | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 35 | Banana, oat and honey muffin | Australia | 2000 | 65±11 | 20 | Normal, 10 | 50 | 98.3 | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 36 | Blueberry muffin (Sara Lee Bakery, Australia) | Australia | 2006-2007 | 50±3 | 15 | Normal, 10 | 50 | 96.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 37 | Blueberry (Wild) 10-Grain muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 57±7 | 17 | Normal, 10 | 50 | 89.7 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

| | | | | | | | | | | | | | |
|----------------------------------|---|-----------|-----------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|------------------|
| 38 | Chocolate butterscotch muffin | Australia | 2001 | 53±5 | 16 | Normal, 10 | 50 | 89.2 | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 39 | Chocolate chip muffin (Sara Lee Bakery, Australia) | Australia | 2006-2007 | 52±6 | 16 | Normal, 11 | 50 | 94.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 40 | Cranberry & Orange Soy muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 48±6 | 14 | Normal, 10 | 50 | 120.7 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 41 | Cranberry Raisin muffin | Australia | 2013 | 43±3 | 13 | Normal, 10 | 50 | 140.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 42 | Double chocolate muffin (Sara Lee Bakery, Australia) | Australia | 2006-2007 | 46±4 | 14 | Normal, 10 | 50 | 89.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 43 | Raisin Bran Flax muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 52±3 | 16 | Normal, 10 | 50 | 106.1 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 44 | Raspberry Pomegranate muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 58±7 | 17 | Normal, 10 | 50 | 106.1 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| <i>Muffins, mean of 13 foods</i> | | | | 53 | | | | | | | | | |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-----------------------------------|-------------------------------------|------|
| Muffin, plain, made with different flours | | | | | | | | | | | | |
| Muffin, made with 14% soft wheat flour, 7% lentil flour, 5% 45 resistant starch and 3% dextrins | Spain | 2009 | 39±6 | 12 | Normal, 10 | 50 | 133 | Glucose, 2h | Standard | Venous, whole blood ¹² | Enzymatic | 8 |
| 46 Muffin made with oat flour | Singapore | 2015* | 54±5 | 16 | Normal, 12 | 50 | 146.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 9 |
| 47 Muffin made with barley flour | Singapore | 2015* | 55±5 | 17 | Normal, 12 | 50 | 139.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 9 |
| 48 Muffin made with corn flour | Singapore | 2015* | 74±5 | 22 | Normal, 12 | 50 | 136.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 9 |
| 49 Muffin made with wheat flour | Singapore | 2015* | 74±8 | 22 | Normal, 12 | 50 | 126.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 9 |
| 50 Muffin made with rice flour | Singapore | 2015* | 79±6 | 24 | Normal, 12 | 50 | 119.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 9 |

| Pancakes | | | | | | | | | | | | | |
|------------------------------|---|-------------|-----------|--------|----|------------|----|-------|-------------|----------|------------------------|-----------|------------------|
| 51 | Pancakes, prepared with wheat flour and coconut flour | Philippines | 2002 | 46±2 | 14 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic | 2 |
| 52 | Pancakes, prepared from wheat flour and water (Coles Smart Buy Plain Flour, Coles Supermarkets Pty Ltd) (78.9 g flour + 108.8 mL water) | Australia | 2009 | 61±7 | 18 | Normal, 10 | 50 | 78.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 10 |
| 53 | Pancakes, prepared from shake mix (Green's General Foods, Glendenning, Australia) | Australia | 2000 | 67±5 | 20 | Normal, 10 | 50 | 69.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 54 | Pancakes, millet (100% foxtail millet flour) | China | 2016* | 76±11 | 23 | Normal, 10 | 50 | 121 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 11 |
| 55 | Pancakes, prepared from wheat flour | China | 2005 | 80±4 | 24 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 56 | Pancakes, millet (75% foxtail millet flour, 25% extrusion flour (w/w, dry basis) | China | 2016* | 83±10 | 25 | Normal, 10 | 50 | 141 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 11 |
| Pancakes, gluten-free | | | | | | | | | | | | | |
| 57 | Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Australia) | Australia | 2000 | 102±11 | 31 | Normal, 10 | 50 | 69.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 58 | Pancakes, gluten-free, made from packet mix (Freedom Foods, Cheltenham, Australia) | Australia | 2006-2007 | 61±6 | 18 | Normal, 10 | 50 | 187.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| Other bakery products | | | | | | | | | | | | | |
| 59 | Brownies, containing wheat flour and coconut flour | Philippines | 2002 | 43±4 | 13 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic | 2 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|---------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 60 | Cinnamon bread, prepared with wheat flour and coconut flour | Philippines | 2002 | 45±3 | 14 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic | 2 |
| 61 | Doughnut | Oman | 2020* | 75±3 | 23 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |
| 62 | Hot cross buns, spiced sweet bun with dried fruit (Tip Top Bakeries, Chatswood, Australia) | Australia | 2012 | 59±7 | 18 | Normal, 10 | 50 | 89.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 63 | Hot cross buns, spiced sweet bun with dried fruit | Australia | 2012 | 66±6 | 20 | Normal, 9 | 50 | 112.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|----|---|-------------|------|-------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| | Pan de sal (sweet bread roll), containing wheat flour and 64 coconut flour | Philippines | 2002 | 62±4 | 19 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic | 2 |
| 65 | Pastry, puff (Pampas™, Australia) | Australia | 2006 | 56±5 | 17 | Normal, 10 | 50 | 127.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 66 | Pastry, puff, with wheat flour and sugar (Nastrine, Italy) ⁶ | Italy | 2005 | 47±6 | 14 | Normal, 9 | 50 | 102 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 67 | Pikelets, Golden brand (Tip Top Bakeries, Chatswood, Australia) | Australia | 2000 | 85±14 | 26 | Normal, 10 | 50 | 144.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 68 | Pizza base, baked in oven at 220°C for 9 min (Boboli, Orograin Bakeries Manufacturing Inc, PA, USA) | USA | 2015 | 52±4 | 16 | Normal, 10 | 50 | 104.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 69 | Scones, plain, made from packet mix (Defiance Milling Co, Australia) | Australia | 2000 | 92±8 | 28 | Normal, 10 | 50 | 105.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 70 | Sweet bread, with chocolate chips (Pangoccioli, Italy) ⁶ | Italy | 2009 | 50±5 | 15 | Normal, 10 | 50 | 81.4 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 71 | Tarte, made with wheat flour and apricot jam (Crostatina all'albicocca, Italy) ⁶ | Italy | 2005 | 44±4 | 13 | Normal, 9 | 50 | 77.5 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |

BEVERAGES

Average available carbohydrate portion = 25 g, this value was used to determine the nominal GL for each item in this category, except for beer where 10 g was used.

Beer

| | | | | | | | | | | | | | |
|----|---|----------------|-------|--------|----|------------|----|-------|-------------|----------|------------------------|-----------|----|
| 72 | Beer (4.5% alcohol by volume) (Nikolai Lager, Sinebrychoff Ltd, Finland) | Finland | 2012* | 119±10 | 12 | Normal, 10 | 25 | 510 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 13 |
| 73 | Beer (4.4% alcohol by volume), Pilsner Urquell® (Plzeňský Prazdroj, A.S., Czech Republic) ¹¹ | Czech Republic | 2016* | 89±2 | 9 | Normal, 10 | 25 | 554.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 14 |
| | <i>Beer, mean of two foods</i> | | | 104 | | | | | | | | | |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 74 | Beer, non-alcoholic (0.0% alcohol by volume) (Nikolai Lager, Finland) | 2012* | 80±6 | 8 | Normal, 10 | 25 | 640 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 13 |

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Carbonated beverages/soft drinks

| | | | | | | | | | | | | | |
|---------------------|---|-----------|-------|-------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 75 | Coca Cola®, soft drink (Coca Cola Amatil, Sydney, Australia) | Australia | 2006 | 53±7 | 13 | Normal, 10 | 50 | 480.8 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 76 | Coca Cola®, soft drink | Italy | 2011 | 73±7 | 18 | Normal, 9 | 50 | 472 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | <i>Coca Cola®, mean of two studies</i> | | | 63 | | | | | | | | | |
| 77 | Cola, Pepsi®, sucrose-sweetened (Pepsi, Hartwall Ltd, Finland) | Finland | 2011 | 72±7 | 18 | Normal, 12 | 50 | 450 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 15 |
| 78 | Ginger beer, carbonated beverage (Bundaberg Brewed Drinks Pty Ltd, Australia) | Australia | 2017 | 65±5 | 16 | Normal, 10 | 25 | 231.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 79 | Lemon flavored soft drink, Lemonade, Schweppes® (Cadbury Schweppes, Sydney, Australia) | Australia | 2006 | 54±5 | 14 | Normal, 10 | 50 | 454.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 80 | Lemon flavored soft drink, Solo™, lemon squash (Cadbury Schweppes, Australia) | Australia | 2001 | 58±5 | 15 | Normal, 10 | 25 | 190.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 81 | Lemon flavored soft drink Sprite™ (The Coca-Cola Company, Australia) | Australia | 2011 | 64±3 | 16 | Normal, 10 | 50 | 495.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 16 |
| | <i>Lemon flavored soft drinks, mean of three foods</i> | | | 59 | | | | | | | | | |
| Fruit drinks | | | | | | | | | | | | | |
| 82 | Blackcurrant fruit syrup, Ribena™ reconstituted with 315.5 mL water (GlaxoSmithKline Group, Australia) | Australia | 2006 | 52±5 | 13 | Normal, 10 | 50 | 63.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 83 | Fruit drink, decreased GI variant (containing 8% isomaltose) | Belgium | 2010* | 48±8 | 12 | Normal, 10 | 25 | 306 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 1 |
| 84 | Fruit drink, increased GI variant (containing 8% sucrose) | Belgium | 2010* | 86±14 | 22 | Normal, 10 | 25 | 306 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 1 |
| 85 | Fruit flavored beverage | Australia | 2014* | 67±5 | 17 | Normal 10 | 50 | 769 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
| 86 | Fruit flavored beverage with 0.22 g Filtered Molasses Concentrate added per 100 mL (3.6 g FMC/100 g carbohydrate) | Australia | 2014* | 58±3 | 15 | Normal 10 | 50 | 820 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |

| 87 | Ice Green Tea, ready-to-drink brewed green tea (Pokka Corporation (S) Private Ltd, Singapore) | Singapore | 2015* | 50±5 | 13 | Normal, 13 | 50 | 833.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 88 | Iced Green Tea, 7% lemon juice (Estathè verde, Ferrero, Italy) | Italy | 2011 | 66±5 | 17 | Normal, 9 | 50 | 575 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 89 | Ice Lemon Tea, ready-to-drink black tea with lemon flavor (F&N Foods Private Ltd, Singapore) | Singapore | 2015* | 74±7 | 19 | Normal, 14 | 50 | 500 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 90 | Iced lemon tea, decaffeinated, lemon juice powder 0.2% (7% fructose) (Estathè deteinato limone, Ferrero, Italy) | Italy | 2011 | 38±3 | 10 | Normal, 9 | 50 | 575 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 91 | Iced lemon tea, lemon juice powder 0.2%, (Estathè limone, Ferrero, Italy) | Italy | 2011 | 72±6 | 18 | Normal, 9 | 50 | 442 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 92 | Iced peach tea, 9.5% peach juice (Estathè pesca, Ferrero, Italy) | Italy | 2011 | 71±7 | 18 | Normal, 9 | 50 | 455 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 93 | Orange Delight Cocktail with pulp, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 44±5 | 11 | Normal, 10 | 50 | 781.3 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 94 | Tropical blend fruit drink, V8 Splash® (Campbell's Soup Company, USA) | USA | 2002 | 47±4 | 12 | Normal, 10 | 50 | 455.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Milk drinks | | | | | | | | | | | | | |
| 95 | Choc Banana flavored drink, Aussie Bodies Start the Day UHT (Aussie Bodies Pty Ltd, Australia) | Australia | 20062007 | 24±3 | 6 | Normal, 10 | 50 | 847.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 96 | Chocolate flavored drink, Aussie Bodies Start the Day UHT (Aussie Bodies Pty Ltd, Australia) | Australia | 2006-2007 | 26±4 | 7 | Normal, 11 | 50 | 847.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 97 | Hot Chocolate mix made with hot water, Complete (Nestlé, Australia) | Australia | 2001 | 51±3 | 13 | Normal, 10 | 50 | 69.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 98 | Chocolate Liquid Breakfast, Devondale Fast Start (Murray Goulburn Co-Operative Company Limited, Australia) | Australia | 2012 | 39±4 | 10 | Normal, 9 | 50 | 468.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

Atkinson FS, Brand-Miller JC, Foster-Powell K, Buyken AE, Goletzke J. International tables of glycemic index and glycemic load values 2021.

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|-----|---|-------------|------|------|----|------------|----|-------|-------------|----------|-------------------|-----------|-----------------|
| 99 | Coffee Liquid Breakfast, Devondale Fast Start (Murray Goulburn Co-Operative Company Limited, Australia) | Australia | 2012 | 39±4 | 10 | Normal, 9 | 50 | 449.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Kellogg's® Coco Pops Chocolatey Liquid Breakfast 100 (Kellogg's Australia) | Australia | 2012 | 35±4 | 9 | Normal, 10 | 50 | 519.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 101 | Kellogg's® Nutri-Grain Breakfast Fuel (Kellogg's Australia) | Australia | 2012 | 38±3 | 10 | Normal, 10 | 50 | 514.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 102 | Milo™ (Nestlé, Australia) dissolved in water | Australia | 1999 | 55±3 | 14 | Normal, 10 | 50 | 73.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 103 | Milo™ (Nestlé, Auckland, New Zealand) dissolved in water | New Zealand | 1999 | 52±5 | 13 | Normal, 10 | 50 | 69.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 104 | Milk powder, Jerseyjoy Active Life (Australia Jersey Dairy Group Pty Ltd), prepared with water | Australia | 2019 | 32±4 | 8 | Normal, 10 | 50 | 96.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 105 | Nesquik™, chocolate (Nestlé, Australia), prepared with water | Australia | 1998 | 53±5 | 13 | Normal, 9 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Nesquik™, strawberry (Nestlé, Australia), prepared with 106 water | Australia | 1998 | 64±6 | 16 | Normal, 9 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Ovaltine®, chocolate (Twinings & Co, Australia), prepared with water | Australia | 2016 | 50±4 | 13 | Normal, 10 | 25 | 37.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 108 Formulated Milk powder for Middle-Aged Adults, Probilove (Australia Jersey Dairy Group Pty Ltd), prepared with water | Australia | 2019 | 32±4 | 8 | Normal, 10 | 50 | 100.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 109 Vanilla drink with fiber, Build-Up™ nutrient-fortified drink (Nestlé, Australia) | Australia | 2001 | 41±4 | 10 | Normal, 10 | 50 | 92.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 110 Vanilla Liquid Breakfast, Devondale Fast Start (Murray Goulburn Co-Operative Company Limited, Australia) | Australia | 2012 | 49±3 | 12 | Normal, 10 | 50 | 456.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 111 Yakult (Yakult Italia) | Italy | 2011 | 51±4 | 13 | Normal, 10 | 25 | 170 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 112 Yakult, fermented milk drink (Yakult company, Taipei, | Taiwan | 2010* | 58±0.3 | 15 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 19 |

| | Taiwan) | | | | | | | | | | | | |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 113 | Yakult® Light, fermented milk drink with <i>Lactobacillus casei</i> (Yakult, Dandenong, Australia) Rice milk drink | Australia | 2005 | 36±6 | 9 | Normal, 10 | 50 | 384.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 114 | Rice milk drink, low-fat, Australia's Own Natural™ (So Natural Foods, Taren Point, Australia) | Australia | 2003 | 92±9 | 23 | Normal, 10 | 50 | 390.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 115 | Rice milk, low-fat, calcium enriched, Vitasoy® (National Foods Ltd, Australia) Smoothies | Australia | 2005 | 79±8 | 20 | Normal, 10 | 50 | 531.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 116 | Smoothie, apple, pear, banana (Frullato mela, pera e banana Storie di frutta, Mulino Bianco, Barilla, Italy) | Italy | 2011 | 68±5 | 17 | Normal, 9 | 50 | 336 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 117 | Smoothie, banana | Australia | 2003 | 30±4 | 8 | Normal, 10 | 50 | 505.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 118 | Smoothie, Banana & Honey, Devondale brand (Murray Goulburn Co-Operative Company Limited, Australia) | Australia | 2014 | 28±3 | 7 | Normal, 10 | 50 | 517.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 119 | Smoothie, banana and strawberry, V8 Splash® (Campbell's Soup Company, Camden, USA) | USA | 2002 | 44±3 | 11 | Normal, 10 | 50 | 473.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 120 | Smoothie, mango | Australia | 2003 | 32±4 | 8 | Normal, 10 | 50 | 476.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 121 | Smoothie, mango and passionfruit (Innocent Ltd., UK) | UK | 2019* | 36±5 | 9 | Normal, 10 | 25 | 235.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 20 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 122 | Smoothie, raspberry (Con Agra Inc, Omaha, USA) | USA | 1999 | 33±9 | 8 | Normal, 10 | 25 | 177.3 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 123 | Smoothie, strawberry and banana (Innocent Ltd., UK) | UK | 2019* | 39±4 | 10 | Normal, 10 | 25 | 213.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 20 |
| 124 | Smoothie, Tropical, Devondale brand (Murray Goulburn Co-Operative Company Limited, Australia) | Australia | 2014 | 31±4 | 8 | Normal, 10 | 50 | 588.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

Smoothie, mean of nine foods

38

Soy drinks

| | | | | | | | | | | | | | |
|----------------------|---|-----------|-----------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 125 | Cocoa malt flavor, Up & Go™, soy milk, rice cereal liquid breakfast (Sanitarium Health Foods, Australia) | Australia | 2001 | 43±5 | 11 | Normal, 10 | 25 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 126 | Chocolate Daydream™ shake, fructose (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) (47.1 g powder + 305 mL water) | USA | 2004 | 33±4 | 8 | Normal, 10 | 25 | 47.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 21 |
| 127 | Chocolate flavored soy milk drink, So Good Bliss (Sanitarium Health Foods, Australia) | Australia | 2008 | 46±3 | 12 | Normal, 10 | 50 | 595.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 128 | Chocolate, Xpress, soy bean, cereal and legume extract drink with fructose (So Natural Foods, Australia) | Australia | 2001 | 39±2 | 10 | Normal, 10 | 25 | 438.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 129 | Original malt flavor, Up & Go™, soy milk, rice cereal liquid breakfast (Sanitarium Health Foods, Australia) | Australia | 2001 | 46±5 | 12 | Normal, 10 | 25 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 130 | Smoothie drink, soy, banana, 1% fat (So Natural Foods, Australia) | Australia | 2000 | 30±3 | 8 | Normal, 10 | 25 | 342.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 131 | Smoothie drink, soy, chocolate hazelnut, 1% fat (So Natural Foods, Australia) | Australia | 2000 | 34±3 | 9 | Normal, 10 | 25 | 294.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 132 | Soy Beverage, Chocolate flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 40±5 | 10 | Normal, 10 | 50 | 446.4 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 133 | Soy Beverage, Original flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 15±4 | 4 | Normal, 10 | 25 | 694.4 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 134 | Soy Beverage, Vanilla flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 28±3 | 7 | Normal, 10 | 50 | 781.3 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| Sports drinks | | | | | | | | | | | | | |
| 135 | Sport beverage based on whey protein powder with carbohydrate (CHO:PRO=4:1), orange flavor (Endurox R4, Pacific Health Laboratories, Parsippany, NJ, USA) | USA | 2017* | 67±6 | 17 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | YSI | 22 |
| 136 | Sustagen® Sport Chocolate (Nestlé Health Science, Australia), prepared with water | Australia | 2019 | 36±3 | 9 | Normal, 10 | 50 | 76.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|----------------------------|---------------------------|------------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 137 Sustagen® Sport Vanilla (Nestlé Health Science, Australia), prepared with water | Australia | 2019 | 37±3 | 9 | Normal, 9 | 50 | 75.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 138 Thorpedo® Advanced Hydration for Kids, all flavors (Thorpedo Foods, Australia) | Australia | 2006-2007 | 11±2 | 3 | Normal, 10 | 50 | 357.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 139 Thorpedo® Ultra Low GI Energy Water, all flavors (Thorpedo Foods, Australia) | Australia | 2006 | 16±4 | 4 | Normal, 10 | 25 | 843.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Other beverages | | | | | | | | | | | | |
| 140 Ancient Grains Quinoa milk drink with Chia (Freedom Foods, Australia) | Australia | 2015 | 42±3 | 11 | Normal, 10 | 50 | 561.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 141 Coconut milk beverage, containing organic coconut milk and organic brown rice (Pure Harvest Coco Quench, Australia) | Australia | 2020 | 68±6 | 17 | Normal, 10 | 50 | 641.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 142 Coconut Water, water of green coconut, Nudie™ | Australia | 2012 | 55±3 | 14 | Normal, 9 | 25 | 500.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 143 Goat Milk Drink, Symbiotics Low GI (NIG Nutritionals Pty Ltd, New Zealand), powder prepared with water | New Zealand | 2019 | 25±2 | 6 | Normal, 10 | 50 | 87.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 144 Oat milk, calcium enriched, Vitasoy® (National Foods Ltd, Australia) | Australia | 2009 | 69±6 | 17 | Normal, 9 | 50 | 571.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| BREADS | | | | | | | | | | | | |
| <i>Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category.</i> | | | | | | | | | | | | |
| English Muffin | | | | | | | | | | | | |
| 145 English Muffin™ bread (Natural Ovens, USA) | USA | 1999 | 77±7 | 12 | Normal, 10 | 50 | 141.6 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 146 English Muffin, Whole Grain Multigrain, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 45±3 | 7 | Normal, 10 | 50 | 142.5 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| Fruit breads | | | | | | | | | | | | |
| 147 Fruit and Spice Bread, Vogel's (Goodman Fielder, New Zealand) | New Zealand | 2009* | 57±5 | 9 | Normal, 20 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 23 |
| 148 Fruit and Spice Bread, Vogel's (Goodman Fielder, Auckland, New Zealand) | New Zealand | 2010* | 68±4 | 10 | Normal, 20 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 24 |

| New Zealand), tested after a high-CHO evening meal | | | | | | | | | | | | | |
|--|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 149 | Fruit and Spice Bread, Vogel's (Goodman Fielder, Auckland, New Zealand), tested after a high-fat evening meal ¹³ | New Zealand | 2010* | 59±4 | 9 | Normal, 20 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 24 |
| 150 | Fruit loaf, Bürgen® (Tip Top Bakeries, Chatswood, Australia) | Australia | 1997 | 44±5 | 7 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| | Fruit and Muesli bread, Bürgen® (Tip Top Bakeries, 151 Australia) | Australia | 2006-2007 | 53±4 | 8 | Normal, 10 | 50 | 132.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 152 | Fruit and cinnamon bread (Finest, UK) | UK | 2005 | 71±11 | 11 | Normal, 10 | 50 | 94.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| | Fruit and Spice Loaf, thick sliced (Buttercup bakeries, 153 Moorebank, Australia) | Australia | 2003 | 54±6 | 8 | Normal, 10 | 50 | 95.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 154 | Fruit loaf, sliced | UK | 2005 | 57±6 | 9 | Normal, 10 | 50 | 91.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 155 | Cinnamon, raisin, pecan bread, Happiness™ (Natural Ovens, Manitowoc, USA) | USA | 1999 | 63±5 | 9 | Normal, 10 | 50 | 133.3 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 156 | Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA) | USA | 1999 | 54±6 | 8 | Normal, 10 | 50 | 122.9 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 157 | Raisin Toast, TipTop™ (Tip Top Bakeries, Australia) | Australia | 2016 | 53±3 | 8 | Normal, 10 | 50 | 94.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 158 | Whole-wheat bread with dried fruit | China | 2005 | 47±2 | 7 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| | Fruit bread, mean of 12 foods | | | 57 | | | | | | | | | |
| | Gluten-free breads | | | | | | | | | | | | |
| 159 | Multigrain bread, gluten-free (Country Life Bakery, Dandenong, Australia) | Australia | 2000 | 79±13 | 12 | Normal, 10 | 50 | 131.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 160 | White bread, gluten free (Country Life Bakery, Australia) | Australia | 2006 | 40±5 | 6 | Normal, 10 | 50 | 183.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 161 | White bread, gluten free, sliced (COOP Italia-Soc. Coop a.r.l., ⁸ | Italy | 2015* | 61±6 | 9 | Normal, 10 | 50 | 124 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 5 |

| | Italy) | | | | | | | | | | | | |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 162 | White roll bread, gluten free (Dr Schär AG/SPA, Italy) ⁸ | Italy | 2015* | 63±8 | 9 | Normal, 10 | 50 | 112 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 5 |
| 163 | White sourdough bread, gluten free, sliced (Dr Schär AG/SPA, Italy) ⁸ <i>Gluten-free breads, mean of five foods</i> | Italy | 2015* | 52±7 | 8 | Normal, 10 | 50 | 132 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 5 |
| | Hamburger/Hot dog buns/Rolls | | | 59 | | | | | | | | | |
| 164 | Burger Buns, 100% Whole wheat Gigantico, President's® Blue Menu™ (Loblaw Brands Limited, Canada) Choice | Canada | 2007 | 62±6 | 9 | Normal, 10 | 50 | 127.4 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 165 | HermanBurger Protein Bun (Herman Brot Pty Ltd, Australia) | Australia | 2018 | 31±4 | 5 | Normal, 10 | 25 | 219.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 166 | Hot Dog Rolls, 100% Whole wheat Gigantico, President's® Blue Menu™(Loblaw Brands Limited, Canada) Choice | Canada | 2007 | 62±6 | 9 | Normal, 10 | 50 | 125.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | Mixed Grain bread roll, Bürgen™(Tip Top Bakeries, 167 Chatswood, Australia) | Australia | 2008 | 52±4 | 8 | Normal, 14 | 50 | 165.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 168 | Soft bread rolls, Pagnottelle classic, soft wheat flour, sugar (5.4%) (Mulino Bianco, Barilla, Italy) | Italy | 2009 | 62±11 | 9 | Normal, 9 | 50 | 98 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 169 | Soft bread rolls, Sfilatini al grano tenero (Mulino Bianco, Barilla, Italy) | Italy | 2009 | 65±9 | 10 | Normal, 9 | 50 | 99 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ¹⁴ |
| | Mixed grain or seed wheat breads | | | | | | | | | | | | |
| 170 | Classic Seed Loaf, Helga's™ (Quality Bakers, Sydney, Australia) | Australia | 2007 | 68±9 | 10 | Normal, 10 | 50 | 120.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 171 | Hearty 7 Grain bread, Healthy Choice™ (Con Agra Inc., USA) | USA | 2000 | 55±6 | 8 | Normal, 10 | 50 | 130.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|-----|---|-------------|-------|-------|----|---------------|----|-------|-------------|----------|------------------------|-------------------------|------------------|
| 172 | Hearty 100% Whole Grain bread, Healthy Choice™ (Con Agra Inc., USA) | USA | 2000 | 62±6 | 9 | Normal, 10 | 50 | 140.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 173 | Kibbled Konini bread (Country Fare, New Zealand) | New Zealand | 2000 | 68±12 | 10 | Normal, 14 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 174 | Kibbled wheat bread, Lawson's Settlers Grain (Goodman Fielder, Australia) | Australia | 2008 | 65±5 | 10 | Normal, 9 | 50 | 121.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 175 | Linola seed bread | China | 2010* | 90±11 | 14 | Normal, 10 | 50 | 116.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 176 | Mixed Grain bread, Bürgen™ (Tip Top Bakeries, Chatswood, Australia) | Australia | 1997 | 34±4 | 5 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 177 | Mixed Grain, Bürgen™ (Tip Top Bakeries, Chatswood, Australia) | Australia | 2007 | 52±4 | 8 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁵ |
| | Mixed grain sandwich bread, Molenberg™ (Goodman 178 Fielder, Auckland, New Zealand) | New Zealand | 2000 | 75±10 | 11 | Normal, 15 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 179 | Multigrain batch bread | UK | 2005 | 62±8 | 9 | Normal, 10 | 50 | 104.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 180 | Multigrain bread (High 5 Silver Bird Group Berhad, Shah Alam, Selangor, Malaysia) | Malaysia | 2009* | 56±6 | 8 | Normal, 11 | 25 | 57.9 | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 29 |
| 181 | Multi-Grain bread, 9-Grain (Tip Top Bakeries, Australia) | Australia | 1997 | 43±5 | 6 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 182 | Multigrain loaf, containing wheat flour and coconut flour | Philippines | 2002 | 60±5 | 9 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic | 2 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 183 | Multiseed bread | UK | 2006 | 54±4 | 8 | Normal, 10 | 50 | 119.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| | Oatbran & Honey bread, Bürgen™ (Tip Top Bakeries, 184 Australia) | Australia | 2002 | 49±4 | 7 | Normal, 10 | 50 | 149.7 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 185 | Organic Heavy Wholegrain bread, Golden Hearth™ (Gold Coast Bakeries, QLD, Australia) | Australia | 2004 | 53±7 | 8 | Normal, 10 | 50 | 120.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | Pumpkin Seed bread, containing 6% pumpkin seeds, 186 Bürgen™ (Tip Top Bakeries, Australia) | Australia | 2007 | 49±4 | 7 | Normal, 10 | 50 | 184.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁵ |
|----------------------|--|---------------------------|-----------------------------------|-------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|-------------------------|------------------|
| 187 | Seeded bread | UK | 2006 | 49±7 | 7 | Normal, 10 | 50 | 130.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 188 | Soy-Lin, kibbled soy (8%) and linseed (8%) loaf, Bürgen™ (Tip Top Bakeries, Australia) | Australia | 1997 | 36±4 | 5 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 189 | Soy & Linseed bread (made from packet mix cooked in bread maker) (Con Agra Inc., USA) | USA | 1999 | 50±6 | 8 | Normal, 10 | 50 | 165.0 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 190 | Soy & Linseed bread (Coles Supermarkets Pty Ltd, Australia) | Australia | 2015 | 56±7 | 8 | Normal, 10 | 50 | 130.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 191 | Sprouted wheat bread, Sprouted 3 Grains bread (Stonemill Bread, Toronto, Canada) | Canada | 2007 | 55±6 | 8 | Normal, 10 | 50 | 150.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 192 | Whole grain bread, Hunger Filler™ (Natural Ovens, USA) | USA | 1999 | 59±8 | 9 | Normal, 10 | 50 | 154.3 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 193 | Whole grain bread, Nutty Natural™ (Natural Ovens, USA) | USA | 1999 | 59±7 | 9 | Normal, 10 | 50 | 154.8 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 194 | Whole grain bread, Stay Trim™ (Natural Ovens, USA) | USA | 1999 | 70±10 | 11 | Normal, 10 | 50 | 172.4 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 195 | Wholemeal Country Grain bread, Bakers Delight™ (Bakers Delight Holdings, Australia) | Australia | 2005 | 53±9 | 8 | Normal, 10 | 50 | 126.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 196 | Wholemeal & Seeds bread, Bürgen™ (Tip Top Bakeries, Australia) | Australia | 2007 | 39±8 | 6 | Normal, 10 | 50 | 194.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁵ |
| | Mixed grain or seed bread, mean of 27 foods | | | 56 | | | | | | | | | |
| | Mixed grain or seed wheat bread, lower carbohydrate | | | | | | | | | | | | |
| 197 | Lower Carb Bread (Herman Brot Pty Ltd, Australia) | Australia | 2013 | 24±3 | 4 | Normal, 10 | 25 | 337.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 198 | Lower Carb 5 Seeds Bread, Helga’s™ (Quality Bakers, Sydney, Australia) | Australia | 2018 | 53±5 | 8 | Normal, 10 | 50 | 172.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. | |

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|-----|---|-------------|-------|------|----|------------|----|-------|-------------|----------|------------------------|-------------------------|-----------------|
| | Lower Carb Soy & Toasted Sesame Bread, Helga's™ 199 (Quality Bakers, Sydney, Australia) | Australia | 2018 | 51±4 | 8 | Normal, 10 | 50 | 176.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 200 | Lower Carb Wholemeal & Seeds Bread, Helga's™ (Quality Bakers, Sydney, Australia) <i>Mixed grain or seed wheat bread, lower carbohydrate mean of four foods</i> Oat breads | Australia | 2018 | 51±5 | 8 | Normal, 10 | 50 | 173.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 201 | Bread, short oat (50% wholemeal wheat, 20% rye, 10% oatmeal, 20% white wheat, yeast (1.3% net flour weight), no rising time, 30 min proving time, 220°C baking temperature, 30 min bake ¹³ | New Zealand | 2010* | 77±6 | 12 | Normal, 10 | 50 | 111 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |
| 202 | Bread, wholemeal with oatmeal (High 5 Silver Bird Group Berhad, Shah Alam, Selangor, Malaysia) | Malaysia | 2009* | 67±7 | 10 | Normal, 12 | 25 | 56.3 | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 29 |
| 203 | Degraded oat bran concentrate bread (50% oat bran concentrate + 50% wheat, 5 h proving time) | Norway | 2019* | 64±5 | 10 | Normal, 14 | 25 | 96.4 | Glucose, 2h | Standard | Capillary, plasma | YSI | 32 |
| 204 | Optimal oat bran concentrate bread (50% oat bran concentrate + 50% wheat, separate proving of wheat dough part) | Norway | 2019* | 57±4 | 9 | Normal, 14 | 25 | 97 | Glucose, 2h | Standard | Capillary, plasma | YSI | 32 |
| 205 | Low oat bran concentrate bread (25% oat bran concentrate + 75% wheat, separate proving of wheat dough part) | Norway | 2019* | 65±4 | 10 | Normal, 14 | 25 | 68.6 | Glucose, 2h | Standard | Capillary, plasma | YSI | 32 |
| 206 | Oatmeal batch bread <i>Oat breads, mean of six foods</i> Pretzels | UK | 2005 | 62±8 | 9 | Normal, 10 | 50 | 99.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 207 | Soft pretzel, soy ¹¹ | USA | 2011* | 39±6 | 6 | Normal, 12 | 50 | 72.9 | Glucose, 2h | Standard | Venous, whole blood | YSI | 33 |
| 208 | Soft pretzel, wheat ¹¹ | USA | 2011* | 66±4 | 10 | Normal, 12 | 50 | 62 | Glucose, 2h | Standard | Venous, whole blood | YSI | 33 |
| 209 | Soft pretzel (Ditsch, Mainz, Germany) | Germany | 2014 | 80±6 | 12 | Normal, 11 | 50 | 100.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 34 |
| | Rice breads | | | | | | | | | | | | |
| 210 | Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia) | Australia | 1996 | 61±9 | 9 | Normal, 12 | 50 | 111.1 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 211 | Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, Australia) | Australia | 1996 | 72±9 | 11 | Normal, 12 | 50 | 140.0 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Rye breads | | | | | | | | | | | | | |
| 212 | Bread, long rye (50% wholemeal wheat, 30% rye, 20% white wheat, yeast (13% net flour weight), 20 min rising time, 30 min proving time, 220°C baking temperature, 30 min bake time ¹³) | New Zealand | 2010* | 76±15 | 11 | Normal, 10 | 50 | 131 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |
| 213 | Bread, short rye (50% wholemeal wheat, 30% rye, 20% white wheat, yeast (1.3% net flour weight), no rising time, 30 min proving time, 220°C baking temperature, 30 min bake time ¹³) | New Zealand | 2010* | 82±11 | 12 | Normal, 10 | 50 | 119 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |
| 214 | Rye, Bürgen™ (Tip Top Bakeries, Australia) | Australia | 2002 | 51±3 | 8 | Normal, 10 | 50 | 155.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 215 | Rye, Country Grain Organic (Country Life Bakery, Australia) | Australia | 2006-2007 | 53±4 | 8 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 216 | Pumpernickel Rye bread (Van der Meulen BV, Netherlands) | Netherlands | 2015 | 49±4 | 7 | Normal, 10 | 50 | 135.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 217 | Rye Hi-Soy with Linseed (Country Life Bakery, Australia) | Australia | 2006-2007 | 55±4 | 8 | Normal, 13 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 218 | Rye wheat sourdough bread (Paderborner, Lieken Urkorn, Dortmund, Germany) | Germany | 2014 | 62±4 | 9 | Normal, 11 | 50 | 119 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 34 |
| 219 | Sourdough rye bread | Australia | 2004 | 48±5 | 7 | Normal, 10 | 50 | 116.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 220 | Sourdough bread, made with rye flour, wholemeal rye flour, spelt flour and intact barley kernels and white bean kernels ¹¹ | Sweden | 2020* | 67±5 | 10 | Normal, 12 | 50 | 143 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 35 |
| 221 | Sourdough bread, made with rye flour, wholemeal rye flour, spelt flour with intact barley kernels and mung bean kernels ¹¹ | Sweden | 2020* | 65±4 | 10 | Normal, 12 | 50 | 146 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 35 |
| 222 | Sprouted rye bread | Australia | 2008 | 61±5 | 9 | Normal, 10 | 50 | 145.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 223 | Rye, made with 30% wholemeal wheat, 20% kibbled rye, 30% wheat flour, and baker's yeast ¹³ | New Zealand | 2010* | 60±3 | 9 | Normal, 10 | 50 | 154 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 224 | Wholemeal rye bread with intact grains and sunflower seeds (Kraftkerni, Lieken Urkorn, Dortmund, Germany) <i>Rye breads, mean of 13 foods</i> | Germany | 2014 | 55±4 | 8 | Normal, 12 | 50 | 151.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 34 |
| | Sourdough wheat breads | | | 60 | | | | | | | | | |
| 225 | Sourdough Cob Bread (Fine Breads of Australia, NSW, Australia) | Australia | 2008 | 77±3 | 12 | Normal, 10 | 50 | 117.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 226 | Sourdough wheat bread | Australia | 2003 | 54±5 | 8 | Normal, 10 | 50 | 107.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 227 | Sourdough bread (50% wholemeal wheat, 50% white wheat, sourdough starter (70% wet weight), 80 min rising time, 60 min proving time, 200°C baking temperature, 60 min baking time ¹³ | New Zealand | 2010* | 82±13 | 12 | Normal, 10 | 50 | 116 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |
| 228 | Sourdough bread + oats (50% wholemeal wheat, 50% white wheat, 10% rolled oats; sourdough starter (70% wet weight), 80 min rising time, 60 min proving time, 200°C baking temperature, 60 min baking time ¹³ | New Zealand | 2010* | 71±10 | 11 | Normal, 10 | 50 | 116 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |
| 229 | Sourdough Vienna bread, Bakers Delight™ (Bakers Delight Holdings, Australia) <i>Sourdough wheat breads, mean of five foods</i> | Australia | 2005 | 66±6 | 10 | Normal, 10 | 50 | 96.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Spelt wheat bread | | | 70 | | | | | | | | | |
| 230 | Multigrain spelt bread® (Pav's bakery, Australia) | Australia | 1996 | 54±10 | 8 | Normal, 12 | 50 | 122.0 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 231 | Sprouted Spelt bread | Australia | 2008 | 62±6 | 9 | Normal, 10 | 50 | 124.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 232 | White spelt wheat bread | Belgium | 2005 | 66±6 | 10 | Normal, 10 | 50 | 95 | Bread, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 36 |

| 233 | Wholemeal spelt wheat bread (local bakery) | Germany | 2014 | 63±4 | 9 | Normal, 12 | 50 | 136.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 34 |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| | <i>Spelt bread, mean of four foods</i> | | | 61 | | | | | | | | | |
| | White wheat flour bread | | | | | | | | | | | | |
| 234 | Wheat bread, sliced (Pan Bauletto Bianco) ⁶ | Italy | 2009 | 59±7 | 9 | Normal, 10 | 50 | 93.7 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 235 | White bread | UK | 2006 | 59±11 | 9 | Normal, 10 | 50 | 112.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 236 | White bread (Giant Eagle King Size Enriched bread, ¹¹ Pittsburgh, PA, USA) | USA | 2011* | 60±6 | 9 | Normal, 12 | 50 | 62 | Glucose, 2h | Standard | Venous, whole blood | YSI | 33 |
| 237 | White bread (Pepperidge Farm Original White Bread, USA) ¹¹ | USA | 2016* | 62±2 | 9 | Normal, 63 | 50 | 96.3 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 37 |
| 238 | White bread ¹¹ | France | 2019* | 63±7 | 9 | Normal, 13 | 50 | 63.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| 239 | White bread ¹¹ | France | 2019* | 65±4 | 10 | Normal, 15 | 50 | 63.8 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 7 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 240 | White bread | Canada | 2009* | 66±4 | 10 | Normal, Caucasian, 40 | 50 | 109 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 241 | White bread | Canada | 2009* | 68±3 | 10 | Normal, lean, 37 | 50 | 109 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 242 | White bread | Canada | 2009* | 69±3 | 10 | Normal, 37 | 50 | 109 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 243 | White bread, WonderWhite™ (Goodman Fielder Ltd, NSW, Australia) | Australia | 2010 | 70±3 | 11 | Normal, 10 | 50 | 119 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 39 |
| 244 | White bread, WonderWhite™ (Goodman Fielder Ltd, NSW, Australia), tested by subjects with a low AMY1 copy number | Australia | 2014 | 70±3 | 11 | Normal, 19 | 50 | 119.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 40 |

| 245 | White bread, Sunblest™ (Tip Top Bakeries, Australia) | Australia | 1999 | 70±5 | 11 | Normal, 10 | 50 | 105.7 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 246 | White bread ¹¹ | Taiwan | 2012* | 71±0.1 | 11 | Normal, 10 | 50 | 121.7 | Glucose, 2h | Standard | Capillary, plasma | YSI | 41 |
| 247 | White bread | Multiple countries | 2001 | 71±3 | 11 | Normal, 47 | 50 | NS | Glucose, 2h | Standard | Capillary, NS | YSI / Enzymatic | 42 |
| 248 | White bread (Somerfield Plc, Oxford, UK) | UK | 2007* | 71±5 | 11 | Normal, 15 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 43 |
| | White bread (Original White Bread, Pepperidge Farm, 249 Norwalk, CT, USA) | USA | 2006 | 71±6 | 11 | Normal, 14 | 50 | 96 | Glucose, 2h | Standard | Venous, serum | Enzymatic | 44 |
| 250 | Wheat bread, bite-sized, soft wheat flour (Bocconcini, Panem, Italy) | Italy | 2010 | 71±6 | 11 | Normal, 10 | 50 | 89 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 251 | White bread | Canada | 2009* | 72±3 | 11 | Normal, >40 y, 38 | 50 | 109 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 252 | White bread | Canada | 2009* | 72±4 | 11 | Normal, ≤40 y, 39 | 50 | 109 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 253 | White bread | Australia | 2014* | 74±3 | 11 | Normal 10 | 50 | 121 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
| 254 | White bread | Canada | 2009* | 75±4 | 11 | Normal, 40 | 50 | 109 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 255 | White bread (Nishin Shokuhin, Japan) ¹⁶ | Japan | 2003 | 75±10 | 11 | Normal, 10 | 50 | 116 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| | White bread (Vodova veka Penam, Olomouc, Czech Republic) | Czech Republic | 2003 | 75±10 | 11 | Normal, 11 | 50 | 85 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 46 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 257 | White bread | Canada | 2009* | 76±4 | 11 | Normal, overweight, 40 | 50 | 109 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 258 | White bread ¹¹ | France | 2019* | 76±6 | 11 | Normal, 15 | 50 | 63.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |

| 259 | White bread, containing 9% sourdough, baked for 30 min at 13 210°C | Spain | 2013 | 76±8 | 11 | Normal, 22 | 50 | 95 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 47 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|---------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 260 | White bread | Multiple countries | 2001 | 76±13 | 11 | Normal, 21 | 50 | NS | Glucose, 2h | Standard | Venous, NS | YSI / Enzymatic | 42 |
| 261 | Wheat bread, sliced (Harry's) | Italy | 2005-2015 | 76±14 | 11 | Normal, | 50 | 96.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 4 |
| 262 | White bread | Canada | 2009* | 78±4 | 12 | Normal, Non-Caucasian, 37 | 50 | 109 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 263 | White bread, WonderWhite™ (Goodman Fielder Ltd, NSW, Australia), tested by subjects with a high AMY1 copy number | Australia | 2014 | 81±3 | 12 | Normal, 19 | 50 | 119.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 40 |
| 264 | White bread (Gardenia Bakeries (KL) Sdn Bhd Shah Alam, Selangor) | Malaysia | 2009* | 83±7 | 12 | Normal, 12 | 25 | 51.9 | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 29 |
| 265 | White bread (Gardenia brand, NTUC Fairprice, Singapore) | Singapore | 2015* | 83±9 | 12 | Normal, 11 | 50 | 91.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 48 |
| 266 | Wheat bread | Norway | 2019* | 84±7 | 13 | Normal, 14 | 25 | 51 | Glucose, 2h | Standard | Capillary, plasma | YSI | 32 |
| 267 | White bread (lab made) | China | 2020 | 87±11 | 13 | Normal, 16 | 50 | 65.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 268 | White bread | China | 2005 | 88±3 | 13 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| | White wheat flour bread, mean of 35 foods | | | 73 | | | | | | | | | |
| | White wheat flour bread, other | | | | | | | | | | | | |
| 269 | Baguette, Whole Grain, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 73±6 | 11 | Normal, 10 | 50 | 119.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 270 | Bread, bakery made from an industrial mix for bread preparation (Pan Gustavo, Novaterra Zeelandia, Italy) | Italy | 2014 | 72±8 | 11 | Normal, 10 | 25 | 100 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |

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|-----|--|-----------|-----------|-------|----|------------|----|-------|-------------|----------|------------------------|-------------------------|--------------------|
| 271 | Bread, bakery made from an industrial mix for bread preparation (Pan Semola, Novaterra Zeelandia, Italy) | Italy | 2014 | 87±11 | 13 | Normal, 10 | 25 | 51 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 272 | Bread, sliced, soft wheat flour, low GI and high fiber (Pane a fette a basso indice glicemico e ad alto contenuto di fibre, Roberto Industria Alimentare, Italy) | Italy | 2011 | 41±2 | 6 | Normal, 9 | 25 | 65 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 273 | Pan Bauletto 5 cereali e soia (Mulino Bianco, Barilla, Italy) | Italy | 2009 | 60±9 | 9 | Normal, 9 | 50 | 115 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 274 | Bread, sliced, durum wheat flour (Pan Bauletto al grano duro, Mulino Bianco, Barilla, Italy) | Italy | 2009 | 68±7 | 10 | Normal, 9 | 50 | 104 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 275 | White bread, Alfacar ¹³ | Spain | 2013 | 68±8 | 10 | Normal, 22 | 50 | 94 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 47 |
| 276 | White bread, candeal-flour ¹³ | Spain | 2013 | 86±8 | 13 | Normal, 22 | 50 | 94 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 47 |
| 277 | White sandwich bread, low GI, high fiber, Bakers Delight™ Hi Fibre Lo GI (Bakers Delight Holdings, Australia) | Australia | 2006 | 52±7 | 8 | Normal, 10 | 50 | 98.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 278 | White sandwich bread, low GI, high fiber, Tip Top™ EnerGI (Tip Top Bakeries, George Weston Ltd, Australia) | Australia | 2007 | 58±3 | 9 | Normal, 20 | 50 | 111.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO _{5,10} |
| 279 | White bread, low GI, high fiber, Tip Top™ EnerGI (Tip Top Bakeries, George Weston Ltd, Australia) | Australia | 2007 | 54±4 | 8 | Normal, 11 | 50 | 111.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁵ |
| 280 | White sandwich bread, low GI, high fiber, Vogel's Wonder White 'Low GI' (Quality Bakers, Australia) | Australia | 2006-2007 | 54±3 | 8 | Normal, 10 | 50 | 135.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 281 | White sandwich bread, low GI, high fiber, Vogel's Wonder White 'Low GI' (Quality Bakers, Australia) | Australia | 2007 | 59±3 | 9 | Normal, 20 | 50 | 135.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 282 | White sandwich bread, Low GI, high fiber, Low GI Wonder Active (Quality Bakers, Sydney, Australia) | Australia | 2019 | 52±4 | 8 | Normal, 10 | 50 | 131.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 283 | White bread, toasted (Hovis, UK) | UK | 2005 | 50±7 | 8 | Normal, 10 | 50 | 101.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 49 |

| 284 | Enriched white bread, Wonder™ (Interstate Brands Companies, Kansas City, USA) | USA | 1999 | 71±9 | 11 | Normal, 10 | 50 | 111.1 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|------------------------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 285 | Enriched white bread, Wonder™ (Interstate Brands Companies, Kansas City, USA) | USA | 2000 | 72±4 | 11 | Normal, 10 | 50 | 111.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 286 | Enriched white bread, Wonder™ (Interstate Brands Companies, Kansas City, USA) | USA | 2000 | 77±3 | 12 | Normal, 10 | 50 | 108 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| White bread with added ingredients | | | | | | | | | | | | | |
| 287 | Bread, sliced, soft wheat flour, olive oil (2.5%) (Pane Bianco, Roberto Industria Alimentare, Italy) | Italy | 2011 | 63±4 | 9 | Normal, 10 | 25 | 55 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 288 | Bread, sliced, soft wheat flour, extra virgin olive oil (Pane Bianco all'olio d'oliva, Coop, Italy) | Italy | 2011 | 73±7 | 11 | Normal, 10 | 25 | 50 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 289 | White bread (100% wheat flour) + 2% pectin (George Weston Foods Ltd, Australia) | Australia | 1998 | 86±8 | 13 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 290 | White bread (100% wheat flour) + 5% fruit fiber (George Weston Foods Ltd, Australia) | Australia | 1998 | 77±9 | 12 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 291 | White bread (80% wheat flour + 20% chickpea flour) (George Weston Foods Ltd, Australia) | Australia | 1998 | 80±9 | 12 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 292 | White bread (90% wheat flour + 10% modified corn starch) (George Weston Foods Ltd, Australia) | Australia | 1998 | 79±5 | 12 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 293 | White bread (90% wheat flour + 10% tapioca starch) (George Weston Foods Ltd, Australia) | Australia | 1998 | 78±11 | 12 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | White bread (95% wheat flour + 5% oat bran) (George Weston Foods Ltd, Australia) | Australia | 1998 | 75±6 | 11 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 295 | White bread, containing 2% guar gum (George Weston Foods Ltd, Australia) | Australia | 1998 | 67±6 | 10 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 296 | White bread, containing 2% vinegar and 2.5% sourdough (Noble Rise Crunchy Toast, Australia) | Australia | 1998 | 80±4 | 12 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|--|--|----------------------------------|------------------------------|---|----|--------------------------------|------------------------------------|-------------------------------------|------------------------------------|------------|---------------------------|---|------------------|
| 297 | Bread, fibre-enriched flour (Pan Bauletto Fior di Fibra, Mulino Bianco, Barilla, Italy) | Italy | 2009 | 53±5 | 8 | Normal, 10 | 50 | 120 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 298 | White bread, fiber-enriched, Fiber White™ (Nature's Fresh, Auckland, New Zealand) | New Zealand | 2000 | 77±10 | 12 | Normal, 14 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 299 | White bread with 2.5 g Filtered Molasses Concentrate added per 100 g (6.04 g FMC/100 g carbohydrate) | Australia | 2014* | 59±6 | 9 | Normal 10 | 50 | 121 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 300 | Wheat bread enriched with β-glucan (6 g per serving) | Greece | 2020* | 48±10 | 7 | Normal, 10 | 50 | 166 | Glucose, 2h | Standard | Venous, plasma/serum | YSI | 50 |
| 301 | White bread, containing 0.8% Reducose®, lab made | China | 2020 | 42±4 | 6 | Normal, 10 | 50 | 65.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 302 | Wheat bread enriched with resistant starch (high amylose waxy maize starch; 8.8 g/serving) | Greece | 2020* | 40±8 | 6 | Normal, 10 | 50 | 166 | Glucose, 2h | Standard | Venous, plasma/serum | YSI | 50 |
| 303 | White bread (10% of white bread flour was substituted by resistant starch from tapioca) ¹¹ | Taiwan | 2012* | 70±0.1 | 11 | Normal, 10 | 50 | 144.5 | Glucose, 2h | Standard | Capillary, plasma | YSI | 41 |
| 304 | White bread (30% of white bread flour was substituted by resistant starch from tapioca) ¹¹ | Taiwan | 2012* | 68±0.2 | 10 | Normal, 10 | 50 | 204.9 | Glucose, 2h | Standard | Capillary, plasma | YSI | 41 |
| 305 | White bread (60% of white bread flour was substituted by resistant starch from tapioca) ¹¹ | Taiwan | 2012* | 51±0.1 | 8 | Normal, 10 | 50 | 221.2 | Glucose, 2h | Standard | Capillary, plasma | YSI | 41 |
| White bread, with different proving times and bread volumes | | | | | | | | | | | | | |
| 306 | White bread, prepared with a 10 min prove and a second 2 min proving (low loaf volume) | UK | 2006 | 38±4 | 6 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 51 |
| 307 | White bread, prepared with a 30 min prove and a second 12 min proving (moderate loaf volume) | UK | 2006 | 72±7 | 11 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 51 |

| | White bread, prepared with a 60 min prove and a second 30 min proving (moderate loaf volume) | UK | 2006 | 86±9 | 13 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 51 |
|--|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | White bread, prepared with a 40 min prove, a second 25 min proving and a third 50 min proving (large loaf volume) | UK | 2006 | 100±7 | 15 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 51 |
| White bread with different processing conditions | | | | | | | | | | | | | |
| | Western baked bread, made with high protein flour (15 min resting time, 70 min proving time, 11 min baking at 210°C) | Singapore | 2014* | 71±5 | 11 | Normal, 13 | 50 | 102 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 52 |
| 311 | White bread, pre-cooked frozen, baked 16 min at 180°C, cooled at 30°C for 18 min; frozen at -30°C for 30 min; preserved at -18°C; 2 nd baking at 230°C for 12 min ¹³ | Spain | 2013 | 78±8 | 12 | Normal, 22 | 50 | 100 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 47 |
| 312 | Modified steamed bread made with conventional baked bread recipe, using high protein flour (15 min resting time, 40 min proving time, 10 min steaming at 100°C) | Singapore | 2014* | 65±4 | 10 | Normal, 13 | 50 | 120 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 52 |
| 313 | Oriental steamed bread, made with medium protein flour (15 min resting time, 40 min proving time, 10 min steaming at 100°C) | Singapore | 2014* | 68±5 | 10 | Normal, 13 | 50 | 105 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 52 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 314 | Modified baked bread made with steamed bread recipe, made with medium protein flour (15 min resting time, 70 min proving time, 11 min baking at 210°C) | Singapore | 2014* | 75±4 | 11 | Normal, 13 | 50 | 87 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 52 |
| Wholemeal (whole wheat) wheat flour bread | | | | | | | | | | | | | |
| 315 | Wholemeal wheat flour bread, sliced (Pan Bauletto Integrale, ¹⁹ Italy) | Italy | 20052015 | 59±5 | 9 | Normal, 10 | 50 | 126.9 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 316 | Wholemeal flour bread | China | 2005 | 69±3 | 10 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 317 | Wholemeal flour bread | Australia | 2012 | 75±5 | 11 | Normal, 10 | 50 | 125.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 318 | Wholemeal flour bread, short wholemeal (50% whole meal wheat, 50% white wheat, Baker's yeast (1.3% net flour weight), no rising time, 30 min proving time, 220°C baking temperature, 30 min baking time ¹³ | New Zealand | 2010* | 78±5 | 12 | Normal, 10 | 50 | 111 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |

| | | | | | | | | | | | | | |
|-----|--|-------------|-------|-------------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 319 | Wholemeal bread, long whole meal (50% whole meal wheat, 50% white wheat, Baker's yeast (13% net flour weight), 20 min rising time, 30 min proving time, 220°C baking temperature, 30 min baking time ¹³ | New Zealand | 2010* | 80±7 | 12 | Normal, 10 | 50 | 115 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |
| 320 | Wholemeal bread (Gardenia Bakeries (KL) Sdn Bhd Shah Alam, Selangor, Malaysia) | Malaysia | 2009* | 85±6 | 13 | Normal, 11 | 25 | 80 | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 29 |
| 321 | Wholemeal bread, yeast (50% wholemeal wheat, 50% white wheat, Baker's yeast (15% dry weight), 60 min rising time, 40 min proving time, 200°C baking temperature, 40-50 min baking time ¹³ | New Zealand | 2010* | 88±8 | 13 | Normal, 10 | 50 | 119 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |
| 322 | Wholemeal bread, smooth milled, Ploughman's™ (Quality Bakers, Australia) <i>Wholemeal wheat flour bread, mean of eight foods</i> | Australia | 1996 | 64±10 75 | 10 | Normal, 12 | 50 | 117.1 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Wholemeal stoneground flour sourdough bread (Bill's 323 Organic Bread, Cardiff, Australia) | Australia | 2003 | 59±8 | 9 | Normal, 10 | 50 | 135.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 324 | Wholemeal sliced bread, High fibre Performax™ (Country Life Bakery, Australia) | Australia | 1999 | 38±3 | 6 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 325 | Wholemeal bread (wholemeal wheat flour, water, yeast, salt, and 40% sourdough), baked at 200°C for 40 min ¹³ | Spain | 2013 | 61±8 | 9 | Normal, 22 | 50 | 134 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 47 |
| 326 | Wholemeal bread sticks, crunchy | Crete | 2006 | 67±5 | 10 | Normal, 10 | 50 | 84.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|-----------------|
| Wrap breads | | | | | | | | | | | | | |
| 327 | Corn tortilla, made from white corn, Diego's brand (San Diego Tortilla Factory Pty Ltd, Andrews, QLD, Australia) | Australia | 2007 | 49±6 | 7 | Normal, 9 | 50 | 121.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 328 | Corn tortilla, made from white corn, gluten-free, Mission® (Mission Foods Australia) | Australia | 2010 | 52±4 | 8 | Normal, 9 | 50 | 121.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 329 | Protein Wraps (Herman Brot Pty Ltd, Australia) | Australia | 2019 | 27±3 | 4 | Normal, 10 | 25 | 176.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 330 | Mixed Grain wraps, Helga's (Quality Bakers Australia Pty Ltd, Australia) | Australia | 2015 | 55±6 | 8 | Normal, 10 | 50 | 105.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|-----------------------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 331 | Oat Light Wrap bread (Mountain Bread, VIC, Australia) | Australia | 2008 | 62±6 | 9 | Normal, 10 | 50 | 94.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 332 | Whole Grain Tortilla, Old El Paso™ (General Mills Australia Pty Ltd) | Australia | 2015 | 50±5 | 8 | Normal, 10 | 50 | 106.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 333 | Wholemeal and white flour wrap with chia seeds, Mission brand (Gruma Oceania Pty Ltd, Australia) | Australia | 2015 | 50±6 | 8 | Normal, 10 | 50 | 127.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 334 | Wholemeal and white flour wrap with red quinoa, Mission brand (Gruma Oceania Pty Ltd, Australia) | Australia | 2015 | 59±5 | 9 | Normal, 10 | 50 | 122.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Other Special wheat breads | | | | | | | | | | | | | |
| | Chia White bread, Bakers Delight™ (Bakers Delight 335 Holdings, Australia) | Australia | 2010 | 63±3 | 9 | Normal, 10 | 50 | 117.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Bread, increased GI variant (sugar-to-flour ratio: 0.24) 336 (Bakery School, Herk-de-Stad, Belgium) | Belgium | 2010* | 69±15 | 10 | Normal, 10 | 25 | 55.6 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 1 |
| 337 | Bread, decreased GI variant (sugar-to-flour ratio: 0.0) (Bakery School, Herk-de-Stad, Belgium) | Belgium | 2010* | 40±4 | 6 | Normal, 10 | 25 | 58.1 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 1 |
| 338 | Bread, sliced, soft wheat flour, flaxseeds (4.9%), soy grain (4.3%) (Cuor di Lino, Mulino Bianco, Barilla, Italy) | Italy | 2012 | 58±10 | 9 | Normal, 9 | 50 | 127 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 339 | Bread, desem (50% whole meal wheat, 50% white wheat), baker's yeast (15% dry weight), desem (15% wet weight), 60 min rising time, 40 min proving time, 200°C baking temperature, 40-50 min baking time ¹³ | New Zealand | 2010* | 92±10 | 14 | Normal, 10 | 50 | 119 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 31 |
| 340 | Crusty malted wheat bread (Finest, UK) | UK | 2005 | 52±8 | 8 | Normal, 10 | 50 | 113.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 341 | Dried wheat bread rusk | Crete | 2006 | 63±6 | 9 | Normal, 10 | 50 | 71.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |

| | | | | | | | | | | | | | |
|-----------------------------|--|-----------|-------|-------|----|---------------|----|-------|-------------|----------|------------------------|-------------------------|------------------|
| 342 | Focaccia, soft wheat flour, with extra virgin olive oil (8.7%) (Focaccine con olio di oliva extravergine, Mulino Bianco, Barilla) | Italy | 2015 | 63±8 | 9 | Normal, 9 | 25 | 62 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 343 | Lebanese bread, white (Seda Bakery, Sydney, Australia) | Australia | 2002 | 75±9 | 11 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 344 | Malt loaf, organic | UK | 2005 | 59±9 | 9 | Normal, 10 | 50 | 81.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 345 | Naan bread (True Foods Pty Ltd, VIC, Australia), heated in microwave for 25 sec | Australia | 2013 | 71±5 | 11 | Normal, 10 | 50 | 117.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 346 | Pain au lait (Pasquier, France) | France | 2002 | 63±10 | 9 | Normal, 11-14 | 50 | 94 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 347 | Pita bread, white, mini | UK | 2005 | 68±5 | 10 | Normal, 10 | 50 | 97.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 348 | Pita bread, wholemeal | UK | 2005 | 56±13 | 8 | Normal, 10 | 50 | 107.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 349 | Pumpkin Cob Gourmet Bread (Fine Breads of Australia, NSW, Australia) | Australia | 2008 | 85±12 | 13 | Normal, 10 | 50 | 121.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 350 | Roti (unleavened flatbread), whole wheat flour | India | 2010* | 45±4 | 7 | Normal, 18 | 50 | 74.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 54 |
| 351 | Roti (unleavened flatbread), atta mix containing roasted Bengal flour, psyllium husk powder and fenugreek powder | India | 2010* | 27±2 | 4 | Normal, 18 | 50 | 66.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer | 54 |
| 352 | Sprouted kamut bread | Australia | 2008 | 67±5 | 10 | Normal, 10 | 50 | 128.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 353 | Steamed wheat bread | China | 2005 | 88±7 | 13 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| Other special breads | | | | | | | | | | | | | |
| 354 | Barley bread, containing 40% barley flour and 60% wheat flour, separate proving of wheat dough | Norway | 2019* | 72±6 | 11 | Normal, 14 | 25 | 56.7 | Glucose, 2h | Standard | Capillary, plasma | YSI | 32 |
| 355 | Lompe (made from potato, precooked and cooled, and spelt flour) (Speltlompe) (Buer AS, Askim, Norway) | Norway | 2019* | 63±6 | 9 | Normal, 14 | 25 | 66.8 | Glucose, 2h | Standard | Capillary, plasma | YSI | 32 |
| 356 | Millet steamed bread (75% foxtail-millet flour and 25% extrusion flour (w/w, dry basis) | China | 2016* | 90±9 | 14 | Normal, 10 | 50 | 100 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 11 |
| 357 | Potato mixed flour bread (lab made) | China | 2020 | 55±3 | 8 | Normal, 12 | 50 | 107.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |

| 358 | Soy flour bread | Australia | 2005 | 40±6 | 6 | Normal, 10 | 50 | 197.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
|--|--|------------------------------|-------------------|-------|----------------------------|------------------------------------|-------------------------------------|------------------------------------|-------------|----------------------|---|-------------------------|-----------------|
| Food Number and Item | Country of | Year of ¹ test | GI ² ± | GL | Subjects number)(type & | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. | |
| | food | | SEM | | | | | | | | | | |
| | production | | (Glu = 100) | | | | | | | | | | |
| BREAKFAST CEREALS | | | | | | | | | | | | | |
| Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category. | | | | | | | | | | | | | |
| Bran Flakes | | | | | | | | | | | | | |
| 359 | Branflakes (Healthy Living, UK) | UK | 2005 | 50±7 | 10 | Normal, 10 | 50 | 74.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 360 | Bran Flakes, President's Choice® Blue Menu™(Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 65±8 | 13 | Normal, 10 | 50 | 79.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 361 | Bran Flakes™ (Kellogg's, Australia) | Australia | 2000 | 74±6 | 15 | Normal, 12 | 50 | 83.0 | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Bran flakes, mean of three foods | | | | 63 | | | | | | | | | |
| Chocapic™ (Nestlé, France) | | | | | | | | | | | | | |
| 362 | Chocapic™, wheat-based flaked cereal | France | 2003 | 70±10 | 14 | Normal, 11 | 50 | 62.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 363 | Chocapic™, wheat-based flaked cereal | France | 2003 | 74±9 | 15 | Normal, 12 | 50 | 62.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 364 | Chocapic™, wheat-based flaked cereal | France | 2002 | 84±9 | 17 | Normal, 11-14 | 50 | 60 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| Chocapic, mean of three foods | | | | 76 | | | | | | | | | |
| Cornflakes™ | | | | | | | | | | | | | |
| 365 | Cornflakes (Kellogg's, Australia) ¹³ , tested in younger adults (19-32 y) | Australia | 2014* | 64±4 | 13 | Normal, 20 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 55 |
| 366 | Cornflakes ¹¹ | France | 2019* | 66±5 | 13 | Normal, 13 | 50 | 53.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| 367 | Cornflakes | China | 2005 | 74±3 | 15 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |

| 368 | Cornflakes ¹¹ | France | 2019* | 77±6 | 15 | Normal, 15 | 50 | 53.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
|--------------------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 369 | Cornflakes ¹¹ | France | 2019* | 77±6 | 15 | Normal, 15 | 50 | 53.5 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 7 |
| 370 | Cornflakes | China | 2005 | 79±4 | 16 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 371 | Cornflakes (Kellogg's, Australia) ¹³ , tested in older adults (56-86 y) | Australia | 2014* | 81±3 | 16 | Normal, 60 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 55 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 372 | Cornflakes (Kellogg's, Australia) | Australia | 2010 | 82±4 | 16 | Normal, 10 | 50 | 59.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 39 |
| 373 | Cornflakes (Kellogg's) | Thailand | 2019 | 93±8 | 19 | Normal, 10 | 50 | 60 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 374 | Cornflakes (Kellogg's) | Thailand | 2020 | 105±10 | 21 | Normal, 12 | 50 | 60 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| | <i>Cornflakes, mean of 10 foods</i> | | | 80 | | | | | | | | | |
| 375 | Cornflakes, Crunchy Nut™ (Kellogg's, Australia) | Australia | 1999 | 72±4 | 14 | Normal, 10 | 50 | 62.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Fruit and Fibre cereals | | | | | | | | | | | | | |
| 376 | Fruit and Fibre | UK | 2005 | 67±7 | 13 | Normal, 10 | 50 | 72.4 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 377 | Fruit and Fibre (Value, UK) | UK | 2005 | 68±7 | 14 | Normal, 10 | 50 | 76.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| Granola | | | | | | | | | | | | | |
| 378 | Granola, blueberry | Canada | 2010* | 64±6 | 13 | Normal, 10 | 50 | 92 | Bread, 2h | Standard | Capillary, whole blood | YSI | 56 |
| 379 | Granola Clusters, Original, low fat, President's Choice® Blue Menu™ Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 63±4 | 13 | Normal, 10 | 50 | 68.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 380 | Granola Clusters, Raisin & Almond, low fat, President's® Blue Menu™ Loblaw Brands Limited, Canada) Choice | Canada | 2004-2007 | 70±7 | 14 | Normal, 10 | 50 | 68.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

| 381 | Granola, whole-grain oat protein | USA | 2018* | 51±4 | 10 | Normal, 19 | 50 | 87 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 382 | Low GI Granola Golden Almond Crunch (Sanitarium Health and Food Company, New Zealand) | New Zealand | 2019 | 49±7 | 10 | Normal, 11 | 50 | 102 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ²⁰ |
| 383 | Low GI Granola Strawberry & Coconut (Sanitarium health and Food Company) | New Zealand | 2019 | 52±6 | 10 | Normal, 11 | 50 | 96.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ²⁰ |
| 384 | Soy Crunch Multi-Grain Cereal, President’s Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 47±4 | 9 | Normal, 10 | 50 | | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 385 | Soytana™, Vogel’s, soy and linseed bran crunch with sultanas, 20.1 g fiber/100 g (Specialty Cereals, Mt Ku-ringgai, NSW, Australia) | Australia | 2001 | 49±3 | 10 | Normal, 10 | 50 | 81.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 386 | Vogel’s Cluster Crunch Classic (Specialty Cereals, Australia) | Australia | 2006 | 50±6 | 10 | Normal, 10 | 50 | 76.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 387 | Vogel’s Cluster Crunch, Honey Hazelnut (Specialty Cereals, Australia) | Australia | 2006 | 43±3 | 9 | Normal, 10 | 50 | 79.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 388 | Wild Oats Cluster Crunch Hazelnut Chocolate (Specialty Cereals, Australia) | Australia | 2006 | 43±6 | 9 | Normal, 10 | 50 | 79.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Granola, mean of 11 foods | | | 53 | | | | | | | | | |
| | Malted cereals | | | | | | | | | | | | |
| 389 | Malted wholewheat cereal | UK | 2008* | 56±5 | 11 | Normal Caucasian, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 58 |
| 390 | Malted wholewheat cereal | UK | 2008* | 60±7 | 12 | Normal Asian, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 58 |
| 391 | Malted wheat cereal | UK | 2008* | 60±5 | 12 | Normal Caucasian, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 58 |
| 392 | Malted wheat cereal | UK | 2008* | 68±5 | 14 | Normal Asian, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 58 |

Malted wheat cereal, mean of four foods

61

Muesli

| | | | | | | | | | | | | | |
|-----|---|--------------|------|-------|----|------------|----|-------|-------------|----------|------------------------|-----------|------------------|
| 393 | Apple & Cinnamon Muesli, Nature's Source (Bokomo, Cape Town, South Africa) | South Africa | 2008 | 59±6 | 12 | Normal, 10 | 50 | 79.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 394 | Apple & Cranberry Muesli, Balance (Simply Cereal Pty Ltd, Australia) | Australia | 2008 | 67±3 | 13 | Normal, 10 | 50 | 72.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 395 | Bircher Muesli, Apple & Raisin (Aussie Bodies Pty Ltd, VIC, Australia) | Australia | 2008 | 66±11 | 13 | Normal, 10 | 50 | 92.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 396 | Bircher Muesli, Carman's Natural (Carman's Fine Foods, Australia) | Australia | 2014 | 48±5 | 10 | Normal, 10 | 50 | 101.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 397 | Fibre-Rich Muesli, Vogel's Café Style (Specialty Cereals, Mt Ku-ring-gai, NSW, Australia) | Australia | 2006 | 48±6 | 10 | Normal, 10 | 50 | 78.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 398 | Fruit Free Muesli, Carman's Original (Carman's Fine Foods, Australia) | Australia | 2014 | 45±5 | 9 | Normal, 10 | 50 | 107.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 399 | Fruit & Muesli, Bürgen® (George Weston Foods, Australia) | Australia | 2007 | 51±4 | 10 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁵ |
| 400 | Fruit & Nut Muesli, Carman's Classic (Carman's Fine Foods, Australia) | Australia | 2014 | 50±5 | 10 | Normal, 10 | 50 | 92.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | Liver Cleansing Muesli (Food For Health Life Food, 401 Australia) | Australia | 2008 | 31±4 | 6 | Normal, 10 | 50 | 116.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 402 | Muesli (Value, UK) | UK | 2005 | 64±9 | 13 | Normal, 10 | 50 | 79.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 403 | Muesli (Healthy Eating, UK) | UK | 2005 | 86±10 | 17 | Normal, 10 | 50 | 70.3 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 404 | Muesli (Cereali croccanti classic, Italy) ⁶ | Italy | 2009 | 66±6 | 13 | Normal, 10 | 50 | 75.5 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |

| 405 | Muesli, fruit | UK | 2005 | 67±7 | 13 | Normal, 10 | 50 | 74.4 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
|----------------------|--|---------------------------|-----------------------------------|-------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|-------------------------|------------------|
| 406 | Muesli, with concentrated fruit juices (Cereali croccanti classic, Italy) ⁶ | Italy | 2009 | 62±8 | 12 | Normal, 10 | 50 | 69.9 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 407 | Muesli Gluten Free, Carman’s Deluxe (Carman’s Fine Foods, Australia) | Australia | 2014 | 49±3 | 10 | Normal, 10 | 50 | 79.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 408 | Muesli, gluten-free with psyllium (Freedom Foods, Australia) | Australia | 2007 | 50±7 | 10 | Normal, 9 | 50 | 150.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 409 | Muesli, Light, mixed berry & apple flavor, Special K brand (Kellogg's, Australia) | Australia | 2007 | 64±7 | 13 | Normal, 10 | 50 | 74.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 410 | Muesli, made from steamed rolled oats with dried fruit and nuts, Alpen original (Weetabix, UK) | UK | 2002 | 55±10 | 11 | Normal, 11-14 | 50 | 80 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 411 | Muesli, Morning Sun Natural Apricot & Almond (Nestlé, Australia) | Australia | 2006 | 49±5 | 10 | Normal, 10 | 25 | 56.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 412 | Muesli, Natural (Sanitarium, Australia) | Australia | 2001 | 40±6 | 8 | Normal, 10 | 50 | 79.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 413 | Muesli, Natural (Sanitarium, New Zealand) | New Zealand | 2000 | 57±9 | 11 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 414 | Muesli, Natural Style Original Swiss Formula (Uncle Toby's, Australia) | Australia | 2007 | 62±6 | 12 | Normal, 9 | 50 | 83.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 415 | Muesli, Naytura Fruit and Nut (Woolworths, Australia) | Australia | 2007 | 48±6 | 10 | Normal, 10 | 50 | 108.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 416 | Muesli, Swiss Bircher (Woolworths Select, Australia) | Australia | 2008 | 52±5 | 10 | Normal, 10 | 50 | 85.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 417 | Muesli, toasted, with nuts | Australia | 2006 | 65±5 | 13 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 418 | Muesli, wholewheat | UK | 2005 | 56±6 | 11 | Normal, 10 | 50 | 84.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| | | | | | | | | | | | | | |
| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. | |

| | | | | | | | | | | | | | |
|-----|--|-----------|-----------|-------|----|------------|----|-------|-------------|----------|------------------------|-------------------------|------------------|
| 419 | Muesli, yeast & wheat free (Freedom Foods, Australia) | Australia | 2007 | 45±5 | 9 | Normal, 10 | 50 | 150.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 420 | Rye Muesli, Bürgen® (George Weston Foods, Australia) | Australia | 2007 | 41±5 | 8 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ₁₅ |
| | Soy-Lin™ Muesli, Bürgen® (George Weston Foods, 421 Australia) | Australia | 2006-2007 | 51±3 | 10 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 422 | Whole-grain oat muesli | USA | 2018* | 55±4 | 11 | Normal, 19 | 50 | 84 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |
| | <i>Muesli, mean of 30 foods</i> | | | 55 | | | | | | | | | |
| | Muesli, high protein, low carbohydrate | | | | | | | | | | | | |
| 423 | Chocolate Protein Muesli (Herman Brot Pty Ltd, Australia) | Australia | 2016 | 35±4 | 7 | Normal, 10 | 25 | 120.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Peanut Candy Protein Muesli (Herman Brot Pty Ltd, 424 Australia) | Australia | 2016 | 30±3 | 6 | Normal, 10 | 25 | 147.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 425 | Red Fruits Protein Muesli (Herman Brot Pty Ltd, Australia) | Australia | 2016 | 32±4 | 6 | Normal, 10 | 25 | 134.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Porridge / oatmeal | | | | | | | | | | | | |
| | Instant oat porridge | | | | | | | | | | | | |
| 426 | Instant oats, cooked in microwave for 2.5 min (Quaker Quick Oats; Peterborough, Ontario) | Canada | 2010 | 76±4 | 15 | Normal, 10 | 50 | 88.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 39 |
| 427 | Instant oat porridge, cooked in microwave with water (Uncle Toby's, Australia) | Australia | 2003 | 82±10 | 16 | Normal, 10 | 50 | 88.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 428 | Instant oat cereal porridge, prepared with 348 g water | UK | 2006 | 83±10 | 17 | Normal, 10 | 50 | 87.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 429 | Instant oat porridge, prepared with water, cooked | Australia | 2007 | 87±9 | 17 | Normal, 10 | 50 | 88.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Instant oat porridge, mean of four foods</i> | | | 82 | | | | | | | | | |
| | Porridge, made from rolled oats 430 | | | | | | | | | | | | |
| | Porridge oats (Freedom Foods, Australia) | Australia | 2007 | 50±4 | 10 | Normal, 12 | 50 | 80.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 431 | Porridge oats, traditional (Lowan Whole Foods, Australia) | Australia | 2004 | 51±8 | 10 | Normal, 10 | 50 | 81.0 | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

| 432 | Porridge oats | China | 2005 | 55±2 | 11 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|--------------------------|------------------------|-------------------------------------|-----------------|
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 433 | Porridge, Traditional Rolled Oats (Woolworths Select brand, Australia) | Australia | 2008 | 57±4 | 11 | Normal, 10 | 50 | 81.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 434 | Porridge (Hubbards, New Zealand) | New Zealand | 2000 | 58±9 | 12 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 435 | Porridge, Scottish, made with water, cooked in microwave | UK | 2005 | 63±7 | 13 | Normal, 10 | 50 | 80.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 436 | Oat porridge made from 0.5-0.6 mm thick rolled oat flakes, cooked for 10 min (Elovena, Raisio Group Ltd, Raisio, Finland) | Finland | 2005 | 76±7 | 15 | Normal, 12 | 50 | 495 | Glucose, 3h ²¹ | 0,15,30,45,60,90,120,180 | Capillary, whole blood | HemoCue | 59 |
| 437 | Multigrain porridge, containing rolled oats, wheat, triticale, rye, barley and rice, cooked with water (The Monster Muesli Company, Beecroft, Australia) | Australia | 2003 | 55±2 | 11 | Normal, 9 | 50 | 143.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | <i>Porridge made from rolled oats, mean of eight foods</i> | | | 58 | | | | | | | | | |
| | Porridge, made from steel-cut oats | | | | | | | | | | | | |
| 438 | Porridge, made from steel-cut oats, cooked in water | Australia | 2003 | 48±5 | 10 | Normal, 10 | 50 | 81.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 439 | Porridge, made from steel-cut oats, Moulamein™, cooked in water | Australia | 2016 | 51±5 | 10 | Normal, 9 | 50 | 87.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 440 | Porridge, made from steel-cut oats, cooked in water | USA | 2003 | 52±4 | 10 | Normal, 9 | 50 | 90.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Porridge, made from steel-cut oats, cooked in water 441 (Meebags, Sunny International Trading Pty Ltd) | Australia | 2019 | 53±3 | 11 | Normal, 9 | 50 | 89.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 442 | Porridge, made from old-Fashioned Steel Cut Oats, President's Choice® Blue Menu™(Loblaw Brands Limited, Canada) | Canada | 2007 | 57±8 | 11 | Normal, 10 | 50 | 80.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | <i>Porridge made from steel-cut oats, mean of five foods</i> | | | 52 | | | | | | | | | |

| Porridge, made from rolled oats, flavored | | | | | | | | | | | | | |
|---|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 443 | Almond & Cinnamon, Uncle Toby's® Oats Super Blends Protein, prepared with water | Australia | 2019 | 57±5 | 11 | Normal, 10 | 50 | 105.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 444 | Cranberry & Chia, Uncle Toby's® Oats Super Blends Protein, prepared with water | Australia | 2019 | 52±5 | 10 | Normal, 10 | 50 | 94.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 445 | Multi grain instant oatmeal, Regular and Cinnamon & Spice, President's Choice® Blue Menu™ Loblaw Brands Limited, Canada) | Canada | 2007 | 55±7 | 11 | Normal, 10 | 50 | 86.5 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Rice Bubbles | | | | | | | | | | | | | |
| 446 | Rice Bubbles™ (Kellogg's, Australia) | Australia | 2000 | 85±3 | 17 | Normal, 10 | 50 | 58.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 447 | Rice Bubbles™ (Kellogg's, Australia) | Australia | 2007 | 92±8 | 18 | Normal, 9 | 50 | 58.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Special K™ - formulation of this cereal varies in different countries | | | | | | | | | | | | | |
| 448 | Special K™ (Kellogg's, USA) | USA | 2000 | 69±5 | 14 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 449 | Special K™, made from rice (Kellogg's, France) | France | 2002 | 84±12 | 17 | Normal, 11-14 | 50 | 64 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| Sustain | | | | | | | | | | | | | |
| 450 | Sustain™, Original (Kellogg's, Australia) | Australia | 2007 | 55±5 | 11 | Normal, 10 | 50 | 67.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 451 | Sustain™ (Kellogg's) ¹³ , tested in younger adults (19-32 y) | Australia | 2014* | 56±4 | 11 | Normal, 20 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 55 |
| 452 | Sustain™ (Kellogg's) ¹³ , tested in older adults (56–86 y) | Australia | 2014* | 66±3 | 13 | Normal, 60 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 55 |
| Sustain, mean of three studies | | | | 59 | | | | | | | | | |
| Wheat biscuits (plain flaked wheat) | | | | | | | | | | | | | |
| 453 | Vita-Brits™ (Uncle Toby's, Australia) | Australia | 2001 | 68±6 | 14 | Normal, 10 | 50 | 75.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

| | | | | | | | | | | | | | |
|--|---|-----------|-------|-------|----|------------|----|------|-------------|----------|------------------------|-------------------------|-----------------|
| 454 | Weet-Bix™ (Sanitarium, Australia) | Australia | 2004 | 69±4 | 14 | Normal, 10 | 50 | 78.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 455 | Weet-Bix™ (Sanitarium, Australia) | Australia | 2001 | 69±4 | 14 | Normal, 12 | 50 | 75.1 | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 456 | Whole wheat Goldies™ (Kellogg's, Australia) | Australia | 2001 | 70±4 | 14 | Normal, 10 | 50 | 74.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 457 | Wheat based cereal biscuits | UK | 2006 | 72±10 | 14 | Normal, 10 | 50 | 74.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 458 | Wheat flake cereal biscuits | Australia | 2014* | 76±5 | 15 | Normal 10 | 50 | 75 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
| <i>Wheat biscuits plain, mean of six foods</i> | | | | 71 | | | | | | | | | |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Wheat biscuits (flaked wheat) with additional ingredients | | | | | | | | | | | | | |
| 459 | Good Start™, muesli wheat biscuits (Sanitarium, Australia) | Australia | 2001 | 68±4 | 14 | Normal, 10 | 50 | 75.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 460 | Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia) | Australia | 2001 | 61±4 | 12 | Normal, 10 | 50 | 147.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 461 | Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia) | Australia | 2001 | 57±3 | 11 | Normal, 10 | 50 | 92.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 462 | Honey Goldies™ (Kellogg's Australia) | Australia | 2001 | 72±3 | 14 | Normal, 10 | 50 | 71.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 463 | Lite-Bix™, plain, no added sugar (Sanitarium, Australia) | Australia | 2001 | 70±3 | 14 | Normal, 10 | 50 | 92.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 464 | Oat bran Weet-Bix™ (Sanitarium, Australia) | Australia | 2001 | 57±4 | 11 | Normal, 10 | 50 | 91.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 465 | Sultana Goldies™ (Kellogg's Australia) | Australia | 2001 | 65±6 | 13 | Normal, 10 | 50 | 73.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 466 | Wheat flake cereal biscuits with 1.4 g Filtered Molasses Concentrate added per 100 g (2.08 g FMC/100 g carbohydrate) | Australia | 2014* | 72±5 | 14 | Normal 10 | 50 | 75 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |

| 467 | Wheat flake cereal biscuits with 2.0 g Filtered Molasses Concentrate added per 100g (2.98 g FMC/100 g carbohydrate) | Australia | 2014* | 70±4 | 14 | Normal 10 | 50 | 75 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
|--------------------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 468 | Wheat flakes | Australia | 2019 | 73±7 | 15 | Normal 10 | 50 | 85.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Other breakfast cereals | | | | | | | | | | | | | |
| 469 | All-Bran Fruit 'n Oats™ (Kellogg's, Australia) | Australia | 1997 | 41±9 | 8 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 470 | All-Bran Soy 'n Fiber™ (Kellogg's, Australia) | Australia | 1999 | 33±3 | 7 | Normal, 10 | 50 | 88.0 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 471 | All-Bran Wheat Flakes™ (Kellogg's, Australia) | Australia | 2007 | 60±8 | 12 | Normal, 9 | 50 | 72.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 472 | Bran cereal, high fiber | UK | 2005 | 43±10 | 9 | Normal, 10 | 50 | 129.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 473 | Coco Pops™ (Kellogg's, Australia) | Australia | 2000 | 77±3 | 15 | Normal, 10 | 50 | 57.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 474 | Corn Pops™ (Kellogg's, Australia) | Australia | 2000 | 80±4 | 16 | Normal, 10 | 50 | 55.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 475 | Crunchola Apple & Cinnamon Oat & Fruit (Norganic Foods Pty Ltd, Australia) | Australia | 2008 | 70±6 | 14 | Normal, 10 | 50 | 69.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 476 | Energy Mix™, wheat-based flaked cereal (Quaker, France) | France | 2002 | 80±7 | 16 | Normal, 11-14 | 50 | 58 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 477 | Fibre First Multi-Bran Cereal, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 56±10 | 11 | Normal, 10 | 50 | 150.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 478 | Froot Loops™ (Kellogg's, Australia) | Australia | 1999 | 69±9 | 14 | Normal, 10 | 50 | 58.6 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 479 | Frosties™, sugar-coated cornflakes (Kellogg's, Australia) | Australia | 1997 | 55±7 | 11 | Normal, 12 | 50 | 57.8 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 480 | Fruity-Bix™, berry (Sanitarium, New Zealand) | New Zealand | 2000 | 113±10 | 23 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |

| 481 | Golden Wheats™ (Kellogg's, Australia) | Australia | 1997 | 71±8 | 14 | Normal, 10 | 50 | 65.2 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 482 | Goodness Superfoods Fibre Boost Sprinkles (Popina Pty Ltd, Australia) | Australia | 2009 | 34±4 | 7 | Normal, 10 | 25 | 40.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 483 | Grapenuts™ (Kraft Foods Inc, Port Chester, USA) | USA | 1997 | 75±6 | 15 | Normal, 10 | 50 | 72.5 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 484 | Guardian™ (Kellogg's, Australia) | Australia | 1997 | 37±9 | 7 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 485 | Guardian™ (Kellogg's, Australia) | Australia | 2019 | 43±4 | 9 | Normal, 11 | 50 | 38.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 486 | Healthwise™ for bowel health (Uncle Toby's, Wahgunyah, Australia) | Australia | 2006 | 66±9 | 13 | Normal, 10 | 50 | 72.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 487 | High-fiber cereal | UK | 2006 | 52±6 | 10 | Normal, 10 | 50 | 87.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 488 | Hi-Lite™, containing 55% rolled barley grains (Freedom Foods, Cheltenham, Australia) | Australia | 2006-2007 | 54±5 | 11 | Normal, 9 | 50 | 82.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 489 | Honey Rice Bubbles™ (Kellogg's, Australia) | Australia | 2000 | 77±4 | 15 | Normal, 10 | 50 | 56.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 490 | Honey Smacks™ (Kellogg's, Australia) | Australia | 1997 | 71±10 | 14 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 491 | Hot cereal, Sustagrain, apple & cinnamon (Con Agra Inc, USA) | USA | 1999 | 37±6 | 7 | Normal, 10 | 50 | 96.3 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 492 | Hot cereal, Sustagrain, unflavored (Con Agra Inc., USA) | USA | 1999 | 25±5 | 5 | Normal, 10 | 50 | 135.5 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 493 | Just Right™ (Kellogg's, Australia) | Australia | 1997 | 60±15 | 12 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 494 | Just Right Just Grains™ (Kellogg's, Australia) | Australia | 1999 | 62±11 | 12 | Normal, 10 | 50 | 64.3 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|--|---|-----------|-------|-------|----|---------------|----|-------|-------------|----------|------------------------|-------------------------|-----------------|
| 495 | Komplete™ (Kellogg's, Australia) | Australia | 1997 | 48±5 | 10 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 496 | Milo® Protein Clusters Cereal (Nestlé, Australia) | Australia | 2015 | 47±4 | 9 | Normal, 10 | 50 | 80.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 497 | Mini Wheats™, blackcurrant (Kellogg's, Australia) | Australia | 1997 | 72±10 | 14 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 498 | Oat 'n Honey Bake™ (Kellogg's, Australia) | Australia | 1999 | 77±11 | 15 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 499 | Oats, rolled, uncooked (Lowen's Whole Foods, Box Hill, Australia) | Australia | 2003 | 59±4 | 12 | Normal, 10 | 50 | 80.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 500 | Raisin Bran™ (Kellogg's, USA) | USA | 2000 | 61±5 | 12 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 501 | Soy Tasty™ (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia) | Australia | 2001 | 60±5 | 12 | Normal, 10 | 50 | 77.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 502 | Sultana Bran™ (Kellogg's, Australia) | Australia | 2007 | 64±3 | 13 | Normal, 9 | 50 | 78.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 503 | Ultra-bran™, Vogel's, soy and linseed extruded wheat bran cereal, 30.2 g fiber/100 g (Specialty Cereals, Australia) | Australia | 2001 | 41±4 | 8 | Normal, 10 | 50 | 104.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 504 | Wheat flakes | Australia | 2019 | 73±7 | 15 | Normal, 10 | 50 | 85.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 505 | Whole-grain protein cereal | USA | 2018* | 49±3 | 10 | Normal, 19 | 50 | 99 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |
| Breakfast cereal bars and cookies | | | | | | | | | | | | | |
| Breakfast cereal bars | | | | | | | | | | | | | |
| 506 | Apricot Breakfast Bar, chewy (Norganic Foods Pty Ltd, Australia) | Australia | 2008 | 85±10 | 17 | Normal, 10 | 50 | 74.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 507 | Cereal bar, cranberry flavor | UK | 2006 | 42±5 | 8 | Normal, 10 | 50 | 103.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 508 | Cereal bar, hazelnut flavor | UK | 2006 | 33±6 | 7 | Normal, 10 | 50 | 103.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 509 | Cereal bar, orange flavor | UK | 2006 | 33±3 | 7 | Normal, 10 | 50 | 105.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 510 | Crunchy Nut Cornflakes™ bar (Kellogg's, Australia) | Australia | 1999 | 72±6 | 14 | Normal, 10 | 50 | 58.3 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 511 | Fruity-Bix™ bar, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, Australia) | Australia | 2001 | 56±4 | 11 | Normal, 10 | 50 | 79.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 512 | Fruity-Bix™ bar, wild berry, wheat biscuit cereal and dried fruit covered with yoghurt coating (Sanitarium, Australia) | Australia | 2001 | 51±4 | 10 | Normal, 10 | 50 | 82.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 513 | Hi-Lite™ breakfast bar (Freedom Foods, Australia) | Australia | 2007 | 53±3 | 11 | Normal, 10 | 50 | 71.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 514 | K-Time Just Right™ bar (Kellogg's, Australia) | Australia | 2000 | 72±4 | 14 | Normal, 10 | 50 | 64.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 515 | K-Time Strawberry Crunch™ bar (Kellogg's, Australia) | Australia | 2000 | 77±5 | 15 | Normal, 10 | 50 | 61.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 516 | Muesli breakfast bar, gluten-free (Freedom Foods, Australia) | Australia | 2007 | 50±6 | 10 | Normal, 9 | 50 | 87.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 517 | Rice Bubble Treat™ bar (Kellogg's, Australia) | Australia | 1999 | 63±11 | 13 | Normal, 10 | 50 | 63.2 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 518 | Sustain™ bar (Kellogg's, Australia) | Australia | 1999 | 57±10 | 11 | Normal, 10 | 50 | 60.8 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 519 | Uncle Toby's® Milk and Oats, Chocolate cereal bar | Australia | 2019 | 48±3 | 10 | Normal, 10 | 50 | 93.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 520 | Uncle Toby's® Milk and Oats, Strawberry cereal bar | Australia | 2018 | 50±4 | 10 | Normal, 10 | 50 | 94.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 521 | Uncle Toby's® Milk and Oats, Vanilla cereal bar | Australia | 2019 | 46±4 | 9 | Normal, 9 | 50 | 93.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Breakfast cereal bars, mean of 16 foods | | | | 56 | | | | | | | | | |

| Breakfast cereal cookies | | | | | | | | | | | | | |
|---|---|----------------------------|---------------------------|--------------------------------------|----|-------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 522 | Uncle Toby's® Breakfast Bakes, Apple and Cinnamon | Australia | 2019 | 45±5 | 9 | Normal, 9 | 50 | 95.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 523 | Uncle Toby's® Breakfast Bakes, Classic Peanut Butter | Australia | 2019 | 47±5 | 9 | Normal, 10 | 50 | 102.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 524 | Uncle Toby's® Breakfast Bakes, Honey Almond | Australia | 2019 | 50±4 | 10 | Normal, 9 | 50 | 101.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects number)(type & | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 525 | Uncle Toby's® Breakfast Bakes, Vanilla & Roasted Cashew <i>Breakfast cereal cookies, mean of four foods</i> | Australia | 2019 | 44±3 47 | 9 | Normal, 9 | 50 | 101.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| CEREAL GRAINS | | | | | | | | | | | | | |
| <i>Average available carbohydrate portion = 45 g, this value was used to determine the nominal GL for each item in this category.</i> | | | | | | | | | | | | | |
| Adlay/Chinese pearl barley (Coix lachryma-Jobi) | | | | | | | | | | | | | |
| 526 | Adlay (Coix lachryma-jobi L) ²² | Taiwan | 2010* | 39±0.3 | 18 | Normal, 10 | 50 | 64 | Bread, 2h | Standard | Capillary, whole blood | Enzymatic | 60 |
| 527 | Adlay, Chinese pearl barley (Coix lachryma-Jobi L.), boiled in water for 28 min | Australia | 2005 | 78±6 | 35 | Normal, 10 | 50 | 81.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Barley | | | | | | | | | | | | | |
| 528 | Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan), whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 21±4 | 9 | Normal, 10 | 50 | 92.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 529 | Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan), pot pearled (all of the bran and most of the germ removed), boiled for 30 min | Canada | 2012* | 22±3 | 10 | Normal, 10 | 50 | 83.7 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 530 | Barley, CDC Fibar cultivar (two-rowed, hull-less, waxy barley; low amylose, high β-glucan) whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 22±4 | 10 | Normal, 10 | 50 | 102.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |

| 531 | Barley, GB cultivar (two-rowed, hulled, normal barley), whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 24±5 | 11 | Normal, 10 | 50 | 89.5 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 532 | Barley, pot, boiled in salted water 20 min (Goudas Food Products, Concord, Canada) | Canada | 1999 | 25±2 | 11 | Normal, 10 | 50 | 79.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 533 | Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan), commercial pearled (some bran and germ were also removed), boiled for 25 min | Canada | 2012* | 25±3 | 11 | Normal, 10 | 50 | 91.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 534 | Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan) whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 25±4 | 11 | Normal, 10 | 50 | 92.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 535 | Barley, Rattan cultivar (two-rowed, hull-less, waxy barley), whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 26±6 | 12 | Normal, 10 | 50 | 95.3 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 536 | Barley, Kawathra cultivar (six-rowed, hulled, normal barley), whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 28±4 | 13 | Normal, 10 | 50 | 85.1 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 537 | Barley, Chief cultivar (two-rowed, hulled, normal barley), whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 29±4 | 13 | Normal, 10 | 50 | 83.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 538 | Barley, AC Alberta cultivar (two-rowed, hull-less, normal barley), whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 29±7 | 13 | Normal, 10 | 50 | 91.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 539 | Barley, CDC Fibar cultivar (two-rowed, hull-less, waxy barley; low amylose, high β-glucan) white pearled (all of the bran and most of the germ and crease removed), boiled for 30 min | Canada | 2012* | 30±3 | 14 | Normal, 10 | 50 | 86.9 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 540 | Barley, AC Parkhill cultivar (two-rowed, hulled, normal barley; high amylose, low β-glucan) whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 30±5 | 14 | Normal, 10 | 50 | 87.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 541 | Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan), white pearled (all of the bran and most of the germ and crease removed), boiled for 30 min | Canada | 2012* | 32±6 | 14 | Normal, 10 | 50 | 80.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |

| | | | | | | | | | | | | | |
|-----|--|--------|-------|------------|----|------------|----|------|-------------|----------|------------------------|------------------|----|
| 542 | Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β -glucan) white pearled (all of the bran and most of the germ and crease removed), boiled for 30 min | Canada | 2012* | 33 \pm 3 | 15 | Normal, 10 | 50 | 80.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 543 | Barley, pot, boiled (Goudas Food Products, Canada) | Canada | 2001 | 35 \pm 4 | 16 | Normal, 47 | 50 | NS | Glucose, 2h | Standard | Capillary, NS | YSI or Enzymatic | 42 |
| 544 | Barley, pot, boiled (Goudas Food Products, Canada) | Canada | 2001 | 33 \pm 8 | 15 | Normal, 21 | 50 | NS | Glucose, 2h | Standard | Venous, NS | Enzymatic | 42 |
| 545 | Barley, AC Klinck cultivar (six-rowed, hulled, normal barley), whole grain (only the husk was removed), boiled for 25 min | Canada | 2012* | 36 \pm 8 | 16 | Normal, 10 | 50 | 85.8 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 546 | Barley, AC Parkhill cultivar (two-rowed, hulled, normal barley; high amylose, low β -glucan) white pearled (all of the bran and most of the germ and crease removed), boiled for 30 min | Canada | 2012* | 41 \pm 5 | 18 | Normal, 10 | 50 | 76.1 | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 547 | Barley, pearled (Orzo, Barilla, Italy) | Italy | 2009 | 58 \pm 8 | 26 | Normal, 9 | 50 | 76 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | <i>Barley, mean of 20 foods</i> | | | 30 | | | | | | | | | |
| 548 | Barley tempe (prepared by Lantmännen R&D from whole barley grains (c.v. Karmosé) with high β -glucan (6%) and high amylose content (~40%) from Svalöf Weibull AB, Sweden) | Sweden | 2007 | 30 \pm 5 | 14 | Normal, 13 | 25 | 95 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 62 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 549 | Highland Barley Mixed Flour (20% Highland Barley flour, 80% wheat flour) (Xinwang (Tibet XinWang Biology & Technology, China) | China | 2019 | 63±5 | 28 | Normal, 12 | 50 | 71.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| | Porridge made from pearl barley (15.6 g fiber/100 g) 550 (Waitrose Limited, Bracknell, UK) | UK | 2012* | 44±7 | 20 | Normal, 10 | 25 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 63 |
| | Porridge made from pearl barley (15.6 g fiber/100 g) 551 (Waitrose Limited, Bracknell, UK) | UK | 2012* | 39±10 | 18 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 63 |
| 552 | Porridge made from organic barley grain (9.6 g fiber/100 g) (Suma Whole Foods, UK) | UK | 2012* | 50±5 | 23 | Normal, 10 | 25 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 63 |

| 553 | Porridge made from organic barley grain (9.6 g fiber/100 g) (Suma Whole Foods, UK) <i>Porridge made from barley, mean of four studies</i> | UK | 2012* | 43±8 | 19 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 63 |
|----------------------|---|----------------------------------|------------------------------|---|----|--------------------------------|------------------------------------|-------------------------------------|------------------------------------|------------|---------------------------|---|-----------------|
| | | | | 44 | | | | | | | | | |
| Corn/Maize | | | | | | | | | | | | | |
| 554 | Corn granules | China | 2005 | 52±3 | 23 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 555 | Cornmeal porridge | China | 2005 | 68±3 | 31 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 556 | 100% waxy corn starch (Amioca™ powder, Ingredient), prepared as a gel with 224.2 mL water, heated in microwave for 90 sec | Australia | 2016 | 92±6 | 41 | Normal, 10 | 25 | 28.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 557 | 100% waxy corn starch (Ultra-Sperse™ powder, Ingredient), prepared as a gel with 224.2 mL water, heated in microwave for 90 sec | Australia | 2016 | 101±7 | 45 | Normal, 10 | 25 | 28.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Sweet corn | | | | | | | | | | | | | |
| 558 | Sweet corn, cooked in microwave for 1.5 min | Australia | 2015 | 51±4 | 23 | Normal, 10 | 25 | 185.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 559 | Sweet corn, cooked | China | 2005 | 55±2 | 25 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| Couscous | | | | | | | | | | | | | |
| 560 | Couscous, rehydrated with hot water (San Remo, Australia) | Australia | 2006 | 65±7 | 29 | Normal, 9 | 50 | 70.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 561 | Pearl couscous (Israeli couscous) (Blu™ Gourmet brand, Benedikts Imports, Australia), rehydrated with hot water | Australia | 2008 | 52±5 | 23 | Normal, 9 | 50 | 63.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 562 | Pearl couscous (Israeli couscous), whole wheat (Blu™ brand, Benedikts Imports, Australia), rehydrated with hot water | Australia | 2013 | 53±4 | 24 | Normal, 9 | 50 | 80.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Millet | | | | | | | | | | | | | |
| 563 | Foxtail millet, cooked (millet:water ratio 1:1.5) | China | 2016* | 64±9 | 29 | Normal, 10 | 50 | 169 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 11 |

| | | | | | | | | | | | | | |
|------------------------------------|--|-----------|--------|-------|----|---------------------|----|-------|-------------|----------|------------------------|-----------|------------------|
| 564 | Unpolished little millet, plain cooked (Earth 360, Kadiri, Andhra Pradesh, India) | India | 201718 | 89±6 | 40 | Normal, 15 | 50 | 182.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 64 |
| 565 | Unpolished foxtail millet, plain cooked (Earth 360, Kadiri, Andhra Pradesh, India) | India | 201718 | 89±9 | 40 | Normal, 15 | 50 | 170.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 64 |
| 566 | Foxtail millet porridge (millet:water ratio 1:9) | China | 2016* | 94±11 | 42 | Normal, 10 | 50 | 550 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 11 |
| Oat | | | | | | | | | | | | | |
| 567 | Oat tempe (prepared by Lantmännen R&D from whole oat grains (c.v. Betania) with high β-glucan content (6%) from Svalöf Weibull AB, Sweden) | Sweden | 2007 | 63±6 | 28 | Normal, 13 | 25 | 111 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 62 |
| Quinoa | | | | | | | | | | | | | |
| 568 | Quinoa, white, cooked in boiling water for 15 min (Nutritious Foods, Australia) | Australia | 2017 | 50±6 | 23 | Normal, 10 | 50 | 74.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 569 | Quinoa, retort product, Coles Simply Gluten Free Quinoa Cups, microwaved for 70 sec (Coles Supermarkets, Australia) | Australia | 2013 | 53±3 | 24 | Normal, 10 | 50 | 136.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 570 | Quinoa, cooked, refrigerated, reheated in microwave for 1.5 min (Nature First Organic, Australia) | Australia | 2003 | 53±5 | 24 | Normal, 10 | 50 | 73.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 571 | Quinoa, red, cooked in boiling water for 15 min (Nutritious Foods, Australia) | Australia | 2017 | 54±4 | 24 | Normal, 10 | 50 | 74.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Quinoa, mean of four foods</i> | | | 53 | | | | | | | | | |
| 572 | Quinoa, retort product, Coles Simply Gluten Free Mexican Style Quinoa and Brown Rice Cups, microwaved for 70 sec (Coles Supermarkets, Australia) | Australia | 2013 | 49±3 | 22 | Normal, 10 | 50 | 167.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Rice | | | | | | | | | | | | | |
| 573 | Rice flour, 10% resistant starch, prepared with boiled water (Youtang Shanghai Academy of Agricultural Sciences, China) | China | 2020 | 56±4 | 25 | Normal, 12 | 25 | 32.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| Basmati, white rice, boiled | | | | | | | | | | | | | |
| 574 | Basmati, white, polished, cooked 10 min | UK | 2009* | 50±6 | 23 | Normal, 10 | 50 | 64.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |
| 575 | Basmati rice (Dreamrice, Singapore) | Singapore | 2015* | 56±3 | 25 | Normal, Chinese, 25 | 50 | 66.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 66 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 576 | Basmati rice (SunRice; Ricegrowers Ltd.; Leeton, NSW, Australia) ¹³ | Australia | 2013* | 57±4 | 26 | Normal European, 31 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |
| 577 | Basmati, white, boiled (Mahatma brand, Australia) | Australia | 1995 | 58±8 | 26 | Normal, 9 | 50 | 63.0 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 578 | Basmati, white, boiled (SunRice brand, Rice Growers Co-Op., Australia) | Pakistan | 2003 | 59±6 | 27 | Normal, 10 | 50 | 63.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 579 | Basmati rice (Dreamrice, Singapore) | Singapore | 2015* | 60±4 | 27 | Normal, AsianIndian, 25 | 50 | 66.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 66 |
| 580 | Basmati rice (Dreamrice, Singapore) | Singapore | 2015* | 63±3 | 28 | Normal, Malay, 25 | 50 | 66.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 66 |
| 581 | Basmati, white, boiled (SunRice brand, Rice Growers Co-Op., Australia) | Pakistan | 2005 | 65±7 | 29 | Normal, 10 | 50 | 69.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 582 | Basmati rice (Laila Basmati Rice, Surya Foods, Harwich, UK) | UK | 2015* | 66±7 | 30 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 68 |
| 583 | Basmati rice (SunRice; Ricegrowers Ltd.; Leeton, NSW) ¹³ | Australia | 2013* | 67±5 | 30 | Normal Chinese, 32 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |
| | <i>Basmati rice, white, mean of 10 studies</i> | | | 60 | | | | | | | | | |
| 584 | Basmati, parboiled long grain rice, Maharani brand (Chaman Lal Setia Exports Ltd, India) | India | 2012 | 52±6 | 23 | Normal, 9 | 50 | 63.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 585 | Basmati, brown (unpolished milled basmati rice), cooked for 25 min | UK | 2009* | 75±8 | 34 | Normal, 10 | 50 | 71.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |
| 586 | Basmati, white and brown (mixture of 60% white and 40% brown basmati rice), cooked for 25 min | UK | 2009* | 59±9 | 27 | Normal, 10 | 50 | 67 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |
| 587 | Basmati with wild rice (mixture of 83% easy-cook basmati and 17% North American wild rice (<i>Zizania palustris</i> L.), cooked 20 min | UK | 2009* | 63±8 | 28 | Normal, 10 | 50 | 65 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |

| Basmati, white rice, quick cooking | | | | | | | | | | | | | |
|--|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|-----------------------------|------------------------|-------------------------------------|-----------------|
| 588 | Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® (Masterfoods, UK) | UK | 2001 | 57±4 | 26 | Normal, 10 | 50 | 151.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 589 | Quick cooking white basmati, cooked 10 min, Uncle Ben's® Superior (Masterfoods, Belgium) | Belgium | 2000 | 60±5 | 27 | Normal, 10 | 50 | 67.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 590 | Basmati, white, express rice, microwaved for 2 min (Uncle Ben's®, Masterfoods, Australia) | Australia | 2011 | 63±6 | 28 | Normal, 9 | 50 | 166.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 591 | Basmati, easy-cook (heat-treated white, polished basmati rice), cooked 15 min | UK | 2009* | 80±8 | 36 | Normal, 10 | 50 | 64.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |
| Basmati, quick cooking, mean of four foods | | | | 65 | | | | | | | | | |
| Doongara, white rice (SunRice CleverRice™ brand, Rice Growers Co-Op., Australia) | | | | | | | | | | | | | |
| 592 | Doongara, white, cooked in rice cooker | Australia | 2007 | 48±4 | 22 | Normal, 9 | 50 | 64.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 593 | Doongara, white rice (SunRice CleverRice, Rice Growers Coop, New Zealand) ¹³ | New Zealand | 2011* | 48±4 | 22 | Normal, 30 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 69 |
| 594 | Doongara, white | Australia | 2015 | 53±4 | 24 | Normal, 10 | 50 | 66.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 595 | Doongara, white | Australia | 2005 | 54±6 | 24 | Normal, 10 | 50 | 65.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 596 | Doongara, white | Australia | 1995 | 54±7 | 24 | Normal, 9 | 50 | 185 | Bread, 2h | 0,15,30,45,60,75,90,105,120 | Capillary, plasma | Enzymatic | 70 |
| 597 | Doongara rice, cooked in rice cooker ¹³ | Australia | 2013* | 55±4 | 25 | Normal European, 31 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |
| 598 | Doongara rice, cooked in rice cooker ¹³ | Australia | 2013* | 67±4 | 30 | Normal Chinese, 32 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |

Doongara rice, mean of seven studies

54

Jasmine, white rice

| 599 | Jasmine rice, white Thai (Double FP brand, NTUC Fairprice Co-operative Ltd., Singapore), chewed 15 times | Singapore | 2014* | 68±3 | 31 | Normal, 15 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 71 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 600 | Jasmine rice, cooked in rice cooker (SunRice; Ricegrowers Ltd., NSW, Australia) ¹³ | Australia | 2013* | 68±4 | 31 | Normal European, 31 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |
| 601 | Jasmine rice, steamed for 30 min, 31.6 g rice cooked with 35 mL water (COFCO China) | Thailand | 2016 | 76±5 | 34 | Normal, 10 | 25 | 31.6 | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | UO ¹⁸ |
| 602 | Jasmine Fragrant rice, white (SunRice brand, Ricegrowers Limited, Australia) | Australia | 2008 | 79±5 | 36 | Normal, 10 | 50 | 63.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 603 | Jasmine Fragrant rice (SunRice, Ricegrowers Limited, NSW) | Australia | 2011 | 80±3 | 36 | Normal, 10 | 50 | 63.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 604 | Jasmine rice, cooked in rice cooker (SunRice; Ricegrowers Ltd., NSW, Australia) ¹³ | Australia | 2013* | 80±4 | 36 | Normal Chinese, 32 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |
| 605 | Jasmine long grain rice | Canada | 2010* | 82±8 | 37 | Normal, 10 | 50 | 62.5 | Bread, 2h | Standard | Capillary, whole blood | YSI | 56 |
| 606 | Jasmine white rice (Uncle Ben's Jasmine Rice, Mars Canada, Bolton, Ontario, Canada) | Canada | 2010 | 84±4 | 38 | Normal, 10 | 50 | 60.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 39 |
| 607 | Jasmine rice, white Thai (Double FP brand, NTUC Fairprice Co-operative Ltd., Singapore); chewed 30 times | Singapore | 2014* | 88±10 | 40 | Normal, 14 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 71 |
| 608 | Jasmine Fragrant rice, white (SunRice brand, Ricegrowers Limited, Australia) | Australia | 2006 | 89±4 | 40 | Normal, 10 | 50 | 63.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 609 | Jasmine rice (Double FP Thai Hom Mali premium quality fragrant rice, Thailand) ¹¹ | Thailand | 2015* | 90±5 | 41 | Normal, AsianIndian, 25 | 50 | 63.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 66 |

| 610 | Jasmine rice (Double FP Thai Hom Mali premium quality fragrant rice, Thailand) ¹¹ | Thailand | 2015* | 91±4 | 41 | Normal, Chinese, 25 | 50 | 63.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 66 |
|--|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------------------------|------------------------|-------------------------------------|-----------------|
| 611 | Jasmine rice (Double FP Thai Hom Mali premium quality fragrant rice, Thailand) ¹¹ | Thailand | 2015* | 92±4 | 41 | Normal, Malay, 25 | 50 | 63.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 66 |
| 612 | Rice, white, Thai Hom Mali fragrant rice, cooked in rice cooker (NTUC Fairprice, Singapore) | Singapore | 2013 | 96±6 | 43 | Normal, 12 | 50 | 63.2 | Glucose, 3h ²¹ | 0,15,30,45,60,90,120,150,180 | Capillary, whole blood | HemoCue | 72 |
| 613 | Jasmine rice, Jazzmen, cooked in rice cooker (Jazzmen Rice, Inc., USA) ¹¹ | USA | 2014* | 106±13 | 48 | Normal, 12 | 50 | 68.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 73 |
| 614 | Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand) | Thailand | 2000 | 109±10 | 49 | Normal, 12 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |
| 615 | Jasmine rice, Mahatma, cooked in rice cooker (Riviana Foods Inc., Thailand) ¹¹ | Thailand | 2014* | 115±7 | 52 | Normal, 12 | 50 | 62.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 73 |
| 616 | Jasmine rice, Reindeer, cooked in rice cooker (Oriental Jasmine Rice Co., Thailand) ¹¹ | Thailand | 2014* | 116±11 | 52 | Normal, 12 | 50 | 62.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 73 |
| <i>Jasmine rice, white, mean of 18 studies</i> | | | | 89 | | | | | | | | | |
| Rice, brown | | | | | | | | | | | | | |
| 617 | Brown Doongara rice (SunRice; Ricegrowers Ltd., NSW, Australia) | Australia | 2016 | 51±5 | 23 | Normal, 10 | 50 | 69.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 618 | Brown Doongara rice (SunRice; Ricegrowers Ltd., NSW, Australia) | Australia | 2006 | 54±4 | 24 | Normal, 10 | 50 | 68.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 619 | Brown rice, boiled in excess water for 25 min (SunRice brand, Rice Growers Co-op, Australia) | Australia | 2005 | 72±6 | 32 | Normal, 9 | 50 | 69.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 620 | Brown rice | China | 2005 | 87±2 | 39 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |

| | | | | | | | | | | | | | |
|--|--|-------------|-------|------------|----|---------------------|----|-------|-------------|----------|------------------------|------------------|-----------------|
| 621 | Brown rice (SunRice, Ricegrowers Ltd., NSW, Australia) ¹³ | Australia | 2013* | 65±4 | 29 | Normal European, 31 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |
| 622 | Brown rice (SunRice, Ricegrowers Ltd., NSW, Australia) ¹³ | Australia | 2013* | 78±5 | 35 | Normal Chinese, 32 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |
| 623 | Brown rice, variety Tai Ken #9; <i>Oryza sativa</i> L. japonica (Union Rice Company; Taipei), soaked overnight and cooked in a rice cooker ²² | Taiwan | 2010* | 58±0.2 | 26 | Normal, 10 | 50 | 84 | Bread, 2h | Standard | Capillary, whole blood | Enzymatic | 60 |
| 624 | Brown rice (0% polished), prepared from the Indian rice variety "Bapatla" (BPT-5204), pressure cooked for 8 min | India | 2017* | 58±7 | 26 | Normal, 12 | 50 | 67 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 75 |
| Rice, brown, instant | | | | | | | | | | | | | |
| 625 | Brown Rice, Uncle Ben's® Ready Whole Grain (pouch) (Effem Foods, USA) | USA | 2006 | 48±5 | 22 | Normal, 10 | 50 | 179.5 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁵ |
| 626 | Brown & Wild, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA) | USA | 2006 | 45±5 | 20 | Normal, 10 | 50 | 192.1 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁵ |
| 627 | Chicken Flavored Brown Rice, Uncle Ben's® Ready Whole Grain (pouch) (Effem Foods, USA) | USA | 2005 | 46±4 | 21 | Normal, 10 | 50 | 192.3 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁵ |
| 628 | Medium Grain Brown Rice in 90 sec, microwaved on high (SunRice brand, Rice Growers Co-Op., Australia) <i>Rice Instant, brown, mean of four foods</i> | Australia | 2005 | 59±8 50 | 27 | Normal, 10 | 50 | 147.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Rice, Long grain, white, boiled | | | | | | | | | | | | | |
| 629 | Long grain, white (Uncle Ben's, Auckland, New Zealand) | New Zealand | 2000 | 56±7 | 25 | Normal, 14 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 630 | Premium long grain, white (SunRice brand, Rice Growers Co-Op., Australia) | Australia | 2005 | 59±7 | 27 | Normal, 10 | 50 | 66.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 631 | Long grain, white, boiled 7 min (Star brand, Gouda Food Products, Canada) | Canada | 1999 | 64±3 | 29 | Normal, 10 | 50 | 64.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 632 | Long grain, boiled (Star Brand, Goudas Food Products, Canada) | Canada | 2001 | 69±3 | 31 | Normal, 47 | 50 | NS | Glucose, 2h | Standard | Capillary, NS | YSI or Enzymatic | 42 |
| 633 | Long grain, boiled (Star Brand, Goudas Food Products, Canada) | Canada | 2001 | 76±13 | 34 | Normal, 21 | 50 | NS | Glucose, 2h | Standard | Venous, NS | Enzymatic | 42 |
| 634 | Long-grain rice (Indica-type long-grain rice, polished), cooked 15 min | UK | 2009* | 47±6 | 21 | Normal, 10 | 50 | 64.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|---------------------------------|------------------------|-------------------------------------|-----------------|
| Rice, long grain, white, quick-cooking varieties | | | | | | | | | | | | |
| Long grain, easy-cook (heat-treated white polished long-grain 635 rice), cooked 15 min | UK | 2009* | 47±8 | 21 | Normal, 10 | 50 | 68.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |
| Rice, white, instant | | | | | | | | | | | | |
| 636 DGI SunRice Low GI Rice, heated in microwave (Imported by Methuselah Shanghai Medical Technology from SunRice Australia) | Australia | 2018 | 49±4 | 22 | Normal, 10 | 50 | 148.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 637 Instant Doongara, white, cooked 5 min (Rice Growers Co-op, Australia) | Australia | 1995 | 94±7 | 42 | Normal, 9 | 50 | 178 | Bread, 2h | 0,15,30,45,6 0,75,90,105,120 | Capillary, plasma | Enzymatic | 70 |
| 638 Instant rice, white, cooked 3 min | China | 2005 | 46±3 | 21 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 639 Instant rice, white, cooked 6 min | China | 2005 | 87±2 | 39 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 640 Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods, UK) | UK | 2002 | 52±5 | 23 | Normal, 10 | 50 | 164.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 641 Long grain, white, cooked in microwave for 90 sec (Uncle ®, Masterfoods, Australia) Ben's | Australia | 2011 | 59±6 | 27 | Normal, 9 | 50 | 162.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 642 Long Grain White Rice in 90 Seconds, microwaved (SunRice brand, Rice Growers Co-Op., Australia) | Australia | 2005 | 76±7 | 34 | Normal, 10 | 50 | 139.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 643 Long Grain White Rice, steamed rice, heated in microwave ® brand, Rice Growers Co-Op., Australia) | Australia | 2020 | 45±4 | 20 | Normal, 10 | 50 | 148.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Long Grain & Wild, Uncle Ben's® Ready Rice (pouch) 644 (Effem Foods, USA) | USA | 2003 | 49±3 | 22 | Normal, 10 | 50 | 177.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Original Long Grain, Uncle Ben's® Ready Rice pouch) 645 (Effem Foods, USA) | USA | 2003 | 48±5 | 22 | Normal, 10 | 50 | 162.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | Rice, parboiled, pre-cooked, ready to eat (Riso Blond 646 Espresso (Riso Gallo, Italy) | Italy | 2009 | 67±8 | 30 | Normal, 10 | 50 | 116 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 647 | Steamed Low GI White Rice (SunRice® brand, Rice Growers Co-Op., Australia), heated in microwave <i>Instant white rice, mean of 12 foods</i> | Australia | 2013 | 52±5 60 | 23 | Normal, 10 | 50 | 168.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Rice, boiled, white, other varieties | | | | | | | | | | | | |
| 648 | Arborio, risotto rice, boiled (SunRice brand, Rice Growers Co-Op., Australia) | Australia | 2005 | 69±7 | 31 | Normal, 10 | 50 | NS | Glucose 2 h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 649 | Medium grain white rice, boiled 12 min (Sun Rice brand, Rice Growers Co-Op., Australia) | Australia | 2005 | 75±8 | 34 | Normal, 10 | 50 | 63.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 650 | Moolgiri white rice (Tajmahal Agro Industries, India) | India | 2005 | 54±5 | 24 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁵ |
| 651 | White rice, NS | China | 2005 | 83±1 | 37 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 652 | White rice, fully polished, prepared from the Indian rice variety "Bapatla" (BPT-5204), pressure cooked for 18 min | India | 2017* | 80±7 | 36 | Normal, 12 | 50 | 76 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 75 |
| 653 | White rice, Carnaroli, regular (Scotti, Italy) | Italy | 2009 | 64±11 | 29 | Normal, 10 | 50 | 63 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 654 | White rice, Ponni, cooked in rice cooker for 33 min | India | 2012* | 70±4 | 32 | Normal, 23 | 50 | 236 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 76 |
| 655 | White rice, Ponni, refined, harvested 2013, pressure-cooked for 30 min | India | 2013 | 81±7 | 36 | Normal, 25 | 50 | 63.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 77 |
| 656 | White rice, Ponni, refined, harvested 2014, pressure-cooked for 30 min | India | 2014 | 77±8 | 35 | Normal, 15 | 50 | 65 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 77 |
| | <i>White rice, Ponni variety, mean of three studies</i> | | | 76 | | | | | | | | | |
| 657 | White rice, Sona Masuri variety, cooked in rice cooker for 35 min | India | 2012* | 72±5 | 32 | Normal, 23 | 50 | 235 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 76 |

| 658 | White rice, Surti Kolam variety, cooked in rice cooker for 32 min Rice porridge/Congee | India | 2012* | 77±4 | 35 | Normal, 23 | 50 | 259 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 76 |
|-----------------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 659 | Rice porridge, made with Jasmine rice, steamed for 40 min, 31.6 g rice cooked with 250 mL water (COFCO China) | Thailand | 2016 | 80±7 | 36 | Normal, 10 | 25 | 250 | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | UO ¹⁸ |
| 660 | Rice porridge, NS | China | 2005 | 66±5 | 30 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 661 | Rice porridge, NS | China | 2005 | 69±6 | 31 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 662 | Rice porridge, NS <i>Rice porridge/congee, mean of four foods</i> | Australia | 2005 | 88±5 | 40 | Normal, 9 | 50 | 469.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 663 | Rice porridge, made from rice bran | China | 2005 | 19±1 | 9 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 664 | Rice porridge, made from black rice | China | 2005 | 42±3 | 19 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 665 | Rice porridge, made from sticky rice | China | 2005 | 65±7 | 29 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Rice, specialty rice | | | | | | | | | | | | | |
| | Broken rice, white, cooked in rice cooker (Lion foods, 666 Bangkok, Thailand) | Thailand | 2000 | 86±8 | 39 | Normal, 11 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |
| 667 | Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand) | Thailand | 2000 | 94±6 | 42 | Normal, 11 | 50 | 65.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |
| 668 | Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand) | Thailand | 2001 | 98±7 | 44 | Normal, 12 | 50 | 65.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 669 | Guilin rice vermicelli (Chinese rice vermicelli), cooked 8 min | UK | 2009* | 37±8 | 17 | Normal, 10 | 50 | 63.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |
| 670 | Hassawi rice (Al-Hassa, Saudi Arabia) | Saudi Arabia | 2011* | 59±5 | 27 | Normal, 10 | 25 | 95.6 | Glucose, 2h | Standard | Capillary, plasma | YSI | 78 |

| 671 | High-fiber white rice, harvested 2013 (Kharif), pressure-cooked for 32 min | India | 2013 | 59±4 | 27 | Normal, 25 | 50 | 67 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 77 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 672 | High-fiber white rice, harvested 2014 (Rabi), pressure-cooked for 32 min | India | 2013 | 64±4 | 29 | Normal, 25 | 50 | 100 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 77 |
| 673 | Japanese Style Sushi rice, white (SunRice brand, Rice Growers Co-Op., Australia) | Australia | 2005 | 85±10 | 38 | Normal, 10 | 50 | 66.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 674 | Jiangxi rice vermicelli (Chinese rice vermicelli), cooked for 8 min | UK | 2009* | 40±6 | 18 | Normal, 10 | 50 | 63.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |
| 675 | Koshihikari rice, white (SunRice brand, Rice Growers Co-Op., Australia) | Australia | 2005 | 73±7 | 33 | Normal, 10 | 50 | 64.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 676 | Mighty Rice, short grain white rice, boiled for 16 min (VitaRice, Mauritius) | Mauritius | 2010 | 48±5 | 22 | Normal, 10 | 50 | 73.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 677 | Red Raw rice, Sri Lankan, cooked in rice cooker | Sri Lanka | 2006 | 59±4 | 27 | Normal, 10 | 50 | 63.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 678 | Red rice, Thai, unpolished, cooked 25 min | UK | 2009* | 76±8 | 34 | Normal, 10 | 50 | 67.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |
| 679 | Roasted Chicken Flavored, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA) | USA | 2003 | 51±4 | 23 | Normal, 10 | 50 | 176.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 680 | Santa Fe, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA) | USA | 2005 | 48±6 | 22 | Normal, 10 | 50 | 205.1 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁵ |
| 681 | Spanish Style, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA) | USA | 2003 | 51±4 | 23 | Normal, 10 | 50 | 170.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 682 | Sticky rice | China | 2005 | 87±2 | 39 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 683 | Sticky rice | China | 2005 | 88±2 | 40 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 684 | Sticky rice, high-amylose | China | 2005 | 50±2 | 23 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 685 | Sticky rice, Thai glutinous rice, cooked for 10 min | UK | 2009* | 92±8 | 41 | Normal, 10 | 50 | 64.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 65 |

| | | | | | | | | | | | | | |
|------------------------|---|-----------|-------|-------|----|---------------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 686 | Rice, under milled, minimally polished 2.3%, prepared from the Indian rice variety "Bapatla" (BPT-5204), pressure cooked for 10 min | India | 2017* | 73±5 | 33 | Normal, 12 | 50 | 71 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 75 |
| | Vegetable Harvest, Uncle Ben's® Ready Whole Grain 687 Medley™ (pouch) (Effem Foods, USA) | USA | 2005 | 48±5 | 22 | Normal, 10 | 50 | 206.8 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁵ |
| Rice, Parboiled | | | | | | | | | | | | | |
| 688 | Parboiled brown rice, Uncle Ben's® Natural Wholegrain Instant brown rice, cooked for 20 min | India | 2019* | 88±7 | 40 | Normal, 15 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 79 |
| 689 | Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® (Masterfoods, Belgium) | Belgium | 2000 | 64±7 | 29 | Normal, 10 | 50 | 71.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 690 | Parboiled rice, long grain white Uncle Ben's® | Belgium | 2011* | 54±7 | 24 | Normal, 10 | 25 | 45.9 | Glucose, 2h | Standard | Capillary, plasma | YSI | 78 |
| 691 | Parboiled, long-grain rice (Harlem Foods AS, Oslo) ¹¹ | Norway | 2019* | 57±5 | 26 | Normal, 13 | 50 | 179.9 | Glucose, 2h | Standard | Capillary, plasma | YSI | 80 |
| 692 | Parboiled, long grain, 10 min cooking time (Uncle Ben's, Masterfoods, Belgium) | Belgium | 2000 | 68±6 | 31 | Normal, 10 | 50 | 65.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 693 | Parboiled, long grain, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium) | Belgium | 2000 | 75±7 | 34 | Normal, 10 | 50 | 66.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 694 | Rice, parboiled, NS | Canada | 2010* | 51±4 | 23 | Normal, 10 | 50 | 63 | Bread, 2h | Standard | Capillary, whole blood | YSI | 81 |
| 695 | Parboiled rice, NS (Riso Blond Risotti, Riso Gallo, Italy) | Italy | 2009 | 53±6 | 24 | Normal, 10 | 50 | 59 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 696 | Parboiled rice, NS (Uncle Ben's, Masterfoods Australia New Zealand, NSW, Australia) ¹³ | Australia | 2013* | 57±3 | 26 | Normal European, 31 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |
| 697 | Parboiled rice, NS (Riso Blond Veloce e Versatile, Riso Gallo, Italy) | Italy | 2009 | 61±11 | 27 | Normal, 10 | 50 | 64 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 698 | Parboiled rice, NS (Uncle Ben's, Masterfoods Australia New Zealand, NSW, Australia) ¹³ | Australia | 2013* | 72±5 | 32 | Normal Chinese, 32 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 67 |
| 699 | Parboiled rice, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods, Belgium) | Belgium | 2000 | 74±5 | 33 | Normal, 10 | 50 | 62.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---------------------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 700 | Rice, whole-meal, parboiled (Riso Blond Integrale, Riso Gallo, Italy) <i>Parboiled rice, mean of 10 studies</i> | Italy | 2009 | 56±6 64 | 25 | Normal, 10 | 50 | 66 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| Wheat | | | | | | | | | | | | | |
| Wheat, precooked kernels | | | | | | | | | | | | | |
| 701 | Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France) | France | 2000 | 52±4 | 23 | Normal, 10 | 50 | 75.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 702 | Durum wheat, precooked, cooked 10 min (Ebly, France) | France | 2000 | 50±5 | 23 | Normal, 10 | 50 | 75.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 703 | Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France) | France | 2000 | 40±5 | 18 | Normal, 10 | 50 | 159.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 704 | Wheat, pearled (Grano, Barilla, Italy) | Italy | 2009 | 72±8 | 32 | Normal, 9 | 50 | 77 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 705 | Whole wheat powder | China | 2005 | 42±2 | 19 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 706 | Wheat flour, raw (2005 from Griffith NSW, Chara, Row10, Plot 6:181), consumed suspended in 250 mL water | Australia | 2009 | 22±3 | 10 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 10 |
| 707 | Wheat flour, raw, consumed suspended in 250 mL water (Coles Smart Buy Plain Flour, Coles Supermarkets Pty Ltd) | Australia | 2009 | 20±2 | 9 | Normal, 10 | 50 | 68.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 10 |
| Other cereals | | | | | | | | | | | | | |
| 708 | Beta Flour (oat, flaxseed, buckwheat, pearl barley, soybean and wheat flours), tested prepared with water, steamed (Inner Mongolia Golden Flax Biotech Pty Ltd, China) | China | 2019 | 27±3 | 12 | Normal, 10 | 50 | 87.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 709 | Mixed cereals powder, NS | China | 2005 | 58±1 | 26 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 710 | 3 Cereals (rice, oat, kamut) (Riso Gallo, Italy) | Italy | 2009 | 41±6 | 18 | Normal, 10 | 50 | 67 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 711 | 3 Cereals (rice, spelt, barley) (Riso Gallo, Italy) | Italy | 2009 | 44±8 | 20 | Normal, 10 | 50 | 65 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 712 | Cereal powder, various cereals NS | China | 2005 | 58±1 | 26 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |

| | | | | | | | | | | | | | |
|-----|--|-----------|------|-------|----|------------|----|------|-------------|----------|---------------------------|-----------|-----------------|
| | Teff, brown (Macro brand, Woolworths Australia Pty Ltd), 713 boiled in water for 15 min | Australia | 2016 | 57±5 | 26 | Normal, 10 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 714 | Spelt, pearled (Farro, Barilla, Italy) | Italy | 2009 | 63±10 | 28 | Normal, 9 | 50 | 75 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |

| Food Number and Item | Country of food production | Year of 1 test | GI ² ± | | Subjects number)(type & GL | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|----------------------------------|----------------------|-------------------|----|----------------------------------|------------------------------------|-------------------------------------|------------------------------------|------------|----------------------|---|------|
| | | | SEM | GL | | | | | | | | |
| | | | (Glu = 100) | | | | | | | | | |

COOKIES

Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category.

| | | | | | | | | | | | | | |
|-----|---|----------------|---------------|------|----|------------------|----|------|-------------|----------|---------------------------|-----------|----------------------|
| 715 | Apricot Temptation fruit cookies, 97% fat-free (Freedom Foods, Australia) | Australia | 2007 | 47±4 | 9 | Normal, 10 | 50 | 78.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 716 | Barquette Abricot (LU, Ris, Orangis, France) | France | 2002 | 71±6 | 14 | Normal, 11-14 | 50 | 65 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 717 | Bebe Dobre Rano Chocolate (LU, Czech Republic) | Czech Republic | 2002 | 46±4 | 9 | Normal, 12 | 50 | 72.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 718 | Bebe Dobre Rano Chocolate (LU, Czech Republic) | Czech Republic | 2006 | 46±3 | 9 | Normal, 12 | 50 | 72.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 719 | Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic) | Czech Republic | 1996- 2000 | 57±9 | 11 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ^{23, 24} |
| | Bebe Dobre Rano Chocolate, mean of three studies | | | 50 | | | | | | | | | |
| 720 | Bebe Dobre Rano Coconut (LU, Czech Republic) | Czech Republic | 2002 | 48±3 | 10 | Normal, 12 | 50 | 69.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 721 | Bebe Dobre Rano Four Cereals (LU, Czech Republic) | Czech Republic | 2007 | 51±4 | 10 | Normal, 12 | 50 | 71.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 722 | Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic) | Czech Republic | 1996- 2000 | 51±9 | 10 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ^{23, 24} |
| 723 | Bebe Dobre Rano Nuts and Honey (LU, Czech Republic) | Czech Republic | 2002 | 41±5 | 8 | Normal, 12 | 50 | 70.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 724 | Bebe Dobre Rano Nuts and Honey (LU, Czech Republic) | Czech Republic | 2006 | 45±4 | 9 | Normal, 12 | 50 | 71.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 725 | Bebe Dobre Rano with Milk (LU, Czech Republic) | Czech Republic | 2003 | 50±4 | 10 | Normal, 12 | 50 | 70.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|----------------------|
| 726 | Bebe Jemne Susenky (Opavia/LU, Czech Republic) | Czech Republic | 1996-2000 | 67±11 | 13 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ^{23, 24} |
| 727 | Better Choice Multicereals (LU, Denmark) | Denmark | 2004 | 51±4 | 10 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 728 | Better Choice Wholegrain (LU Denmark) | Denmark | 2004 | 46±3 | 9 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 729 | Biscuit, Danone, NS | China | 2005 | 39±4 | 8 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 730 | Biscuit, Danone, NS | China | 2005 | 47±4 | 9 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 731 | Biscuit, NS | China | 2005 | 72±5 | 14 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 732 | Biscuit, thin, NS | China | 2005 | 81±2 | 16 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 733 | Biscuits, rolled oat, wholemeal wheat flour, wheat fibre (Gran Cereale Classico, Italy) ⁶ | Italy | 2005 | 49±4 | 10 | Normal, 10 | 50 | 85.9 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 734 | Biscuits, wheat flour, butter, cream (Macine, Italy) ⁶ | Italy | 2006 | 52±7 | 10 | Normal, 10 | 50 | 75.6 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 735 | Biscuits, wheat flour, oat flour, wholemeal buckwheat flour (6.2%) (Molinetti, Italy) ⁶ | Italy | 2006 | 58±7 | 12 | Normal, 10 | 50 | 77.3 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 736 | Biscuit, wholegrain | USA | 2018* | 54±5 | 11 | Normal, 19 | 50 | 82 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |
| 737 | Biscuits, wholegrain, filled with peanut butter | USA | 2018* | 44±3 | 9 | Normal, 19 | 50 | 102 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |
| 738 | Breakfast biscuit (Frollino), gluten free (Dr Schär AG/SPA, Italy) ²⁵ | Italy | 2015* | 37±7 | 7 | Normal, 10 | 50 | 66 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 5 |
| 739 | Chocolate chip cookies, containing wheat flour and coconut flour | Philippines | 2002 | 44±3 | 9 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic | 2 |

| 740 | Cookie, fiber enriched (Bahlsen GmbH&Co.KG, Hannover, Germany) ¹¹ | Germany | 2016* | 42±4 | 8 | Normal, 26 | 50 | 84.5 | Bread, 2h | Standard | Venous, whole blood | Enzymatic | 82 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 741 | Cookie, decreased GI variant (sugar-to-flour ratio: 0.45) | Belgium | 2010* | 37±10 | 7 | Normal, 10 | 25 | 62.5 | Glucose, 2h | Standard | Venous, plasma/serum | Enzymatic | 1 |
| 742 | Digestives | UK | 2006 | 39±5 | 8 | Normal, 10 | 50 | 79.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 743 | Evergreen met Krenten (LU, Netherlands) | Netherlands | 1996-2000 | 66±12 | 13 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ²³ |
| 744 | Fior di Latte (Mulino Bianco, Barilla, Italy) | Italy | 2012 | 47±4 | 9 | Normal, 9 | 50 | 70 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 745 | Gemme Integrali (Mulino Bianco, Barilla, Italy) | Italy | 2012 | 46±6 | 9 | Normal, 9 | 50 | 80 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 746 | Gingerbread cookies | Australia | 2016 | 66±4 | 13 | Normal, 9 | 50 | 70.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 747 | Golden Flaxseed biscuits (SCIQ Biotech Pty Ltd, Australia) | Australia | 2020 | 36±5 | 7 | Normal, 10 | 50 | 106.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 748 | Gran Cereale Cioccolato (Grancereale, Barilla, Italy) | Italy | 2010 | 52±10 | 10 | Normal, 9 | 50 | 81 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 749 | Gran Cereale Frutta (Grancereale, Barilla, Italy) | Italy | 2010 | 51±7 | 10 | Normal, 9 | 50 | 87 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 750 | Gran Cereale Classico (Grancereale, Barilla, Italy) | Italy | 2005 | 49±4 | 10 | Normal, 10 | 50 | 86 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 751 | Gran'Dia Banana, Oats and Honey (LU, Brazil) | Brazil | 2002 | 28±5 | 6 | Normal, 11-14 | 50 | 65 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 752 | Gran'Dia Chocolate with five cereals (Danone, Brazil) | Brazil | 2002 | 39±8 | 8 | Normal, 11-14 | 50 | 69 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 753 | Grany en-cas Abricot (LU, France) | France | 1996-2000 | 55±6 | 11 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁰ |
| 754 | Grany en-cas Fruits des bois (LU, France) | France | 1996-2000 | 50±5 | 10 | Normal, 14 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ²³ |

| 755 | Grany Rush Apricot (LU, Netherlands) | Netherlands | 2000 | 62±3 | 12 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------------------|
| | Grain biscuit, Mixed Berry flavor (belVita, Mondelēz, 756 Shanghai, China) | China | 2019 | 55±6 | 11 | Normal, 12 | 50 | 87.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 757 | Grain biscuits, Milk & Cereal flavor (belVita, Mondelēz, Shanghai, China) | China | 2020 | 53±4 | 11 | Normal, 12 | 50 | 78.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 758 | Györi Édes Jó reggelt! Müzlivél és gyümölcscsel / Fruits and Muesli (LU Hungary) | Hungary | 2002 | 45±5 | 9 | Normal, 11 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 759 | Györi Édes Jó reggelt! Müzlivél és gyümölcscsel / Fruits and Muesli (LU Hungary) | Hungary | 2003 | 49±5 | 10 | Normal, 11 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 760 | Györi Édes Jó reggelt! Müzlivél és gyümölcscsel / Fruits and Muesli (LU Hungary) | Hungary | 2004 | 47±6 | 9 | Normal, 12 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Györi Édes Jó reggelt! Müzlivél és gyümölcscsel, mean of three studies</i> | | | 47 | | | | | | | | | |
| 761 | Jo Reggelt Fruits and Figs (LU, Hungary) | Hungary | 2004 | 41±6 | 8 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 762 | Jubilee Nuts and Honey (LU, Russia) | Russia | 2002 | 44±3 | 9 | Normal, 11 | 50 | 72.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 763 | Jubilee Nuts and Honey (LU, Russia) | Russia | 2003 | 45±4 | 9 | Normal, 12 | 50 | 74.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 764 | Jyväsnyvä Paussi Mysli and Fruits (LU Finland) | Finland | 2002 | 45±5 | 9 | Normal, 11 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 765 | Jyväsnyvä Paussi Mysli and Fruits (LU Finland) | Finland | 2003 | 49±5 | 10 | Normal, 11 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 766 | Jyväsnyvä Paussi Mysli and Fruits (LU Finland) | Finland | 2004 | 47±6 | 9 | Normal, 12 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Jyväsnyvä Paussi Mysli and Fruits, mean of three studies</i> | | | 47 | | | | | | | | | |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 767 | Jyväsnyvä Paussi Vanilla (LU Finland) | Finland | 2004 | 55±7 | 11 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|-----|--|-----------|-----------|------|----|---------------|----|-------|-------------|----------|-------------------|-----------|----------------------|
| 768 | Jyväsšyvä Pausi Vanilla (LU Finland) | Finland | 2006 | 39±4 | 8 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 769 | Jyväsšyvä Pausi Wholegrain (LU Finland) | Finland | 2004 | 46±3 | 9 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 770 | Kingston, butternut cookies with chocolate filling (Arnott's Pty Ltd, Australia) | Australia | 2013 | 48±6 | 10 | Normal, 10 | 50 | 81.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 771 | Leda Luxury gluten-free chocolate coated cookies (Leda Nutrition, QLD, Australia) | Australia | 2004 | 35±7 | 7 | Normal, 10 | 50 | 111.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 772 | LU P'tit Déjeuner Chocolat (LU, France) | France | 2002 | 42±5 | 8 | Normal, 11-14 | 50 | 73 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 773 | LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France) | France | 2002 | 45±5 | 9 | Normal, 11-14 | 50 | 71 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 774 | LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France) | France | 1996-2000 | 49±8 | 10 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ^{23, 24} |
| 775 | LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France) | France | 2000 | 52±3 | 10 | Normal, 12 | 50 | 76.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>LU P'tit Déjeuner Miel et Pépites Chocolat, mean of three studies</i> | | | 49 | | | | | | | | | |
| 776 | LU Petit Dejeuner, Chocolate, low in sugar (LU France) | France | 2004 | 51±7 | 10 | Normal, 11 | 50 | 69.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 777 | LU Petit Dejeuner Chocolate & Cereals (LU, France) | France | 2003 | 46±6 | 9 | Normal, 11 | 50 | 70.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 778 | LU Petit Dejeuner Chocolate & Cereals (LU, France) | France | 2006 | 58±6 | 12 | Normal, 12 | 50 | 71.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 779 | LU Petit Dejeuner Cereals & Chocolate Chips, low in sugar (LU France, LU Belgium, LU Czech Republic) | NS | 2004 | 37±5 | 7 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 780 | LU Petit Dejeuner Coconut, nuts and chocolate (LU France) | France | 2005 | 55±6 | 11 | Normal, 12 | 50 | 71.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 781 | LU Petit Dejeuner Coconut, nuts and chocolate (LU France) | France | 2006 | 51±7 | 10 | Normal, 12 | 50 | 74.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 782 | LU Petit Dejeuner Fruits and Muesli (LU France) | France | 2002 | 45±5 | 9 | Normal, 11 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 783 | LU Petit Dejeuner Fruits and Muesli (LU France) | France | 2003 | 49±5 | 10 | Normal, 11 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 784 | LU Petit Dejeuner Fruits and Muesli (LU France) | France | 2004 | 47±6 | 9 | Normal, 12 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | LU Petit Dejeuner Fruits and Muesli, mean of three studies | | | 47 | | | | | | | | | |
| 785 | LU Petit Dejeuner Honey & Chocolate chips (LU France) | France | 2003 | 47±6 | 9 | Normal, 11 | 50 | 70.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 786 | LU Petit Dejeuner Honey & Chocolate chips (LU France) | France | 2006 | 46±4 | 9 | Normal, 11 | 50 | 71.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | LU Petit Dejeuner Milk and Cereals (LU France, LU 787 Belgium) | NS | 2004 | 55±7 | 11 | Normal, 11 | 50 | 72.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | LU Petit Dejeuner Milk and Cereals (LU France, LU 788 Belgium) | NS | 2006 | 39±4 | 8 | Normal, 12 | 50 | 74.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 789 | LU Petit Dejeuner Multicereals (LU France, LU Belgium) | NS | 2004 | 46±3 | 9 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 790 | LU Petit Dejeuner with Fruits and Figs (LU France, LU Belgium) | NS | 2004 | 41±6 | 8 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 791 | LU Petit Dejeuner with Prunes (LU, France) | France | 2006 | 51±6 | 10 | Normal, 12 | 50 | 74.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 792 | Macaroons, containing wheat flour and with coconut flour | Philippines | 2002 | 32±2 | 6 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic | 2 |
| 793 | Maltmeal wafer (Griffin's Foods Ltd., New Zealand) | New Zealand | 2000 | 50±10 | 10 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 794 | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada | 2009* | 43±3 | 9 | Normal, women, 40 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 795 | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada | 2009* | 42±2 | 8 | Normal, men, 37 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 796 | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada | 2009* | 42±3 | 8 | Normal, Caucasian, 40 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |

| | | | | | | | | | | | | | |
|-----|--|--------|-------|------|---|-------------------------------------|----|------|-------------|----------|---------------------------|-----|----|
| 797 | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada | 2009* | 42±3 | 8 | Normal, Non- Caucasian, 37 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 798 | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada | 2009* | 42±3 | 8 | Normal, ≤40 y, 39 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 799 | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada | 2009* | 43±3 | 9 | Normal, >40 y, 38 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------------|------------------------------|---|----|--------------------------------|------------------------------------|-------------------------------------|------------------------------------|------------|---------------------------|---|------------------|
| 800 | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada | 2009* | 43±3 | 9 | Normal, lean, 37 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| 801 | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada | 2009* | 41±3 | 8 | Normal, overweight, 40 | 50 | 63.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| | <i>Montana Chocolate Chip Cookies, mean of eight studies</i> | | | 42 | | | | | | | | | |
| 802 | Nutrigrain Fruits des bois (Kellogg's, France) | France | 2000 | 57±4 | 11 | Normal, 12 | 50 | 79.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 803 | Oat biscuit | UK | 2006 | 45±7 | 9 | Normal, 10 | 50 | 82.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 804 | Oat biscuit | China | 2005 | 55±1 | 11 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 805 | Oat biscuit, Nairn's™ Stem Ginger Oat Biscuit (Nairn's Oatcakes Ltd, Edinburgh, Scotland) | UK | 2007 | 55±6 | 11 | Normal, 10 | 50 | 73.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ²⁶ |
| 806 | Oro (Saiwa, Italy) | Italy | 2002 | 61±9 | 12 | Normal, 11-14 | 50 | 62 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 807 | Pavesini (Pavesi, Barilla, Italy) | Italy | 2004 | 52±5 | 10 | Normal, 10 | 25 | 57 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 808 | Petiki Go ! Fruits and Muesli (LU, Poland) | Poland | 2002 | 45±5 | 9 | Normal, 11 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 809 | Petiki Go ! Fruits and Muesli (LU, Poland) | Poland | 2003 | 49±5 | 10 | Normal, 11 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 810 | Petiki Go ! Fruits and Muesli (LU, Poland) | Poland | 2004 | 47±6 | 9 | Normal, 12 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| | <i>Petiki Go ! Fruits and Muesli, mean of three studies</i> | | | 47 | | | | | | | | | |
| 811 | Petit brun extra (LU, France) | France | 2002 | 77±12 | 15 | Normal, 11-14 | 50 | 62 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 812 | Petit LU Normand (LU, France) | France | 2000 | 51±3 | 10 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 813 | Petit LU Roussillon (LU, France) | France | 2000 | 48±4 | 10 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 814 | President's Choice® Blue Menu™ Cranberry Orange Cookies (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 60±4 | 12 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 815 | President's Choice® Blue Menu™ Crunchy Oat Cookies (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 62±7 | 12 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 816 | President's Choice® Blue Menu™ Ginger & Lemon Cookies (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 64±5 | 13 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 817 | Prince Energie+ (LU, France) | France | 2000 | 73±5 | 15 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 818 | Prince fourré chocolat (LU, France) | France | 1996-2000 | 50±5 | 10 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ²³ |
| 819 | Prince fourré chocolat (LU, France) | France | 1996-2000 | 53±5 | 11 | Normal, 13 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ²³ |
| 820 | Prince gout chocolat (LU, France) | France | 2002 | 53±5 | 11 | Normal, 11-14 | 50 | 69 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 821 | Prince Petit Déj Cereals (LU, France) | France | 2003 | 52±7 | 10 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 822 | Prince Petit Déj Cereals and Chocolate (LU, France) | France | 2004 | 51±5 | 10 | Normal, 12 | 50 | 71.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|--|--|--------|-----------|-------|----|---------------|----|------|-------------|----------|------------------------|-------------------------|------------------|
| 823 | Prince Petit Déjeuner Vanille (LU, France and Spain) | NS | 1996-2000 | 45±6 | 9 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ²³ |
| 824 | Principe megamanana vanilla (LU, Spain) | Spain | 2002 | 45±6 | 9 | Normal, 11-14 | 50 | 69 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 825 | Rich Tea | UK | 2006 | 40±5 | 8 | Normal, 10 | 50 | 70.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 826 | Rotary-Molded biscuit ¹¹ | France | 2019* | 48±4 | 10 | Normal, 15 | 50 | 67.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| 827 | Rotary-Molded biscuit ¹¹ | France | 2019* | 47±4 | 9 | Normal, 15 | 50 | 67.4 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 7 |
| 828 | Rotary-Molded biscuit ¹¹ | France | 2019* | 45±6 | 9 | Normal, 13 | 50 | 67.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| <i>Rotary-Molded biscuit, mean of three studies</i> | | | | 47 | | | | | | | | | |
| 829 | Sablé des Flandres (LU, France) | France | 1996-2000 | 57±10 | 11 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ²³ |
| 830 | Sandwich Rotary-Molded biscuit ¹¹ | France | 2019* | 44±4 | 9 | Normal, 15 | 50 | 63.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| 831 | Sandwich Rotary-Molded biscuit ¹¹ | France | 2019* | 56±4 | 11 | Normal, 15 | 50 | 63.8 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 7 |
| 832 | Sandwich Rotary-Molded biscuit ¹¹ | France | 2019* | 52±7 | 10 | Normal, 13 | 50 | 63.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| <i>Sandwich-Rotary-Molded biscuit, mean of three studies</i> | | | | 51 | | | | | | | | | |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 833 | Segreti di Bosco (Mulino Bianco, Barilla, Italy) | Italy | 2012 | 53±7 | 11 | Normal, 9 | 50 | 73 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 834 | Snack Right Fruit Pillow, Apple and blackberry (Arnotts, Australia) | Australia | 2002 | 43±3 | 9 | Normal, 10 | 50 | 76.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 835 | Snack Right Fruit Pillow, Spicy apple and sultana (Arnotts, Australia) | Australia | 2002 | 45±3 | 9 | Normal, 10 | 50 | 76.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

| | | | | | | | | | | | | | |
|----------------------|--|------------|---------|-------------------|----------|----------------------|------|-----------|-------------|----------|------------------------|-------------------------|-----------------|
| 836 | Snack Right Fruit Pillow, Wild berry (Arnott's, Australia) | Australia | 2002 | 52±3 | 10 | Normal, 10 | 50 | 70.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 837 | Snack Right Fruit Slice, Mango and passionfruit (Arnott's, Australia) | Australia | 2002 | 49±3 | 10 | Normal, 10 | 50 | 70.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 838 | Snack Right Fruit Slice, Mixed berry (Arnott's, Australia) | Australia | 2002 | 50±3 | 10 | Normal, 10 | 50 | 70.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 839 | Snack Right Fruit Slice, Original Sultana (97% fat-free) (Arnott's, Australia) | Australia | 2002 | 48±2 | 10 | Normal, 10 | 50 | 72.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 840 | Snack Right Fruit Slice, Sultana with chocolate (Arnott's, Australia) | Australia | 2002 | 45±3 | 9 | Normal, 10 | 50 | 75.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 841 | Sweet biscuit | UK | 2007 | 47±6 | 9 | Normal Caucasian, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 58 |
| 842 | Sweet biscuit | UK | 2007 | 63±4 | 13 | Normal Asian, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 58 |
| 843 | Sweetmeal biscuit | UK | 2007 | 39±4 | 8 | Normal Caucasian, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 58 |
| 844 | Sweetmeal biscuit | UK | 2007 | 42±4 | 8 | Normal Asian, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 58 |
| 845 | Thé (LU, France) | France | 202 | 41±7 | 8 | Normal, 11-14 | 50 | 64 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 846 | Véritable Petit Beurre (LU, France) | France | 2002 | 51±8 | 10 | Normal, 11-14 | 50 | 67 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 847 | Véritable Petit Beurre (LU, France) | France | 2002 | 54±5 | 11 | Normal, 12 | 50 | 65.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 848 | Véritable Petit Beurre (LU, France) | France | 2006 | 54±6 | 11 | Normal, 11 | 50 | 63.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Véritable Petit Beurre, mean of three studies | | | 53 | | | | | | | | | |
| 849 | Vitasnella frollini (Saiwa, Italy) | Italy | 2002 | 59±10 | 12 | Normal, 11-14 | 50 | 61 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of | Year of | GI ² ± | Subjects | Avail | Test | Reference | Timepoints | Sample | Sample | | |
| | | food | | test | | | | | | | | | |
| | | production | | | | (Test | (g) | period | | | method ⁴ | | Ref. |
| | | | | (Glu = 100) | | portion) | | | | | | | |

CRACKERS

Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category.

| | | | | | | | | | | | | | |
|---------------------------------------|---|-----------|-------|-------|----|---------------|----|-------|-------------|----------|------------------------|-------------------------|------------------|
| 850 | BBQ Shapes, savory crackers (Arnott's Pty Ltd, Australia) | Australia | 2010 | 48±4 | 7 | Normal, 10 | 50 | 79.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 851 | Choice grain crackers (Jacob's Bakery, UK) | UK | 2006 | 49±7 | 7 | Normal, 10 | 50 | 76.3 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 852 | Crispbread, soft wheat flour (54%), rye flour (36%), pumpkin seeds (7.5%) (Spianate croccanti con semi di zucca, Grancereale, Barilla, Italy) | Italy | 2012 | 53±5 | 8 | Normal, 10 | 50 | 82 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 853 | Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, Australia) | Australia | 2000 | 87±10 | 13 | Normal, 10 | 50 | 68.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 854 | Cracker ¹¹ | France | 2019* | 51±4 | 8 | Normal, 15 | 50 | 75.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| 855 | Cracker ¹¹ | France | 2019* | 61±5 | 9 | Normal, 15 | 50 | 75.9 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 7 |
| 856 | Cracker ¹¹ | France | 2019* | 60±5 | 9 | Normal, 13 | 50 | 75.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 7 |
| <i>Cracker, mean of three studies</i> | | | | 57 | | | | | | | | | |
| 857 | Crackers, soft wheat flour, salty (Cracker integrali Sfoglia di grano, Mulino Bianco, Barilla, Italy) | Italy | 2010 | 63±5 | 9 | Normal, 10 | 50 | 81 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 858 | Crackers, whole-meal soft wheat flour (Cracker salati Sfoglia di grano, Mulino Bianco, Barilla, Italy) | Italy | 2010 | 63±8 | 9 | Normal, 10 | 50 | 72 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 859 | Cream cracker (LU Triumfo, Brazil) | Brazil | 2002 | 64±11 | 10 | Normal, 11-14 | 50 | 75 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 860 | Grain cracker (Bestore, Wuhan, China) | China | 2020 | 25±2 | 4 | Normal, 12 | 50 | 100 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 861 | Bread stick, Grissini Fibra Activa (with psyllium and oat) (Panmonviso, Italy) | Italy | 2008 | 52±5 | 8 | Normal, 12 | 50 | 110 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 862 | Bread stick, Grissini classici friabili (Mulino Bianco, Barilla, Italy) | Italy | 2004 | 66±7 | 10 | Normal, 10 | 50 | 68 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 863 | Protein cracker, Cheese (Herman Brot Pty Ltd, Australia) | Australia | 2019 | 22±2 | 3 | Normal, 10 | 25 | 174.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 864 | Protein cracker, Mediterranean (Herman Brot Pty Ltd, Australia) | Australia | 2019 | 31±3 | 5 | Normal, 10 | 25 | 116.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 865 | Protein cracker, Natural (Herman Brot Pty Ltd, Australia) | Australia | 2019 | 24±3 | 4 | Normal, 10 | 25 | 139.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 866 | Protein cracker, Olive (Herman Brot Pty Ltd, Australia) | Australia | 2019 | 29±4 | 4 | Normal, 10 | 25 | 102.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 867 | Protein cracker, Spicy (Herman Brot Pty Ltd, Australia) | Australia | 2019 | 26±3 | 4 | Normal, 10 | 25 | 100.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 868 | Protein cracker, Zatar (Herman Brot Pty Ltd, Australia) | Australia | 2019 | 27±3 | 4 | Normal, 10 | 25 | 106.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Protein cracker (Herman Brot), mean of six foods</i> | | | 27 | | | | | | | | | |
| 869 | High-calcium cracker (Jacob's, Malaysia) | Malaysia | 2002 | 52±8 | 8 | Normal, 11-14 | 50 | 72 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 53 |
| 870 | Melba toast/Rusk, wheat flour (Fette Biscottate Le Dorate, Italy) ⁶ | Italy | 2005 | 64±11 | 10 | Normal, 10 | 50 | 66.3 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 871 | Melba toast/Rusk, soft wheat flour, whole-meal barley flour (10%), rolled oat (2%) (Fette biscottate Cuori di orzo, Mulino Bianco, Barilla, Italy) | Italy | 2012 | 45±5 | 7 | Normal, 9 | 50 | 72 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 872 | Melba toast/Rusk, soft wheat flour, bran and rolled oat, with psyllium and soluble fibers (Fette biscottate Fibra Activa, Panmonviso, Italy) | Italy | 2009 | 47±6 | 7 | Normal, 10 | 50 | 111 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 873 | Melba Toast/Rusk, whole-meal wheat flour (50.1%), soft wheat flour (Fette Biscottate Le Integrali, Mulino Bianco, Barilla, Italy) | Italy | 2005 | 73±9 | 11 | Normal, 9 | 50 | 72 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 874 | Melba Toast/Rusk made with rice, oat, wheat, corn, barley and rye (Fette Biscottate Le cereal,(Mulino Bianco, Barilla, Italy) | Italy | 2007 | 69±8 | 10 | Normal, 9 | 50 | 67 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ¹⁴ |
| 875 | 9 Grain cracker | Australia | 2013 | 68±5 | 10 | Normal, 10 | 50 | 80.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 876 | Ancient Grains snack crackers, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 65±6 | 10 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
|----------------------|---|----------------------------|---------------------------|---------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|-----------------------------|------------------------|-------------------------------------|------------------|
| 877 | Wheat & Onion snack crackers, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 60±6 | 9 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 878 | Wheat & Sesame snack crackers, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 56±7 | 8 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 879 | Wheat snack crackers, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 65±7 | 10 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 880 | Puffed rice cakes, Calrose rice, low-amylose (Rice Growers Co-op, Australia) | Australia | 1995 | 91±7 | 14 | Normal, 9 | 50 | 61 | Bread, 2h | 0,15,30,45,60,75,90,105,120 | Capillary, plasma | Enzymatic | 70 |
| 881 | Puffed rice cakes, Doongara rice, high-amylose (Rice Growers Co-op, Australia) | Australia | 1995 | 61±5 | 9 | Normal, 9 | 50 | 63 | Bread, 2h | 0,15,30,45,60,75,90,105,120 | Capillary, plasma | Enzymatic | 70 |
| 882 | Puffed rice cakes, caramel flavored | USA | 2002 | 82±10 | 12 | Normal, 10 | 25 | 28.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 883 | Rice cracker, plain (Sakada, Japan) | Japan | 2003 | 91±11 | 14 | Normal, 10 | 50 | NS | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 884 | Rye crackers with oats | UK | 2006 | 64±11 | 10 | Normal, 10 | 50 | 78.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 885 | Rye crackers with sesame | UK | 2006 | 57±12 | 9 | Normal, 10 | 50 | 77.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 886 | Pumpkin Seeds & Oats cracker, Ryvita® (George Weston Foods, North Ryde, Australia) | Australia | 2007 | 46±7 | 7 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁵ |
| 887 | Sunflower Seeds & Oats cracker, Ryvita® (George Weston Foods, North Ryde, Australia) | Australia | 2007 | 48±8 | 7 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁵ |
| 888 | Wholewheat crackers with pumpkin and thyme | UK | 2006 | 36±3 | 5 | Normal, 10 | 50 | 81.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |

| | | | | | | | | | | | | | |
|-----|--|----|------|------|---|------------|----|------|-------------|----------|------------------------|-------------------------|----|
| 889 | Wholegrain crackers with sesame seeds and rosemary | UK | 2006 | 53±8 | 8 | Normal, 10 | 50 | 80.3 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 890 | Wholewheat sticks, crunchy, yeast extract flavored | UK | 2006 | 50±8 | 8 | Normal, 10 | 50 | 87.3 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |

DAIRY PRODUCTS AND ALTERNATIVES

Average available carbohydrate portion = 10 g, this value was used to determine the nominal GL for each item in this category, except flavored or sweetened dairy products and soy-based alternatives where 20 g was used.

Custard

| | | | | | | | | | | | | | |
|-----|---|-----------|-----------|------|---|------------|----|-------|-------------|----------|------------------------|---------|------------------|
| 891 | Custard, low-fat, vanilla flavored (Nestlé, Australia) | Australia | 2006/2007 | 29±4 | 6 | Normal, 10 | 50 | 520.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 892 | No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Australia) | Australia | 1999 | 35±2 | 7 | Normal, 10 | 25 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 893 | Reduced-fat custard, TRIM™ (Pauls Ltd, Brisbane, Australia) | Australia | 1999 | 37±4 | 7 | Normal, 10 | 50 | 347.2 | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 894 | Custard, low-fat, trifle flavored (Nestlé, Australia) | Australia | 2006-2007 | 30±3 | 6 | Normal, 11 | 50 | 625.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| | <i>Custard, mean of four foods</i> | | | 33 | | | | | | | | | |
| | Crème Fraiche | | | | | | | | | | | | |
| 895 | Crème fraiche dessert, peach (Finest, UK) | UK | 2005 | 28±8 | 6 | Normal, 9 | 25 | 320.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 896 | Crème fraiche dessert, raspberry (Finest, UK) | UK | 2005 | 30±7 | 6 | Normal, 10 | 25 | 446.4 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| | Fromage Frais | | | | | | | | | | | | |
| 897 | Fromage Frais, red fruit: blackcurrant (Healthy Living, UK) | UK | 2005 | 22±5 | 4 | Normal, 10 | 25 | 416.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 898 | Fromage Frais, red fruit: raspberry (Healthy Living, UK) | UK | 2005 | 31±8 | 6 | Normal, 10 | 25 | 441.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 899 | Fromage Frais, red fruit: red cherry (Healthy Living, UK) | UK | 2005 | 25±6 | 5 | Normal, 10 | 25 | 416.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 900 | Fromage Frais, red fruit: strawberry (Healthy Living, UK) | UK | 2005 | 29±9 | 6 | Normal, 9 | 25 | 454.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |

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|-----|--|-----------|------|------|---|------------|----|-------|-------------|----------|------------------------|-------------------------|-----------------|
| 901 | Fromage Frais, yellow fruit: mandarin and orange (Healthy Living, UK) | UK | 2005 | 19±6 | 4 | Normal, 9 | 25 | 428.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 902 | Fruche®, low-fat, apricot vanilla honey (National Foods Ltd, Melbourne, Australia) | Australia | 2005 | 34±5 | 7 | Normal, 10 | 50 | 337.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Fruche®, low-fat, berry compote (National Foods Ltd, 903 Melbourne, Australia) | Australia | 2005 | 37±6 | 7 | Normal, 10 | 50 | 357.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 904 | Fruche®, low-fat, duet peach on pineapple (National Foods Ltd, Melbourne, Australia) | Australia | 2005 | 34±5 | 7 | Normal, 10 | 50 | 340.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Fruche®, low-fat, lemon sorbetto (National Foods Ltd, 905 Melbourne, Australia) | Australia | 2005 | 34±3 | 7 | Normal, 10 | 50 | 342.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Fruche®, low-fat, orange sorbetto (National Foods Ltd, 906 Melbourne, Australia) | Australia | 2005 | 34±3 | 7 | Normal, 10 | 50 | 359.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Fruche®, low-fat, peach roulade (National Foods Ltd, 907 Melbourne, Australia) | Australia | 2005 | 37±6 | 7 | Normal, 10 | 50 | 352.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 908 | Fruche® on Fruit, low-fat, toffee apple (National Foods Ltd, Melbourne, Australia) | Australia | 2005 | 47±6 | 9 | Normal, 10 | 50 | 226.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | <i>Fromage fraais, mean of 12 foods</i> | | | 32 | | | | | | | | | |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|--------------------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Ice cream, Reduced- or Low-fat | | | | | | | | | | | | | |
| 909 | Ice-cream, low-fat chocolate flavored, Chocollo™ (Wendy's Supa Sundaes Pty Ltd, Australia) | Australia | 2006 | 24±6 | 5 | Normal, 10 | 50 | 331.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 910 | Ice cream, low-fat, Bulla Light Creamy vanilla (Regal Cream Products, VIC, Australia) | Australia | 2005 | 36±5 | 7 | Normal, 10 | 50 | 193.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 911 | Ice cream, low-fat, Bulla Light Real Dairy chocolate (Regal Cream Products, VIC, Australia) | Australia | 2005 | 27±3 | 5 | Normal, 10 | 50 | 194.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 912 | Ice cream, low-fat, Bulla Light Real Dairy English Toffee (Regal Cream Products, VIC, Australia) | Australia | 2005 | 27±3 | 5 | Normal, 10 | 50 | 198.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

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|---|--|-----------|------|------|----|------------|----|-------|-------------|----------|------------------------|---------|-----------------|
| 913 | Ice cream, low-fat, Bulla Light Real Dairy Mango (Regal Cream Products, Australia) | Australia | 2005 | 30±4 | 6 | Normal, 10 | 50 | 196.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 914 | Ice cream, low-fat, Light & Creamy, Raspberry Ripple (Nestlé Peter's, Australia) | Australia | 2004 | 55±3 | 11 | Normal, 10 | 50 | 160.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 915 | Ice-cream, low-fat, 1.2% fat, Light Prestige rich vanilla (Norco, Australia) | Australia | 2001 | 47±5 | 9 | Normal, 10 | 25 | 133.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 916 | Ice-cream, low-fat, 1.4% fat, Light Prestige traditional toffee (Norco, Australia) | Australia | 2001 | 37±4 | 7 | Normal, 10 | 25 | 106.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 917 | Ice-cream, reduced-fat, 7.1% fat, Prestige golden macadamia (Norco, Australia) | Australia | 2001 | 37±3 | 7 | Normal, 10 | 25 | 118.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 918 | Ice cream, low-fat, vanilla, 'Light' (Nestlé Peter's, Australia) | Australia | 2003 | 46±5 | 9 | Normal, 10 | 50 | 172.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 919 | Ice cream, low-fat, Blueberry Pomegranate flavor (ProYo, USA) | USA | 2017 | 32±4 | 6 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 920 | Ice cream, low-fat, Chocolate Toffee flavor (ProYo, USA) | USA | 2017 | 25±2 | 5 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 921 | Ice cream, low-fat, Coconut flavor (ProYo, USA) | USA | 2017 | 39±5 | 8 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 922 | Ice cream, low-fat, Dutch Chocolate flavor (ProYo, USA) | USA | 2017 | 34±6 | 7 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 923 | Ice cream, low-fat, Mint Chip flavor (ProYo, USA) | USA | 2017 | 34±6 | 7 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 924 | Ice cream, low-fat, Mocha flavor (ProYo, USA) | USA | 2017 | 37±5 | 7 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 925 | Ice cream, low-fat, Vanilla Bean flavor (ProYo, USA) | USA | 2017 | 39±5 | 8 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| <i>Ice-cream, reduced- or low-fat, mean of 17 foods</i> | | | | 36 | | | | | | | | | |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------|
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|--------------------------------------|--|-----------|-------|-------|----|------------|----|-------|-------------|----------|------------------------|-------------------------|-----------------|
| Ice cream, Premium (high-fat) | | | | | | | | | | | | | |
| 926 | Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia) | Australia | 2000 | 37±3 | 7 | Normal, 10 | 50 | 263.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 927 | Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia) | Australia | 2000 | 38±3 | 8 | Normal, 10 | 50 | 277.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Other ice cream | | | | | | | | | | | | | |
| 928 | Ice-cream, , low-fat chocolate flavored Chocollo™, eaten with a plain cone (Wendy's Supa Sundaes Pty Ltd, Australia) | Australia | 2006 | 44±7 | 9 | Normal, 10 | 50 | 276.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 929 | Ice-cream, low-fat chocolate flavored, Chocollo™, eaten with a waffle cone (Wendy's Supa Sundaes Pty Ltd, Australia) | Australia | 2006 | 55±6 | 11 | Normal, 10 | 50 | 199.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 930 | Gelati, sucrose-free frozen dessert, chocolate flavor (Alba Foods, Newtown, Australia) | Australia | 2002 | 37±5 | 7 | Normal, 10 | 50 | 185.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 931 | Gelati, sucrose-free frozen dessert, vanilla flavor (Alba Foods, Newtown, Australia) | Australia | 2002 | 39±4 | 8 | Normal, 10 | 50 | 182.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 932 | Ice fruit confection, Frosty Fruits® Orange Mango Splits (Nestlé Peter's, Australia) | Australia | 2007 | 59±4 | 12 | Normal, 9 | 50 | 216.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Kefir | | | | | | | | | | | | | |
| 933 | Kefir, low-fat, plain (Lifeway Foods, Chicago, USA) | USA | 2012* | 36±9 | 4 | Normal, 10 | 25 | 667 | Glucose, 2h | Standard | Capillary, serum | Enzymatic | 83 |
| 934 | Kefir, low-fat strawberry (Lifeway Foods, Chicago, USA) | USA | 2012* | 60±10 | 12 | Normal, 10 | 50 | 546 | Glucose, 2h | Standard | Capillary, serum | Enzymatic | 83 |
| 935 | Kefir, orange flavor (Lifeway Foods, Chicago, USA) | USA | 2012* | 48±10 | 10 | Normal, 10 | 50 | 548 | Glucose, 2h | Standard | Capillary, serum | Enzymatic | 83 |
| Milk condensed | | | | | | | | | | | | | |
| 936 | Milk, condensed, sweetened (Nestlé, Australia) | Australia | 2000 | 61±6 | 6 | Normal, 11 | 50 | 90.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |
| Milk, full-fat | | | | | | | | | | | | | |
| 937 | Full-fat, milk | Australia | 2018 | 30±3 | 3 | Normal, 13 | 25 | 548.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 938 | Full-fat, pasteurized, fresh, organic milk (Arla, UK) | UK | 2005 | 34±6 | 3 | Normal, 9 | 25 | 520.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |

| 939 | Full-fat, standardized, homogenized, pasteurized, British (Dairy Crest, UK) <i>Milk, full-fat, mean of three studies</i> | UK | 2005 | 46±10 37 | 5 | Normal, 10 | 25 | 531.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
|---|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Milk, full-fat, flavored | | | | | | | | | | | | | |
| 940 | Banana, honey and malt flavored milk | Australia | 2002 | 31±4 | 6 | Normal, 10 | 50 | 555.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 941 | Coffee chocolate flavored milk, Masters [®] mocha (National Foods Ltd, Australia) | Australia | 2005 | 32±4 | 6 | Normal, 10 | 50 | 510.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Milk, reduced-fat, low fat or skim | | | | | | | | | | | | | |
| 942 | Milk, reduced fat (Dairy Farmers Ltd, Australia) | Australia | 2006 | 26±6 | 3 | Normal, 10 | 25 | 428.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 943 | Milk, semi-skimmed, pasteurized, organic (Arla, UK) | UK | 2005 | 34±8 | 3 | Normal, 9 | 25 | 500 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 944 | Pura™ HiLo milk (National Foods Ltd, Australia) | Australia | 2006 | 20±5 | 2 | Normal, 10 | 50 | 862.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 945 | Pura™ Skimmer milk (National Foods Ltd, Australia) | Australia | 2006 | 20±5 | 2 | Normal, 10 | 50 | 862.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 946 | Pura™ Light Start milk (National Foods Ltd, Australia) | Australia | 2005 | 30±5 | 3 | Normal, 10 | 50 | 479.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 947 | Pura™ Tone milk (National Foods Ltd, Australia) | Australia | 2005 | 30±5 | 3 | Normal, 10 | 50 | 419.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| <i>Reduced-fat or low-fat milk, mean of six studies</i> | | | | 27 | | | | | | | | | |
| Milk, reduced- or low-fat, flavored | | | | | | | | | | | | | |
| 948 | Flavored milk, chocolate or strawberry, Big M™ (National Foods Ltd, Australia) | Australia | 2005 | 37±4 | 7 | Normal, 10 | 25 | 277.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 949 | Flavored milk, chocolate or mocha, Masters [®] Light, 99% fat free (National Foods Ltd, Australia) | Australia | 2005 | 27±5 | 5 | Normal, 10 | 50 | 561.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

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|---|---|-----------|------|------|---|------------|----|-------|-------------|----------|------------------------|---------|-----------------|
| 950 | Flavored milk, chocolate or strawberry, Masters [®] , reduced fat, (National Foods Ltd, Australia) | Australia | 2005 | 35±5 | 7 | Normal, 10 | 50 | 531.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 951 | Flavored milk, Rush [®] Heavenly Vanilla Malt milk | Australia | 2003 | 31±4 | 6 | Normal, 10 | 50 | 490.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 952 | Flavored milk, Rush [®] Intense Coffee milk | Australia | 2005 | 24±3 | 5 | Normal, 10 | 50 | 457.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 953 | Flavored milk, Rush [®] Ultimate Chocolate milk | Australia | 2003 | 26±5 | 5 | Normal, 10 | 50 | 537.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 954 | Flavored milk, Rush [®] Wicked Latte milk | Australia | 2005 | 26±3 | 5 | Normal, 10 | 50 | 473.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| <i>Milk, reduced- or low-fat, flavored, mean of seven foods</i> | | | | 29 | | | | | | | | | |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Milkshake | | | | | | | | | | | | | |
| 955 | Milkshake, made from Chocollo™, low-fat chocolate ice cream, skim milk and malted milk powder (Wendy's Supa Sundaes Pty Ltd, Australia) | Australia | 2006 | 21±4 | 4 | Normal, 9 | 50 | 423.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Mousse | | | | | | | | | | | | | |
| 956 | Nestlé Milo Combo mousse (Nestlé, Australia) | Australia | 2006 | 42±5 | 8 | Normal, 11 | 50 | 289.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 957 | Nestlé Milo flavored mousse (Nestlé, Australia) | Australia | 2006 | 46±3 | 9 | Normal, 12 | 50 | 254.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 958 | Butterscotch, 1.9% fat (Nestlé, Australia), prepared from commercial mousse mix with water | Australia | 2000 | 36±4 | 7 | Normal, 10 | 50 | 82.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 959 | Chocolate, 2% fat (Nestlé, Australia), prepared from commercial mousse mix with water | Australia | 1999 | 31±4 | 6 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 960 | Citrus (Nestlé, Australia), prepared from commercial mousse mix with water | Australia | 2005 | 47±5 | 9 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 961 | Hazelnut, 2.4% fat (Nestlé, Australia), prepared from commercial mousse mix with water | Australia | 2000 | 36±4 | 7 | Normal, 10 | 50 | 81.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 962 | Mango, 1.8% fat (Nestlé, Australia), prepared from commercial mousse mix with water | Australia | 2000 | 33±5 | 7 | Normal, 10 | 50 | 76.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 963 | Mixed berry, 2.2% fat (Nestlé, Australia), prepared from commercial mousse mix with water | Australia | 2000 | 36±5 | 7 | Normal, 10 | 50 | 81.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|---|---|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 964 | Strawberry, 2.3% fat (Nestlé, Australia), prepared from commercial mousse mix with water | Australia | 2000 | 32±3 | 6 | Normal, 10 | 50 | 82.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| <i>Mousse, reduced-fat, mean of nine foods</i> | | | | 38 | | | | | | | | | |
| Pudding | | | | | | | | | | | | | |
| 965 | Flavored milk pudding, chocolate (Danette al cioccolato, Danone, Italy) | Italy | 2011 | 51±5 | 10 | Normal, 9 | 25 | 152 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 966 | Flavored milk pudding, chocolate, made from powder and whole milk, instant (White Wings, Australia) | Australia | 2000 | 47±4 | 9 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 967 | Flavored milk pudding, vanilla, made from powder and whole milk, instant (White Wings, Australia) | Australia | 2000 | 40±4 | 8 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| <i>Flavored milk pudding, mean of three foods</i> | | | | 46 | | | | | | | | | |
| 968 | Milk rice pudding, Yoplait Le Rice®, Apple & Cinnamon flavor (National Foods Ltd, Australia) | Australia | 2005 | 52±4 | 10 | Normal, 10 | 50 | 238.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 969 | Milk rice pudding, Yoplait Le Rice®, Apricot & Almond Muesli flavor (National Foods Ltd, Australia) | Australia | 2006 | 45±4 | 9 | Normal, 10 | 50 | 231.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Milk rice pudding, Yoplait Le Rice®, Caramel flavor 970 (National Foods Ltd, Australia) | Australia | 2005 | 41±6 | 8 | Normal, 10 | 50 | 235.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 971 | Milk rice pudding, Yoplait Le Rice®, Forest Berries flavor (National Foods Ltd, Australia) | Australia | 2006 | 45±4 | 9 | Normal, 10 | 50 | 247.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 972 | Milk rice pudding, Yoplait Le Rice®, Lemon Meringue flavor (National Foods Ltd, Australia) | Australia | 2010 | 54±4 | 11 | Normal, 10 | 50 | 264.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 973 | Milk rice pudding, Yoplait Le Rice®, Mocha flavor (National Foods Ltd, Australia) | Australia | 2009 | 46±3 | 9 | Normal, 10 | 50 | 267.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 974 | Milk rice pudding, Yoplait Le Rice®, Raspberry & Apple flavor (National Foods Ltd) | Australia | 2005 | 52±4 | 10 | Normal, 10 | 50 | 235.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

| 975 | Milk rice pudding, Yoplait Le Rice®, Strawberry flavor (National Foods Ltd) | Australia | 2005 | 54±6 | 11 | Normal, 10 | 50 | 235.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
|----------------------|--|----------------------------------|------------------------------|---|----|--------------------------------|------------------------------------|-------------------------------------|------------------------------------|------------|---------------------------|---|-----------------|
| 976 | Milk rice pudding, Yoplait Le Rice®, Tropical Mango flavor (National Foods Ltd) | Australia | 2005 | 54±6 | 11 | Normal, 10 | 50 | 238.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 977 | Milk rice pudding, Yoplait Le Rice®, Vanilla flavor (National Foods Ltd) <i>Milk rice pudding, Yoplait Le Rice, mean of 10 foods</i> | Australia | 2005 | 43±4 | 9 | Normal, 10 | 50 | 243.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Yoghurt | | | | | | | | | | | | | |
| 978 | Yoghurt, black cherry (Finest, UK) | UK | 2005 | 17±3 | 3 | Normal, 10 | 25 | 312.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 979 | Yoghurt, black cherry (Healthy Living Light, UK) | UK | 2005 | 67±15 | 13 | Normal, 10 | 25 | 287.4 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 980 | Yoghurt, bourbon vanilla (Finest, UK) | UK | 2005 | 64±14 | 13 | Normal, 10 | 25 | 260.4 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 981 | Yoghurt, Devonshire fudge (Finest, UK) | UK | 2005 | 37±7 | 7 | Normal, 10 | 25 | 223.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 982 | Yoghurt, Greek style, honey topped (UK) | UK | 2005 | 36±7 | 7 | Normal, 9 | 25 | 367.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 983 | Yoghurt, Jalna Premium Creamy Vanilla (Jalna Dairy Foods, Australia) | Australia | 2004 | 18±4 | 4 | Normal, 10 | 50 | 331.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 984 | Yoghurt, lemon curd (Finest, UK) | UK | 2005 | 67±14 | 13 | Normal, 10 | 25 | 248.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 985 | Yoghurt, peach & apricot (Healthy Living Light, UK) | UK | 2005 | 28±6 | 6 | Normal, 9 | 25 | 308.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 986 | Yoghurt, raspberry (Healthy Living Light, UK) | UK | 2005 | 43±8 | 9 | Normal, 10 | 25 | 308.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 987 | Yoghurt, red fruit: Morello cherry (Healthy Living Light, UK) | UK | 2005 | 35±6 | 7 | Normal, 9 | 25 | 454.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 988 | Yoghurt, red fruit: raspberry and black cherry (Healthy Living | UK | 2005 | 37±8 | 7 | Normal, 9 | 25 | 491.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |

| | | | | | | | | | | | | | |
|------|--|--------|-------|------|---|------------|----|-------|-------------|----------|------------------------|-------------------------|------------------|
| | Light, UK) | | | | | | | | | | | | |
| 989 | Yoghurt, Scottish raspberry (Finest, UK) | UK | 2005 | 32±7 | 6 | Normal, 10 | 25 | 264.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 990 | Yoghurt, strawberry (Healthy Living Light, UK) | UK | 2005 | 30±6 | 6 | Normal, 10 | 25 | 316.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 991 | Yoghurt, strawberry (Astro yoghurt, Canada) | Canada | 2010* | 44±4 | 9 | Normal, 10 | 50 | 250 | Bread, 2h | Standard | Capillary, whole blood | YSI | 56 |
| 992 | Yoghurt, strawberry and cream (Finest, UK) | UK | 2005 | 41±6 | 8 | Normal, 10 | 25 | 324.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 993 | Yoghurt, summer fruit: apricot (Healthy Living Light, UK) | UK | 2005 | 11±4 | 2 | Normal, 9 | 25 | 476.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 994 | Yoghurt, summer fruit: peach and vanilla (Healthy Living Light, UK) | UK | 2005 | 26±7 | 5 | Normal, 9 | 25 | 476.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 995 | Yoghurt, summer fruit: raspberry (Healthy Living Light, UK) | UK | 2005 | 28±5 | 6 | Normal, 9 | 25 | 501.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 996 | Yoghurt, summer fruit: strawberry (Healthy Living Light, UK) | UK | 2005 | 36±9 | 7 | Normal, 9 | 25 | 500.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 997 | Yoghurt, tropical fruit: guava and passionfruit (Healthy Living Light, UK) | UK | 2005 | 24±7 | 5 | Normal, 9 | 25 | 447.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 998 | Yoghurt, tropical fruit: mango (Healthy Living Light, UK) | UK | 2005 | 32±8 | 6 | Normal, 9 | 25 | 454.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 999 | Yoghurt, tropical fruit: peach and apricot (Healthy Living Light, UK) | UK | 2005 | 27±6 | 5 | Normal, 9 | 25 | 468.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1000 | Yoghurt, tropical pineapple (Healthy Living Light, UK) | UK | 2005 | 38±7 | 8 | Normal, 9 | 25 | 461.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1001 | Yoghurt, Valencia orange (Finest, UK) | UK | 2005 | 34±7 | 7 | Normal, 10 | 25 | 301.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1002 | Yoghurt, Yitangping (Beijing Sanyuan Foods, Beijing, China) | China | 2020 | 21±4 | 4 | Normal, 11 | 25 | 454.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| | <i>Yoghurt, different flavors, mean of 25 studies</i> | | | 35 | | | | | | | | | |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Yoghurt, frozen | | | | | | | | | | | | | |
| 1004 | Mochaccino frozen yoghurt, President's Choice® Blue 1003 Menu™ brand (Loblaw Brands Limited, Canada) | Canada | 2004/2007 | 51±5 | 10 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | Strawberry Banana frozen yoghurt, President's Choice® Blue Menu™ brand (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 55±6 | 11 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | Vanilla frozen yoghurt, President's Choice® Blue Menu™ 1005 brand (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 46±5 | 9 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| Yoghurt, frozen, mean of three foods | | | | 51 | | | | | | | | | |
| Yoghurt, low-fat, reduced fat, or non-fat | | | | | | | | | | | | | |
| 1006 | Diet Passionfruit yoghurt, Dairy Dream (Aldi, Australia) | Australia | 2010 | 21±2 | 4 | Normal, 10 | 50 | 495 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1007 | Diet Raspberry yoghurt, Dairy Dream (Aldi, Australia) | Australia | 2010 | 21±2 | 4 | Normal, 10 | 50 | 515 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1008 | Diet yoghurt, Vaalia™, exotic fruits (Pauls Ltd., Australia), sweetened with acesulfame K and Splenda | Australia | 2000 | 23±2 | 5 | Normal, 10 | 25 | 312.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1009 | Diet yoghurt, Vaalia™, mango (Pauls Ltd., Australia), sweetened with acesulfame K and Splenda | Australia | 2000 | 23±2 | 5 | Normal, 10 | 25 | 367.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1010 | Diet yoghurt, Vaalia™, mixed berry (Pauls Ltd., Australia), sweetened with acesulfame K and Splenda | Australia | 2000 | 25±3 | 5 | Normal, 10 | 25 | 409.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1011 | Diet yoghurt, Vaalia™, strawberry (Pauls Ltd., Australia), sweetened with acesulfame K and Splenda | Australia | 2000 | 23±2 | 5 | Normal, 10 | 25 | 423.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1012 | Diet yoghurt, Vaalia™, vanilla (Pauls Ltd, Australia) sweetened with acesulfame K and Splenda | Australia | 2000 | 23±2 | 5 | Normal, 10 | 25 | 416.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1013 | Low-fat, sugar sweetened, strawberry classic, Yoplait™ Lite (National Foods Ltd, Australia) | Australia | 2002 | 33±5 | 7 | Normal, 10 | 50 | 324.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1014 | Low-fat (0.9%), fruit, wild strawberry, Ski d'lite™ (Dairy Farmers Ltd, Australia) | Australia | 2002 | 31±4 | 6 | Normal, 9 | 50 | 342.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1015 | Low-fat, Nestlé Diet, Blueberry (Nestlé, Australia) | Australia | 2006 | 32±4 | 6 | Normal, 10 | 25 | 446.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |

| 1016 | Low-fat, Nestlé Diet, Mixed Berry (Nestlé, Australia) | Australia | 2006 | 28±4 | 6 | Normal, 12 | 25 | 463.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1017 | Low-fat, Nestlé Diet, Peaches & Cream (Nestlé, Australia) | Australia | 2006 | 28±3 | 6 | Normal, 10 | 25 | 463.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1018 | Low-fat, apricot | UK | 2005 | 42±6 | 8 | Normal, 10 | 25 | 354.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1019 | Low-fat, black cherry | UK | 2005 | 41±5 | 8 | Normal, 10 | 25 | 349.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1020 | Low-fat, hazelnut | UK | 2005 | 53±9 | 11 | Normal, 10 | 25 | 357.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1021 | Low-fat, peach melba (Value, UK) | UK | 2005 | 56±11 | 11 | Normal, 10 | 25 | 357.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1022 | Low-fat, raspberry | UK | 2005 | 34±6 | 7 | Normal, 10 | 25 | 335.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1023 | Low-fat, strawberry | UK | 2005 | 61±11 | 12 | Normal, 10 | 25 | 347.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1024 | Low-fat, sugar sweetened, Heavenly Honey flavor, Vaalia (Pauls Ltd) | Australia | 2003 | 32±4 | 6 | Normal, 10 | 50 | 280.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Low-fat, sugar sweetened, Lemon Crème flavor, Vaalia 1025 (Pauls Ltd) | Australia | 2003 | 43±6 | 9 | Normal, 10 | 50 | 307.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1026 | Low-fat, sugar sweetened, Luscious Berries flavor, Vaalia (Pauls Ltd) | Australia | 2003 | 29±2 | 6 | Normal, 10 | 50 | 337.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1027 | Low-fat, sugar sweetened, Passionfruit flavor, Vaalia (Pauls Ltd) | Australia | 2003 | 32±3 | 6 | Normal, 10 | 50 | 301.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1028 | Low-fat, sugar sweetened, Strawberry flavor, Vaalia (Pauls Ltd) | Australia | 2003 | 28±3 | 6 | Normal, 9 | 50 | 340.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1029 | No Added Sugar Passionfruit yoghurt, Tamar Valley (Aldi, Australia) | Australia | 2010 | 21±2 | 4 | Normal, 10 | 50 | 495 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1030 | No Added Sugar Raspberry yoghurt, Tamar Valley (Aldi, Australia) <i>Low fat yoghurts different flavors, mean of 25 foods</i> | Australia | 2010 | 21±2 32 | 4 | Normal, 10 | 50 | 515 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|-----------------------------|------------------------|-------------------------------------|-----------------|
| | Reduced-fat, Vaalia™, apricot & mango (Pauls Ltd., 1031 Australia) | Australia | 1999 | 26±4 | 5 | Normal, 10 | 25 | 354.6 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1032 | Reduced-fat, Vaalia™, French vanilla (Pauls Ltd., Australia) | Australia | 1999 | 26±4 | 5 | Normal, 10 | 25 | 292.4 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1033 | Reduced-fat, Extra-Lite™, strawberry (Pauls Ltd., Australia) | Australia | 1999 | 28±4 | 6 | Normal, 10 | 25 | 310.6 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1034 | Reduced-fat, strawberry | Czech Republic | 2005 | 43±5 | 9 | Normal, 20 | 50 | 312.5 | Glucose, 2h | 0,15,30,45,60,75,90,105,120 | Capillary, whole blood | Glucometer ⁹ | 84 |
| | Reduced-fat, Yoplait™ Lite, berry fruit flavors (National 1035 Foods Ltd, Australia) | Australia | 2006 | 25±3 | 5 | Normal, 10 | 50 | 290.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1036 | Reduced-fat, Yoplait™ Lite, tropical fruit flavors (National Foods Ltd, Australia) | Australia | 2006 | 37±3 | 7 | Normal, 10 | 50 | 312.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1037 | Reduced-fat, Yoplait™ Lite, various flavors (National Foods Ltd, Australia) | Australia | 2006 | 27±2 | 5 | Normal, 10 | 50 | 271.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Reduced-fat, Yoplait™ Lite, Fruit Salad flavor (National 1038 Foods Ltd, Australia) | Australia | 2006 | 32±5 | 6 | Normal, 10 | 50 | 324.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | <i>Reduced-fat yoghurts different flavors, mean of nine foods</i> | | | 30 | | | | | | | | | |
| | Non-fat, Honey flavor, sugar sweetened, Ski™ (Dairy 1039 Farmers Ltd, Australia), | Australia | 2002 | 40±2 | 8 | Normal, 10 | 50 | 287.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Non-fat, Vanilla flavor, sugar sweetened, Ski™, (Dairy 1040 Farmers Ltd, Australia), | Australia | 2002 | 40±4 | 8 | Normal, 10 | 50 | 316.5 | Glucose, 2h | Standard | Capillary, Whole blood | HemoCue | UO ⁵ |
| 1041 | No Fat berry fruit flavors, artificially sweetened yoghurts, Yoplait™ (National Foods Ltd, Australia) | Australia | 2006 | 16±3 | 3 | Normal, 10 | 25 | 384.6 | Glucose, 2h | Standard | Capillary, Whole blood | HemoCue | UO ⁵ |
| 1042 | No Fat Strawberry Classic flavor, artificially sweetened yoghurts, Yoplait™ (National Foods Ltd, Australia) | Australia | 2006 | 19±3 | 4 | Normal, 10 | 25 | 357.1 | Glucose, 2h | Standard | Capillary, Whole blood | HemoCue | UO ⁵ |

| | | | | | | | | | | | | | |
|------|---|-----------|------|-------|---|------------|----|-------|-------------|----------|------------------------|-------------------------|-----------------|
| 1043 | No Fat tropical fruit flavors, artificially sweetened yoghurts, Yoplait™(National Foods Ltd, Australia) | Australia | 2006 | 20±4 | 4 | Normal, 10 | 25 | 390.6 | Glucose, 2h | Standard | Capillary, Whole blood | HemoCue | UO ⁵ |
| 1044 | No Fat yoghurt, various flavors, artificially sweetened yoghurts, Yoplait™(National Foods Ltd, Australia) | Australia | 2006 | 18±3 | 4 | Normal, 10 | 25 | 367.6 | Glucose, 2h | Standard | Capillary, Whole blood | HemoCue | UO ⁵ |
| 1045 | Fat-free, Passionfruit yoghurt (Jalna Dairy Foods, Australia) | Australia | 2004 | 27±4 | 5 | Normal, 10 | 50 | 359.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | <i>Non-fat yoghurts, mean of seven foods</i> | | | 26 | | | | | | | | | |
| | Yoghurt, natural | | | | | | | | | | | | |
| | No Added Sugar Natural yoghurt (Tamar Valley Dairy, 1046 Australia) | Australia | 2010 | 17±2 | 2 | Normal, 10 | 50 | 495 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1047 | Yoghurt, low fat, natural | UK | 2005 | 35±10 | 4 | Normal, 9 | 25 | 431 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| | Yoghurt, probiotic | | | | | | | | | | | | |
| 1048 | Yoghurt, probiotic, prune | UK | 2005 | 44±10 | 9 | Normal, 10 | 25 | 349.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1049 | Yoghurt, probiotic, raspberry | UK | 2005 | 45±10 | 9 | Normal, 10 | 25 | 349.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| | <i>All Yoghurts, mean of 72 studies</i> | | | 33 | | | | | | | | | |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Yoghurt drinks | | | | | | | | | | | | | |
| 1050 | Probiotic drink, cranberry | UK | 2005 | 56±9 | 11 | Normal, 10 | 25 | 409.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1051 | Probiotic drink, orange | UK | 2005 | 30±8 | 6 | Normal, 10 | 25 | 373.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1052 | Probiotic drink, original | UK | 2005 | 34±5 | 7 | Normal, 10 | 25 | 409.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1053 | Cultured Multivitamin Milk Fruit Drink, Vitalise (Jalna Dairy Foods, Australia) | Australia | 2004 | 24±5 | 5 | Normal, 10 | 50 | 381.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

| 1054 | Yoghurt drink, Wildberry Yoghurt on the Go (Jalna Dairy Foods, Australia) | Australia | 2004 | 19±4 | 4 | Normal, 10 | 50 | 381.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
|--|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1055 | Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit (Pauls Ltd., Australia) | Australia | 1999 | 38±4 | 8 | Normal, 10 | 25 | 173.6 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Dairy products with added ingredients | | | | | | | | | | | | | |
| 1056 | Control dairy beverage | Canada | 2013* | 70±7 | 7 | Normal, 11 | 50 | 250 | Glucose, 2h | Standard | Venous, plasma/serum | YSI | 85 |
| 1057 | Dairy beverage with soy-soluble polysaccharides (2.5 g fiber) | Canada | 2013* | 65±11 | 7 | Normal, 11 | 50 | 250 | Glucose, 2h | Standard | Venous, plasma/serum | YSI | 85 |
| 1058 | Dairy beverage with flaxseed gum (2.5 g fiber) | Canada | 2013* | 54±9 | 5 | Normal, 11 | 50 | 250 | Glucose, 2h | Standard | Venous, plasma/serum | YSI | 85 |
| 1059 | Control dairy pudding (0.25 g fiber) | Canada | 2013* | 63±6 | 6 | Normal, 11 | 50 | 250 | Glucose, 2h | Standard | Venous, plasma/serum | YSI | 85 |
| 1060 | Dairy pudding with soy-soluble polysaccharides (2.5 g fiber) | Canada | 2013* | 61±6 | 6 | Normal, 11 | 50 | 250 | Glucose, 2h | Standard | Venous, plasma/serum | YSI | 85 |
| 1061 | Dairy pudding with flaxseed gum (2.5 g fiber) | Canada | 2013* | 57±8 | 6 | Normal, 11 | 50 | 250 | Glucose, 2h | Standard | Venous, plasma/serum | YSI | 85 |
| Soy-based dairy product alternatives | | | | | | | | | | | | | |
| Soy milks | | | | | | | | | | | | | |
| 1062 | Soy milk beverage, Original flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004/2007 | 15±4 | 2 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1063 | Soy milk, full-fat, with sucrose (Sanitarium, Australia) | Australia | 1997 | 31±5 | 3 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1064 | Soy milk, full-fat (3%), Original, 0 mg calcium, with maltodextrin (So Natural Foods, Australia) | Australia | 2000 | 44±5 | 4 | Normal, 10 | 25 | 337.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1065 | Soy milk, full-fat (3%), Calciforte, 120 mg calcium, with maltodextrin (So Natural Foods, Australia) | Australia | 2000 | 36±4 | 4 | Normal, 10 | 25 | 360.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1066 | Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia) | Australia | 2006 | 41±4 | 4 | Normal, 15 | 25 | 333.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |

| | | | | | | | | | | | | | |
|------|---|-----------|-----------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1067 | Soy milk, Vitasoy® Organic (National Foods Ltd, Australia) | Australia | 2008 | 43±3 | 4 | Normal, 10 | 25 | 412.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1068 | Soy milk, Vitasoy® So Milky Regular (National Foods Ltd, Australia) <i>Soy milk full-fat, mean of five studies</i> | Australia | 2008 | 21±5 | 2 | Normal, 10 | 25 | 800.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1069 | Soy milk, low-fat (0.7%), Vitasoy® Light Original (National Foods Ltd, Australia) | Australia | 2005 | 45±5 | 5 | Normal, 10 | 25 | 641.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Soy milk, reduced-fat (1.5%), Vitasoy® So Milky Lite 1070 (National Foods Ltd, Australia) | Australia | 2008 | 17±3 | 2 | Normal, 10 | 25 | 851.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1071 | Soy milk, reduced-fat (1.5%), 120 mg calcium, Light, containing maltodextrin (So Natural Foods, Australia) | Australia | 2000 | 44±3 | 4 | Normal, 10 | 25 | 463.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Soy milk, reduced-fat (1.8%), 120 mg calcium, Vitasoy® 1072 Premium Vitality+ (National Foods Ltd, Australia) | Australia | 2005 | 18±3 | 2 | Normal, 10 | 25 | 520.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | <i>Soy milk reduced-fat, mean of 4 studies</i> | | | 31 | | | | | | | | | |
| | Soy milk drinks, flavored | | | | | | | | | | | | |
| 1073 | Soy Beverage, Chocolate flavored, President's Choice® Blue Menu™(Loblaw Brands Limited, Canada) | Canada | 2004/2007 | 40±5 | 8 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1074 | Soy Beverage, Vanilla flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 28±3 | 6 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Chocolate 1075 (National Foods Ltd, Australia) | Australia | 2008 | 31±3 | 6 | Normal, 10 | 25 | 353.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Vanilla 1076 (National Foods Ltd, Australia) | Australia | 2008 | 31±3 | 6 | Normal, 10 | 25 | 376.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Soy yoghurt | | | | | | | | | | | | |
| 1077 | Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia) | Australia | 2000 | 50±3 | 10 | Normal, 10 | 25 | 268.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | Country of food | Year of 1 | GI ² ± SEM | GL | Subjects number)(type & | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|-----------------|-----------|-----------------------|----|-------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------|
|----------------------|-----------------|-----------|-----------------------|----|-------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------|

| | | production | | test | | (Glu = 100) | | | | | | | |
|--|--|--------------|-------|------|---|-------------|----|-------|-------------|----------|------------------------|-------------------------|-----------------|
| FRUIT AND FRUIT PRODUCTS | | | | | | | | | | | | | |
| Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category. | | | | | | | | | | | | | |
| Apples | | | | | | | | | | | | | |
| 1078 | Apples, raw | Australia | 2020 | 44±5 | 7 | Normal, 10 | 50 | 431.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1079 | Apples, canned in juice | Australia | 2007 | 42±5 | 6 | Normal, 10 | 50 | 337.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1080 | Sliced Apples, canned, solid packed without juice (Langeberg and Ashton Foods Pty Ltd, South Africa) | South Africa | 2006 | 42±2 | 6 | Normal, 10 | 50 | 602.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Apples, dried | | | | | | | | | | | | | |
| 1081 | Apple, dried | Australia | 1998 | 29±5 | 4 | Normal, 10 | 50 | 82.3 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1082 | Apples, dried (<i>Malus pumila</i> Mill.) | China | 2018* | 43±4 | 6 | Normal, 11 | 50 | 76.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 86 |
| Apricots | | | | | | | | | | | | | |
| 1083 | Apricots, raw, NS | Australia | 2007 | 34±3 | 5 | Normal, 10 | 50 | 324.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1084 | Apricots, raw, NS | Canada | 2018* | 42±5 | 6 | Normal, 10 | 50 | 81.4 | Bread, 2h | Standard | Capillary, whole blood | YSI | 87 |
| 1085 | Apricot Halves canned in fruit juice (Langeberg and Ashton Foods Pty Ltd, South Africa) | South Africa | 2006 | 51±5 | 8 | Normal, 10 | 50 | 495.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Apricots, dried | | | | | | | | | | | | | |
| 1086 | Apricots, dried, ready to eat, bite size | UK | 2005 | 32±7 | 5 | Normal, 10 | 50 | 137.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1087 | Apricots, dried (<i>Armeniaca vulgaris</i> Lam.) | China | 2018* | 56±4 | 8 | Normal, 11 | 50 | 90.4 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 86 |
| Banana, raw | | | | | | | | | | | | | |
| 1088 | Banana, raw | Australia | 2008 | 47±5 | 7 | Normal, 10 | 50 | 250 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1089 | Banana, lady finger (Moraitis, Australia) | Australia | 2014 | 49±5 | 7 | Normal, 12 | 50 | 259.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1090 | Banana, lady finger (Moraitis, Australia) | Australia | 2014 | 53±4 | 8 | Normal, 12 | 50 | 268.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|---|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1091 | Banana, raw, overripe | Australia | 2008 | 57±8 | 9 | Normal, 9 | 50 | 250 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Blueberries | | | | | | | | | | | | | |
| 1092 | Blueberries, wild (Wild Blueberries Association, Canada) | Canada | 2004/2007 | 53±7 | 8 | Normal, 10 | 50 | 568.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁵ |
| Breadfruit (<i>Artocarpus altilis</i>) | | | | | | | | | | | | | |
| 1093 | Breadfruit, peeled, boiled 10 min | Jamaica | 2005 | 47±5 | 7 | Normal, 10 | 50 | 276.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1094 | Breadfruit, roasted on preheated charcoal | Jamaica | 2005 | 72±8 | 11 | Normal, 10 | 50 | 221.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1095 | Jackfruit365 Green Jackfruit, prepared as a porridge with 1095 water | India | 2016 | 65±5 | 10 | Normal, 10 | 25 | 59.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Cranberries | | | | | | | | | | | | | |
| 1096 | Cranberries, sweetened, dried (Ocean Spray, USA) | USA | 2011 | 62±6 | 9 | Normal, 10 | 50 | 65.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Cherries | | | | | | | | | | | | | |
| 1097 | Cherries, sour, pitted, canned (Always Fresh brand, Australia) | Australia | 2007 | 41±5 | 6 | Normal, 10 | 25 | 142 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Custard apple | | | | | | | | | | | | | |
| 1098 | Custard apple, raw, flesh only | Australia | 2000 | 54±2 | 8 | Normal, 12 | 50 | 316.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |
| Dates | | | | | | | | | | | | | |
| 1099 | Dates, Bo ma'an variety (Al Saad date factory, Al Ain, UAE) | UAE | 2011* | 46±7 | 7 | Normal, 13 | 50 | 72.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 89 |
| 1100 | Dates, Dabbas variety (Al Saad date factory, Al Ain, UAE) | UAE | 2011* | 49±7 | 7 | Normal, 13 | 50 | 76.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 89 |
| 1101 | Dates, Deglet noir variety | Algeria | 2016* | 52±3 | 8 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 90 |

| | | | | | | | | | | | | | |
|------|---|---------|-------|------|---|------------|----|-------|-------------|----------|------------------------|-------------------------|----|
| 1102 | Dates, Fara'd variety (Al Saad date factory, Al Ain, UAE) | UAE | 2011* | 54±6 | 8 | Normal, 13 | 50 | 72.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 89 |
| 1103 | Dates, H'mira variety | Algeria | 2016* | 48±2 | 7 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 90 |
| 1104 | Dates, Khalas (Rutab, soft early ripened) variety | UAE | 2002 | 47±5 | 7 | Normal, 11 | 50 | 101.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 91 |
| 1105 | Dates, Khalas variety (Al Saad date factory, Al Ain, UAE) | UAE | 2011* | 55±8 | 8 | Normal, 13 | 50 | 72.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 89 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref |
|--------------------------------|--|----------------------------|---------------------------|--------------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----|
| 1106 | Dates, Khalas (<i>Phoenix dactylifera</i> L.) | Saudi Arabia | 2013* | 55±6 | 8 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | YSI | 92 |
| 1107 | Dates, Lulu variety (Al Saad date factory, Al Ain, UAE) | UAE | 2011* | 54±9 | 8 | Normal, 13 | 50 | 73.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 89 |
| 1108 | Dates, NS | Canada | 2018* | 68±6 | 10 | Normal, 10 | 50 | 77.8 | Bread, 2h | Standard | Capillary, whole blood | YSI | 87 |
| 1109 | Dates, Tinissine variety | Algeria | 2016* | 44±2 | 7 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 90 |
| <i>Dates, mean of 11 foods</i> | | | | 52 | | | | | | | | | |
| Dates, dried | | | | | | | | | | | | | |
| 1110 | Dates, Ajwah cultivar, Tamer stage | Saudi Arabia | 2016* | 60±6 | 9 | Normal, 10 | 50 | 70.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1111 | Dates, Khalas (Tamer, sun dried stored in traditional Bedu manner) variety | UAE | 2002 | 45±8 | 7 | Normal, 11 | 50 | 66.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 91 |
| 1112 | Dates, Khalas variety, dried and vacuum packed | UAE | 2002 | 36±3 | 5 | Normal, 11 | 50 | 66.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 91 |
| 1113 | Dates, Khudri cultivar, Tamer stage | Saudi Arabia | 2016* | 62±7 | 9 | Normal, 10 | 50 | 67.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1114 | Dates, Maktoomi cultivar, Tamer stage | Saudi Arabia | 2016* | 71±11 | 11 | Normal, 10 | 50 | 68.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1115 | Dates, Medjool cultivar, Tamer stage | Saudi Arabia | 2016* | 55±7 | 8 | Normal, 10 | 50 | 70.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |

| 1116 | Dates, Nabtat-ali cultivar, Tamer stage | Saudi Arabia | 2016* | 60±7 | 9 | Normal, 10 | 50 | 69.3 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
|---------------------------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1117 | Dates, Nabtat-seyf cultivar, Tamer stage | Saudi Arabia | 2016* | 54±10 | 8 | Normal, 9 | 50 | 67.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1118 | Dates, Osilah cultivar, Tamer stage | Saudi Arabia | 2016* | 57±12 | 9 | Normal, 9 | 50 | 82.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1119 | Dates, Rashodia cultivar, Tamer stage | Saudi Arabia | 2016* | 51±7 | 8 | Normal, 10 | 50 | 67.3 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1120 | Dates, Ruthana cultivar, Tamer stage | Saudi Arabia | 2016* | 53±4 | 8 | Normal, 10 | 50 | 73.4 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1121 | Dates, Sag'ai cultivar, Tamer stage | Saudi Arabia | 2016* | 45±6 | 7 | Normal, 9 | 50 | 72.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1122 | Dates, Sayer, dried, Trident™ brand | Australia | 2014 | 56±3 | 8 | Normal, 10 | 50 | 63.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1123 | Dates, Sellaj cultivar, Tamer stage | Saudi Arabia | 2016* | 75±10 | 11 | Normal, 9 | 50 | 69.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1124 | Dates, Shaqra cultivar, Tamer stage | Saudi Arabia | 2016* | 43±6 | 6 | Normal, 10 | 50 | 66.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1125 | Dates, Shishi cultivar, Tamer stage | Saudi Arabia | 2016* | 50±7 | 8 | Normal, 10 | 50 | 71.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1126 | Dates, Sukkary cultivar, Tamer stage | Saudi Arabia | 2016* | 43±5 | 6 | Normal, 10 | 50 | 77.6 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1127 | Dates, Um-Kabar cultivar, Tamer stage | Saudi Arabia | 2016* | 59±7 | 9 | Normal, 10 | 50 | 69.1 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| 1128 | Dates, Wannanah cultivar, Tamer stage | Saudi Arabia | 2016* | 51±7 | 8 | Normal, 10 | 50 | 67.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 93 |
| <i>Dates, dried, mean of 19 foods</i> | | | | 54 | | | | | | | | | |

| | | | | | | | | | | | | | |
|--------------------|---|-----------|-------|------|---|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| Figs, dried | | | | | | | | | | | | | |
| 1129 | Figs, dried, no added, sugar, organic, Turkish (Woolworths Macro brand, Australia) | Turkey | 2018 | 54±6 | 8 | Normal, 10 | 50 | 91.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1130 | Figs, dried, tenderized, Dessert Maid brand (Ernest Hall & Sons, Sydney, Australia) | Australia | 2002 | 61±6 | 9 | Normal, 10 | 50 | 115.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Guava | | | | | | | | | | | | | |
| 1131 | Guava, raw, cut into bite size pieces | Singapore | 2017* | 29±4 | 4 | Normal, 19 | 25 | 280 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 94 |
| 1132 | Guava, raw, puree | Singapore | 2017* | 47±4 | 7 | Normal, 19 | 25 | 280 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 94 |
| Grapes | | | | | | | | | | | | | |
| 1133 | Grapes, Crimson seedless | Australia | 2008 | 50±3 | 8 | Normal, 10 | 50 | 279.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1134 | Grapes, green, Menidee, seedless | Australia | 2008 | 54±4 | 8 | Normal, 10 | 50 | 333.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1135 | Grapes, black, Waltham Cross | Australia | 2001 | 59±5 | 9 | Normal, 11 | 50 | 330.7 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Grapefruit | | | | | | | | | | | | | |
| 1136 | Grapefruit, ruby red segments, canned in juice (Woolworths Select, Australia) | Australia | 2008 | 47±5 | 7 | Normal, 10 | 50 | 294.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Jujubes | | | | | | | | | | | | | |
| 1137 | Jujubes, dried (<i>Ziziphus jujubu</i> Mill.) | China | 2018* | 55±6 | 8 | Normal, 11 | 50 | 84 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 86 |
| Lychee | | | | | | | | | | | | | |
| 1138 | Lychee, fresh | Australia | 2009 | 57±3 | 9 | Normal, 9 | 50 | 308.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1139 | Lychee, canned in syrup and drained, Narcissus brand | China | 2000 | 79±8 | 12 | Normal, 12 | 50 | 292.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |

| Mandarins | | | | | | | | | | | | | |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1140 | Mandarin orange (<i>Citrus reticulata</i>) ¹⁹ | Italy | 2004 | 52±8 | 8 | Normal, ≥9 | 25 | 142 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ¹⁴ |
| 1141 | Mandarin segments, canned in juice (Woolworths Select, Australia) | Australia | 2008 | 47±2 | 7 | Normal, 10 | 50 | 500 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Mango | | | | | | | | | | | | | |
| 1142 | Mango, raw (Chin-Hwang Mango) | Taiwan | 2010* | 48±0.3 | 7 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 19 |
| 1143 | Mango, low-fat frozen fruit dessert, Frutia™ (Weis Frozen Foods, Toowong, Australia) | Australia | 2000 | 42±3 | 6 | Normal, 10 | 50 | 217.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Melon | | | | | | | | | | | | | |
| 1144 | Melon (<i>Cucumis melon</i>) ¹⁹ | Italy | 2004 | 60±9 | 9 | Normal, ≥9 | 25 | 338 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ¹⁴ |
| 1145 | Watermelon, raw (<i>Citrullus vulgaris-red</i> variety) | Malaysia | 2008* | 55±3 | 8 | Normal, 10 | 50 | 893 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 95 |
| 1146 | Watermelon (<i>Citrullus lanatus</i>), raw, red-fleshed, seeded | Malaysia | 2017* | 48±1 | 7 | Normal, 14 | 25 | 236 | Glucose, 2h | Standard | Capillary, plasma | YSI | 96 |
| 1147 | Watermelon (<i>Citrullus lanatus</i>), raw, red-fleshed, seedless | Malaysia | 2017* | 51±2 | 8 | Normal, 14 | 25 | 239 | Glucose, 2h | Standard | Capillary, plasma | YSI | 96 |
| 1148 | Watermelon (<i>Citrullus lanatus</i>), raw, yellow-fleshed, seedless | Malaysia | 2017* | 47±2 | 7 | Normal, 14 | 25 | 233 | Glucose, 2h | Standard | Capillary, plasma | YSI | 96 |
| | Watermelon, mean of four foods | | | 50 | | | | | | | | | |
| Nectarines | | | | | | | | | | | | | |
| 1149 | Nectarines, raw | Australia | 2006 | 43±6 | 6 | Normal, 10 | 25 | 324.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Orange | | | | | | | | | | | | | |
| 1150 | Oranges, navel | Australia | 2020 | 45±5 | 7 | Normal, 10 | 50 | 406.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1151 | Orange & Grapefruit segments, canned in juice (Woolworths Select, Australia) | Australia | 2008 | 53±4 | 8 | Normal, 10 | 50 | 312.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Passionfruit | | | | | | | | | | | | | |
|-------------------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| added 1152 | Passionfruit pulp, canned, 55% passionfruit pulp with sugar | Australia | 2016 | 46±5 | 7 | Normal, 10 | 25 | 95.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Paw paw/papaya, raw | | | | | | | | | | | | | |
| 1153 | Papaya/paw paw, raw, cut into bite size pieces | Singapore | 2017* | 38±2 | 6 | Normal, 19 | 25 | 274 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 94 |
| 1154 | Papaya/paw paw, raw, puree | Singapore | 2017* | 42±5 | 6 | Normal, 19 | 25 | 274 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 94 |
| Peaches, raw or canned | | | | | | | | | | | | | |
| 1155 | Peach (<i>Prunus persica</i>) ¹⁹ | Italy | 2004 | 76±9 | 11 | Normal, ≥9 | 25 | 410 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ¹⁴ |
| 1156 | Peach, canned in natural juice (SPC Ardmona Ltd, Shepparton, VIC, Australia) | Australia | 2007 | 46±4 | 7 | Normal, 9 | 50 | 438.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1157 | Peach, canned in heavy syrup (Homebrand, Yennora, NSW, Australia) | Australia | 2007 | 64±3 | 10 | Normal, 9 | 50 | 314.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1158 | Peach & Grapes, canned in natural fruit juice (Woolworths Select, Australia) | Australia | 2008 | 46±5 | 7 | Normal, 10 | 50 | 490.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1159 | Peach & Pineapple, canned in natural fruit juice (Woolworths Select, Australia) | Australia | 2008 | 45±4 | 7 | Normal, 10 | 50 | 454.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Pears | | | | | | | | | | | | | |
| 1160 | Pear, Williams, raw, under ripe/crunchy | Australia | 2015 | 24±3 | 4 | Normal, 10 | 25 | 260.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1161 | Pear, Williams, raw, ripe/soft | Australia | 2015 | 33±4 | 5 | Normal, 10 | 25 | 260.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1162 | Pear slices, canned in natural juice (SPC Ltd, Australia) | Australia | 2015 | 31±2 | 5 | Normal, 10 | 50 | 181.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Persimmon | | | | | | | | | | | | | |
| 1163 | Persimmon (<i>Diospyros kaki</i>) ¹⁹ | Italy | 2004 | 61±8 | 9 | Normal, ≥9 | 25 | 156 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ¹⁴ |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |

| Pineapple | | | | | | | | | | | | | |
|-------------------------------|---|-----------|-------|------|----|------------|----|-------|-------------|----------|------------------------|-------------------------|-----------------|
| 1164 | Pineapple, raw (<i>Ananas comosa</i>) | Malaysia | 2008* | 82±4 | 12 | Normal, 9 | 50 | 543 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 95 |
| 1165 | Pineapple pieces, canned in fruit juice (Woolworths Select, Australia) | Australia | 2008 | 43±4 | 6 | Normal, 10 | 50 | 312.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1166 | Pineapple pieces, canned in natural fruit juice (Woolworths Select, Australia) | Australia | 2007 | 55±5 | 8 | Normal, 10 | 50 | 384.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1167 | Pineapple & Papaya pieces, canned in natural juice (Woolworths Select, Australia) | Australia | 2008 | 53±7 | 8 | Normal, 10 | 50 | 424.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Prunes | | | | | | | | | | | | | |
| 1168 | Prunes, pitted (Sunsweet Growers Inc., Yuba City, USA) | USA | 2000 | 29±4 | 4 | Normal, 10 | 50 | 68.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1169 | Prunes, pitted, Californian (Sunsweet Growers Inc., Yuba City, USA) | USA | 2009 | 40±6 | 6 | Normal, 10 | 50 | 90.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Raisins | | | | | | | | | | | | | |
| 1170 | Raisins (Sun Maid, USA) | USA | 2013 | 49±4 | 7 | Normal, 10 | 50 | 69.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | 97 |
| 1171 | Raisins | Canada | 2018* | 55±5 | 8 | Normal, 10 | 50 | 64.8 | Bread, 2h | Standard | Capillary, whole blood | YSI | 87 |
| 1172 | Raisins (<i>Vitis vinifera</i> Linn.) | China | 2018* | 56±5 | 8 | Normal, 11 | 50 | 75.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 86 |
| 1173 | Raisins | USA | 2009 | 61±4 | 9 | Normal, 10 | 50 | 79.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Raisins, mean of four studies | | | | 55 | | | | | | | | | |
| Strawberries | | | | | | | | | | | | | |
| 1174 | Strawberries, fresh, raw | Australia | 2001 | 40±7 | 6 | Normal, 10 | 25 | 925 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Sultanas | | | | | | | | | | | | | |
| 1175 | Sultanas (Value, UK) | UK | 2005 | 56±6 | 8 | Normal, 10 | 50 | 72.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1176 | Sultanas | Canada | 2018* | 51±4 | 8 | Normal, 10 | 50 | 67 | Bread, 2h | Standard | Capillary, whole blood | YSI | 87 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL (type & carb number) (Test portion) | Subjects | Avail number (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints collection | Sample collection | Sample analysis method ⁴ | Ref. |
|---|---|----------------------------|---------------------------|-----------------------------------|--|------------|-----------------------------|-------------------------------|------------------------------|-----------------------|------------------------|-------------------------------------|-----------------|
| Other fruit products | | | | | | | | | | | | | |
| 1177 | Fruit Salad canned in fruit juice, containing peach, pear, apricot, pineapple and cherries (Langeberg and Ashton Foods Pty Ltd, South Africa) | South Africa | 2007 | 54±3 | 8 | Normal, 10 | 50 | 526.3 | Glucose, 2h | Standard plasma | Capillary, | Enzymatic | UO ⁵ |
| 1178 | Mixed fruit, dried (Value, UK) | UK | 2005 | 60±7 | 9 | Normal, 10 | 50 | 73.6 | Glucose, 2h | Standard whole blood | Capillary, | Glucometer ⁹ | 26 |
| 1179 | Frozen fruit dessert, Vitari, wild berry, non-dairy (Nestlé, Australia) | Australia | 2000 | 59±8 | 9 | Normal, 10 | 50 | 238.1 | Bread, 2h | Standard plasma | Capillary, | Enzymatic | UO ⁵ |
| Fruit and vegetable juices | | | | | | | | | | | re 10 g was | | |
| Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category, except for tomato juice and carrot juice which used. | | | | | | | | | | | | | |
| Apple juice | | | | | | | | | | | | | |
| 1180 | Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, Australia) | Australia | 1998 | 39±5 | 8 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1181 | Apple juice, Granny Smith, unsweetened | Australia | 2003 | 44±3 | 9 | Normal, 10 | 50 | 442.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1182 | Apple juice, green apple (100%) (Pfanner, Italy) | Italy | 2011 | 67±7 | 13 | Normal, 9 | 50 | 446 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1183 | Apple juice, pure, clear, unsweetened (The Wild About Fruit Company, Wandin, VIC, Australia) | Australia | 2001 | 44±2 | 9 | Normal, 10 | 50 | 438.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1184 | Apple juice, pure, cloudy, unsweetened (The Wild About Fruit Company, Australia) | Australia | 2001 | 37±3 | 7 | Normal, 10 | 50 | 476.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Apple juice, mean of five foods | | | | 46 | | | | | | | | | |
| 1185 | Apple and blackcurrant juice, no added sugar (Berri Ltd, Australia) | Australia | 2003 | 45±4 | 9 | Normal, 10 | 50 | 500.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1186 | Apple and cherry juice, pure, unsweetened (The Wild About Fruit Company, Australia) | Australia | 2001 | 43±3 | 9 | Normal, 10 | 50 | 378.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1187 | Apple and mandarin juice, pure, unsweetened (The Wild About Fruit Company, Australia) | Australia | 2002 | 47±5 | 9 | Normal, 10 | 50 | 454.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1188 | Apple and mango juice, pure, unsweetened (The Wild About Fruit Company, Australia) | Australia | 2004 | 47±5 | 9 | Normal, 10 | 50 | 384.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1189 | Apple, pineapple and passionfruit juice, unsweetened (The Wild About Fruit Company, Australia) | Australia | 2004 | 48±5 | 10 | Normal, 10 | 50 | 390.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|--|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Carrot juice | | | | | | | | | | | | | |
| 1190 | Carrot juice, freshly made | Australia | 2002 | 43±3 | 4 | Normal, 9 | 25 | 342.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Cranberry juice | | | | | | | | | | | | | |
| 1191 | Cranberry juice cocktail (Ocean Spray, Melbourne, Australia) | Australia | 2000 | 52±3 | 10 | Normal, 10 | 50 | 403 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Cranberry juice cocktail (Ocean Spray Inc., Lakeville Middleboro, MA, USA) | USA | 2000 | 68±3 | 14 | Normal, 10 | 50 | 357 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1193 | Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK) | UK | 2000 | 56±4 | 11 | Normal, 10 | 50 | 431 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Cranberry juice, mean of three studies | | | | 59 | | | | | | | | | |
| Grape juice | | | | | | | | | | | | | |
| 1194 | Grape juice, 100%, Daily C (Weichuan Shanghai, China) | China | 2019 | 63±5 | 13 | Normal, 10 | 50 | 365.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 1195 | Grape Nectar (Chateau Barossa, Lyndoch, SA, Australia) | Australia | 2003 | 52±5 | 10 | Normal, 9 | 50 | 63.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Orange juice | | | | | | | | | | | | | |
| 1196 | Orange juice | New Zealand | 2019 | 41±3 | 8 | Normal, 10 | 50 | 563.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1197 | Orange juice beverage, President's Choice® Blue Menu™ Oh-Mega j (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 48±4 | 10 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1198 | Orange juice, unsweetened, reconstituted concentrate, Mr Juicy brand (Berri Ltd, Australia) | Australia | 2007 | 54±5 | 11 | Normal, 10 | 50 | 588.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Orange juice, mean of three foods | | | | 48 | | | | | | | | | |
| Pomegranate juice | | | | | | | | | | | | | |
| 1199 | POM Pomegranate juice (POM Wonderful LLC, USA) | USA | 2009 | 53±3 | 11 | Normal, 9 | 50 | 313.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Prune juice | | | | | | | | | | | | | |
|------------------------------------|--|----------------------------|---|--------------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1200 | Prune juice (Golden Circle, Australia) | Australia | 2004 | 43±3 | 9 | Normal, 9 | 50 | 362.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Tomato juice | | | | | | | | | | | | | |
| 1201 | Tomato juice, low sodium, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004/2007 | 23±6 | 2 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1202 | Tomato juice, canned, no added sugar (Berri Ltd, Australia) | Australia | 2002 | 38±4 | 4 | Normal, 10 | 25 | 892.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Watermelon juice | | | | | | | | | | | | | |
| 1203 | Watermelon (<i>Citrullus lanatus</i>), raw, red-fleshed, seedless, blended using an automatic juicer to form a juice | Malaysia | 2017* | 51±1 | 10 | Normal, 14 | 25 | 236 | Glucose, 2h | Standard | Capillary, plasma | YSI | 96 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Other juices | | | | | | | | | | | | | |
| 1204 | SuperJuice Greenzone, containing apple, orange and pineapple juice | Australia | 2006 | 47±3 | 9 | Normal, 10 | 50 | 492.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1205 | SuperJuice Immune, containing apple juice, pineapple juice and guava puree | Australia | 2006 | 47±3 | 9 | Normal, 10 | 50 | 500.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1206 | SuperJuice Kickstart, containing apple juice, blueberry puree and banana puree | Australia | 2006 | 39±3 | 8 | Normal, 10 | 50 | 442.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| Fruit spreads/Jam/Marmalade | | | | | | | | | | | | | |
| | | | <i>Average available carbohydrate portion = 15 g, this value was used. * nominal CL for each item in this category.</i> | | | | | | | | | | |
| 1207 | Apricot 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia) | Australia | 2006-2007 | 43±6 | 6 | Normal, 10 | 50 | 122.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1208 | Apricot 100% Fruit Spread, Cottees™ (Cadbury Schweppes, Australia) | Australia | 2004 | 50±6 | 8 | Normal, 9 | 50 | 80.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1209 | Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, Australia) | Australia | 1997 | 55±7 | 8 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1210 | Apricot spread, President's Choice® Blue Menu™ Twice the Fruit Apricot spread (Loblaw Brands Limited, Canada) | Canada | 2007 | 56±8 | 8 | Normal, 10 | 50 | 125.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

| 1211 | Fruit spread, with thick apricot (Rhapsodie de Fruit Thick Apricot, St Dalfour, Italy) | Italy | 2010 | 63±6 | 9 | Normal, 10 | 25 | 50 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1212 | Apricot jam, organic apricot, with apple juice (Fiordifrutta albicocca, Rigoni di Asiago, Italy) | Italy | 2010 | 63±9 | 9 | Normal, 10 | 25 | 65 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1213 | Apricot jam (Confettura extra albicocche, Bonne Maman, Italy) | Italy | 2010 | 69±6 | 10 | Normal, 10 | 25 | 43 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | <i>Apricot spread, mean of seven foods</i> | | | 57 | | | | | | | | | |
| 1214 | Berry compote, organic (Fruttosa frutti di bosco, Rigoni di Asiago, Italy) | Italy | 2009 | 44±4 | 7 | Normal, 10 | 25 | 100 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1215 | Blackberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia) | Australia | 2004 | 46±5 | 7 | Normal, 9 | 50 | 101.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1216 | Blueberry fruit spread, wild blueberry (Rhapsodie de Fruit Wild Blueberry, St. Dalfour, Italy) | Italy | 2010 | 74±5 | 11 | Normal, 10 | 25 | 48 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1217 | Blueberry jam, wild blueberry (Confettura extra mirtilli selvatici, Bonne Maman, Italy) | Italy | 2010 | 63±3 | 9 | Normal, 10 | 25 | 44 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1218 | Blueberry jam, organic blueberry, with apple juice (Fiordifrutta Mirtilli neri, Rigoni di Asiago, Italy) | Italy | 2010 | 51±9 | 8 | Normal, 10 | 25 | 64 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| | Date spread, Divine (Buderim Ginger, Buderim, QLD, 1219 Australia) | Australia | 2006 | 29±4 | 4 | Normal, 10 | 50 | 79.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1220 | Ginger Spread, sucrose-free (Buderim Ginger, Australia) | Australia | 2006 | 10±2 | 2 | Normal, 10 | 50 | 83.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1221 | Ginger marmalade, Original (Buderim Ginger, Australia) | Australia | 2006 | 50±7 | 8 | Normal, 10 | 50 | 67.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1222 | Orange fruit spread, with thick cut orange (Rhapsodie de Fruit Orange Spread, Thick Cut St Dalfour, Italy) | Italy | 2010 | 68±6 | 10 | Normal, 10 | 25 | 53 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | Orange jam, organic bitter orange, with apple juice (Fiordifrutta arance amare, Rigoni di Asiago, Italy) | Italy | 2010 | 51±8 | 8 | Normal, 10 | 25 | 52 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1224 | Orange marmalade, bitter orange (Marmellata arance amare, Bonne Maman, Italy) | Italy | 2010 | 55±6 | 8 | Normal, 10 | 25 | 42 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |

| | | | | | | | | | | | | | |
|------|--|-----------|------|-------|----|------------|----|-------|-------------|----------|------------------------|-----------|------------------|
| 1225 | Orange marmalade, orange 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia) | Australia | 2006 | 27±3 | 4 | Normal, 9 | 50 | 111.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1226 | Orange marmalade | Australia | 1997 | 48±9 | 7 | Normal, 9 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1227 | Orange marmalade 100% Fruit Spread, Cottees™ (Cadbury Schweppes, Australia) | Australia | 2004 | 55±4 | 8 | Normal, 9 | 50 | 73.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Orange marmalade, mean of six foods</i> | | | 51 | | | | | | | | | |
| 1228 | Peach/Apricot compote, organic (Fruttosa pesca/albicocca, Rigoni di Asiago, Italy) | Italy | 2009 | 47±4 | 7 | Normal, 10 | 25 | 100 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1229 | Raspberry 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia) | Australia | 2006 | 26±4 | 4 | Normal, 10 | 50 | 108.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1230 | Raspberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia) | Australia | 2004 | 46±5 | 7 | Normal, 9 | 50 | 73.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1231 | Strawberry jam | Australia | 1998 | 51±10 | 8 | Normal, 9 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1232 | Strawberry 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia) | Australia | 2006 | 29±4 | 4 | Normal, 10 | 50 | 110.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1233 | Strawberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia) | Australia | 2004 | 46±5 | 7 | Normal, 9 | 50 | 82.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1234 | Strawberry & Rhubarb Fruit Spread, President's Choice® Blue Menu™ Twice the Fruit Spread (Loblaw Brands Limited, Canada) | Canada | 2007 | 69±12 | 10 | Normal, 10 | 50 | 150.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

| Food Number and Item | Country of | Year of 1 test | GI ² ± | | Subjects number)(type & | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|------------|----------------------|-------------------|----|----------------------------|------------------------------------|-------------------------------------|------------------------------------|------------|----------------------|---|------|
| | food | | SEM | GL | | | | | | | | |
| | production | | (Glu = 100) | | | | | | | | | |

INFANT FORMULA AND WEANING FOODS

Average available carbohydrate portion = 10 g, this value was used to determine the nominal GL for each item in this category.

| | | | | | | | | | | | | | |
|-----------------------|---|-------------|------|------|---|---------------------|----|-------|-------------|----------|-------------------|-----------|-----------------|
| 1235 | Breast milk, human, unpasteurized | Australia | 2011 | 38±7 | 4 | Normal, 10 (adults) | 25 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| Infant formula | | | | | | | | | | | | | |
| 1236 | Infasoy™, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia) | Australia | 2001 | 55±6 | 6 | Normal, 11 (adults) | 25 | 47.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1237 | Karicare from Birth Infant formula, containing 83% lactose, 17% maltodextrins (Nutricia Australia Pty Ltd) (40.8 g powder + 271.7 g water) | Australia | 2010 | 30±3 | 3 | Normal, 10 (adults) | 25 | 312.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1238 | Karicare DeLact Formula for special medical needs, containing 100% corn syrup solids (Nutricia Australia Pty Ltd) (42.0 g powder + 291.3 g water) | Australia | 2010 | 67±6 | 7 | Normal, 10 (adults) | 25 | 33.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1239 | Karicare™ gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand) | New Zealand | 2001 | 35±5 | 4 | Normal, 10 (adults) | 25 | 46.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1240 | Karicare Soy Formula for special medical needs, containing 51% corn syrup solids, 49% maltodextrins (Nutricia Australia Pty Ltd) (47.0 g powder + 331.8 g water) | Australia | 2010 | 60±5 | 6 | Normal, 10 (adults) | 25 | 378.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1241 | Nan-1™ infant formula with iron (Nestlé, Australia) | Australia | 2001 | 30±6 | 3 | Normal, 9 (adults) | 25 | 43.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1242 | Novalac Colic Formula for special medical needs, containing maltodextrins, lactose (Bayer Australia Limited) (42.9 g powder + 299.6 g water) | Australia | 2010 | 57±7 | 6 | Normal, 10 (adults) | 25 | 342.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1243 | Novalac Reflux Formula for special medical needs, containing lactose, starch (Bayer Australia Limited) (42.4 g powder + 295.4 g water) | Australia | 2010 | 38±5 | 4 | Normal, 10 (adults) | 25 | 337.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1244 | Novalac Sweet Dreams Formula for special medical needs, containing maltodextrins, lactose, dextrose, starch (Bayer Australia Limited) (43.5 g powder + 303.7 g water) | Australia | 2010 | 52±6 | 5 | Normal, 10 (adults) | 25 | 347.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1245 | S-26™ infant formula (Wyeth Nutritionals, Australia) | Australia | 2001 | 36±6 | 4 | Normal, 10 (adults) | 25 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1246 | S-26 Gold Newborn Infant formula, containing 100% lactose (Wyeth Australia Pty Ltd) (42.5 g powder + 300 g water) | Australia | 2010 | 19±3 | 2 | Normal, 10 (adults) | 25 | 342.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1247 | S-26 Gold PremGro Formula for special medical needs, containing 76% lactose, 24% corn syrup solids (Wyeth Australia Pty Ltd) (45.2 g powder + 288.1 g water) | Australia | 2010 | 26±4 | 3 | Normal, 10 (adults) | 25 | 333.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|-----------------|
| 1248 S-26 Gold Progress Infant formula, containing 100% lactose (Wyeth Australia Pty Ltd) (44.0 g powder + 303.2 g water) Follow-on/Toddler formula | Australia | 2010 | 34±7 | 3 | Normal, 10 (adults) | 25 | 347.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1249 Karicare Follow On Follow-on formula, containing 86% lactose, 14% maltodextrins (Nutricia Australia Pty Ltd) (39.9 g powder + 261.9 g water) | Australia | 2010 | 37±4 | 4 | Normal, 10 (adults) | 25 | 301.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1250 S-26 Gold Progress Follow-on formula, containing 100% lactose (Wyeth Australia Pty Ltd) (44.0 g powder + 303.2 g water) | Australia | 2010 | 23±6 | 2 | Normal, 10 (adults) | 25 | 347.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1251 S-26 Gold Toddler Follow-on formula, containing 86% lactose, 14% maltodextrins (Wyeth Australia Pty Ltd) (16.7 g powder + 233.3 g water) | Australia | 2010 | 18±3 | 2 | Normal, 10 (adults) | 25 | 250 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 98 |
| 1252 Growing up beverage powder, product 1 | Malaysia | 2011 | 66±6 | 7 | Normal, 11 (adults) | 25 | 36 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 99 |
| 1253 Growing up beverage powder, product 2 | Indonesia | 2011 | 55±5 | 6 | Normal, 11 (adults) | 25 | 41 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 99 |
| 1254 Growing up beverage powder, product 3 | Malaysia | 2011 | 23±4 | 2 | Normal, 11 (adults) | 25 | 64 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 99 |
| 1255 Growing up beverage powder, product 4 | Indonesia | 2011 | 51±3 | 5 | Normal, 11 (adults) | 25 | 38 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 99 |
| 1256 Growing up beverage powder, product 5 | Malaysia | 2011 | 54±5 | 5 | Normal, 11 (adults) | 25 | 42 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 99 |
| 1257 Growing up beverage powder, product 6 | Indonesia | 2011 | 43±3 | 4 | Normal, 11 (adults) | 25 | 38 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 99 |
| 1258 Growing up beverage powder, product 7 | Malaysia | 2011 | 68±6 | 7 | Normal, 11 (adults) | 25 | 42 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 99 |
| Weaning Foods | | | | | | | | | | | | |
| 1259 Apple, apricot and banana cereal, Robinsons First Tastes from 4 months (Nutricia, Wells, UK) | UK | 2001 | 56±8 | 6 | Normal, 11 (adults) | 25 | 144.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1260 | Apple baby food | Czech Republic | 2005 | 46±5 | 5 | Normal, 20 (adults) | 50 | 277.8 | Glucose, 2h | 0,15,30,45,60,75,90,105,120 | Capillary, whole blood | Glucometer ⁹ | 84 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|-----------------------------|------------------------|-------------------------------------|-----------------|
| 1261 | Apple, pear and cinnamon fruit puree, homemade, puree consistency | Australia | 2010 | 29±4 | 3 | Normal, 10 (adults) | 25 | 238 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1262 | Apple, Pear and Cinnamon fruit puree, Rafferty's Garden, for ages 4 – 6 months, commercial | Australia | 2010 | 44±4 | 4 | Normal, 10 (adults) | 25 | 325 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| | Chicken and noodles with vegetables, strained, Heinz for 1263 Baby from 4 months (Heinz Wattie's Ltd, Australia) | Australia | 2001 | 67±11 | 7 | Normal, 10 (adults) | 25 | 416.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1264 | Creamed rice porridge Robinsons First Tastes from 4 months (Nutricia, Wells, UK) | UK | 2001 | 59±8 | 6 | Normal, 11 (adults) | 25 | 203.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1265 | Fruit Muesli, containing wheat germ, rolled oats, apple juice, pear, and orange juice, homemade, porridge with lumps consistency | Australia | 2010 | 38±3 | 4 | Normal, 10 (adults) | 25 | 122 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1266 | Fruity Muesli, Farex™, ages 7 – 9 months, prepared with 272 mL water | Australia | 2010 | 65±7 | 7 | Normal, 10 (adults) | 25 | 36 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1267 | Lentils and vegetable puree, containing red lentils, sweet potato, and carrot, homemade, mashed with lumps consistency | Australia | 2010 | 36±4 | 4 | Normal, 10 (adults) | 25 | 201 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1268 | Lentils and vegetables puree, commercial, for ages 7 – 9 months, Heinz™ Mum's Recipe (Heinz Wattie's Ltd, Australia) | Australia | 2010 | 52±4 | 5 | Normal, 10 (adults) | 25 | 284 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1269 | Farex™ baby rice (Heinz Wattie's Ltd., Malvern, Australia), prepared with 239 mL water | Australia | 2010 | 74±7 | 7 | Normal, 10 (adults) | 25 | 30 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1270 | Farex™ baby rice, 7 g cereal with 80 g water (Heinz Wattie's Ltd., Malvern, Australia) | Australia | 2001 | 95±13 | 10 | Normal, 11 (adults) | 25 | 29.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1271 | Organix™ organic wholegrain baby rice, prepared with 259 mL water | Australia | 2010 | 74±8 | 7 | Normal, 10 (adults) | 25 | 30 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Rice cereal, mean of three foods</i> | | 81 | | | | | | | | | | |

| | | | | | | | | | | | | | |
|------|--|-----------|------|-------|---|---------------------|----|-------|-------------|----------|-------------------|-----------|-----------------|
| 1272 | Rice pudding, Robinsons First Tastes from 4 months (Nutricia, Wells, UK) | UK | 2001 | 59±6 | 6 | Normal, 11 (adults) | 25 | 170.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1273 | Sweetcorn and rice, Heinz for Baby from 4 months (Heinz Wattie's Ltd, Australia) | Australia | 2001 | 65±13 | 7 | Normal, 11 (adults) | 25 | 218.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1274 | Sweet potato and pumpkin vegetable puree, homemade, puree consistency | Australia | 2010 | 61±3 | 6 | Normal, 10 (adults) | 25 | 252 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1275 | Pasta and vegetables puree, containing pasta, tomatoes, sweet potato, carrot and onion, homemade, pureed with soft pieces consistency | Australia | 2010 | 54±7 | 5 | Normal, 10 (adults) | 25 | 209 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1276 | Vegetable Mash, Harvest Veggies with Pasta puree, commercial, for ages 7 – 9 months, Heinz™ Mum's Recipe (Heinz Wattie's Ltd, Australia) | Australia | 2010 | 46±4 | 5 | Normal, 10 (adults) | 25 | 275 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1277 | Vegetable Mash, Heinz™ Organic Golden commercial, containing pumpkin and sweet potato puree, for aged 4 – 6 months | Australia | 2010 | 43±5 | 4 | Normal, 10 (adults) | 25 | 240 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | Country of food production | Year of test | GI ² ± SEM (Glu = 100) | GL | Subjects number)(type & | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|----------------------------|--------------|--------------------------------------|----|-------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------|
|----------------------|----------------------------|--------------|--------------------------------------|----|-------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------|

LEGUMES

Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category.

Baked Beans

| | | | | | | | | | | | | | |
|------|--|-----------|------|------|---|------------|----|-------|-------------|----------|------------------------|---------|------------------|
| 1278 | Baked Beans in Cheesy Tomato sauce (HJ Heinz, Australia) | Australia | 2006 | 44±4 | 7 | Normal, 9 | 50 | 318.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1279 | Baked Beans in Barbecue sauce (HJ Heinz, Australia) | Australia | 2006 | 47±4 | 7 | Normal, 9 | 50 | 274.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1280 | Baked Beans in Ham sauce (HJ Heinz, Australia) | Australia | 2006 | 53±4 | 8 | Normal, 10 | 50 | 299.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1281 | Baked Beans in Sweet Chilli sauce (HJ Heinz, Australia) | Australia | 2006 | 46±3 | 7 | Normal, 10 | 50 | 292.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1282 | Baked Beans in Tomato sauce (HJ Heinz, Australia) | Australia | 2006 | 40±5 | 6 | Normal, 10 | 50 | 381.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |

| 1283 | Baked Beans in Tomato sauce, canned, reheated in microwave for 1.5 min (HJ Heinz, Australia) | Australia | 2003 | 57±7 | 9 | Normal, 10 | 50 | 322.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
|--|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | <i>Baked Beans, mean of six foods</i> | | | 48 | | | | | | | | | |
| Chickpeas and chickpea products | | | | | | | | | | | | | |
| 1284 | Chickpeas, canned, drained (Edgell, Simplot Australia, Australia) | Australia | 2018 | 35±3 | 5 | Normal, 12 | 25 | 131.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1285 | Chickpeas (Garbanzo beans, Bengal gram), canned, drained, Edgell's™ brand (Simplot Australia, Australia) | Australia | 2003 | 38±3 | 6 | Normal, 10 | 25 | 168.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1286 | Chickpeas, dried, roasted ('chicknuts') | Crete | 2006 | 39±4 | 6 | Normal, 10 | 50 | 82.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1287 | Chickpea Hommus dip, Chris' Traditional brand (Capitol Chilled Foods Pty Ltd, ACT, Australia) | Australia | 2007 | 22±5 | 3 | Normal, 11 | 25 | 140.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1288 | Hummus (Sabra Classic Hummus; Sabra Dipping Co., S. Chesterfield, VA) | USA | 2016 | 15±3 | 2 | Normal, 10 | 25 | 259 | Bread, 2h | Standard | Capillary, plasma | YSI | 100 |
| Kidney Beans | | | | | | | | | | | | | |
| 1289 | Dark Red Kidney beans, canned in brine, drained, Edgell's™ brand (Simplot Australia, Australia) | Australia | 2003 | 43±5 | 6 | Normal, 10 | 25 | 148.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1290 | Red Kidney beans, canned, drained, Edgell's™ brand (Simplot Australia, Australia) | Australia | 2003 | 36±4 | 5 | Normal, 10 | 25 | 165.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Lentils, boiled | | | | | | | | | | | | | |
| 1291 | Lentil, Asterix, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada) | Canada | 2017* | 10±3 | 2 | Normal, 10 | 25 | 170.1 | Bread, 2h | Standard | Capillary, whole blood | YSI | 101 |
| 1292 | Lentil, Greenland, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada) | Canada | 2017* | 23±5 | 3 | Normal, 10 | 25 | 192.3 | Bread, 2h | Standard | Capillary, whole blood | YSI | 101 |

| | | | | | | | | | | | | | |
|---|--|-----------|-------|------|---|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1293 | Lentil, Imigreen, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada) | Canada | 2017* | 14±3 | 2 | Normal, 10 | 25 | 158.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | 101 |
| 1294 | Lentil, Impower, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada) | Canada | 2017* | 17±4 | 3 | Normal, 10 | 25 | 153.4 | Bread, 2h | Standard | Capillary, whole blood | YSI | 101 |
| 1295 | Lentil, Improve, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada) | Canada | 2017* | 15±5 | 2 | Normal, 10 | 25 | 206.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | 101 |
| 1296 | Lentil, Redberry, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada) | Canada | 2017* | 13±2 | 2 | Normal, 10 | 25 | 200 | Bread, 2h | Standard | Capillary, whole blood | YSI | 101 |
| 1297 | Lentil, Redbow, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada) | Canada | 2017* | 18±3 | 3 | Normal, 10 | 25 | 204.9 | Bread, 2h | Standard | Capillary, whole blood | YSI | 101 |
| 1298 | Lentil, Redcliff, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada) | Canada | 2017* | 18±3 | 3 | Normal, 10 | 25 | 188 | Bread, 2h | Standard | Capillary, whole blood | YSI | 101 |
| <i>Lentils, boiled, mean of eight foods</i> | | | | 16 | | | | | | | | | |
| 1299 | Lentils, brown, canned, drained, Edgell's™ brand (Simplot Australia, Australia) | Australia | 2008 | 42±5 | 6 | Normal, 10 | 25 | 182.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|------------------|----------------------------|---------------------------|---------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|-----------------|
| Mung beans | | | | | | | | | | | | | |
| 1300 | Mung bean, fried | Australia | 1998 | 53±8 | 8 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|-----------------------|---|-----------|------|------|---|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1301 | Mung bean, germinated | Australia | 1998 | 25±4 | 4 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1302 | Mung bean, pressure cooked | Australia | 1998 | 42±5 | 6 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Legumes, other | | | | | | | | | | | | | |
| 1303 | Broad beans, frozen, heated in microwave (Logan Farm Pty Ltd, Australia) | Australia | 2007 | 63±9 | 9 | Normal, 10 | 25 | 423.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Butter beans, canned, drained, Edgell's™ brand (Simplot 1304 Australia, Cheltenham, Australia) | Australia | 2003 | 36±3 | 5 | Normal, 10 | 25 | 163.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1305 | Cannellini beans, canned, drained, Edgell's™ brand (Simplot Australia, Cheltenham, Australia) | Australia | 2003 | 31±5 | 5 | Normal, 10 | 25 | 178.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1306 | Four bean mix, canned, drained, Edgell's™ brand (Simplot Australia, Australia) | Australia | 2003 | 37±5 | 6 | Normal, 10 | 25 | 154.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1307 | Freekeh, Lentils & Beans Superblend Fibre, dried, cooked in boiling water for 15 min (Ward McKenzies Pty Ltd, Australia) | Australia | 2016 | 29±3 | 4 | Normal, 10 | 25 | 50.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1308 | Lentils, Quinoa & Beans Superblend Protein, dried, cooked in boiling water for 15 min (Ward McKenzies Pty Ltd, Australia) | Australia | 2017 | 36±4 | 5 | Normal, 10 | 25 | 53.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1309 | Refried Pinto beans, Casa Fiesta™ brand (Capital Foods Pty Ltd, Australia), heated in microwave for 1.5 min | Australia | 2006 | 38±3 | 6 | Normal, 10 | 50 | 285.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

DUCTS

MEAL REPLACEMENT & WEIGHT MANAGEMENT PRO

Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category.

Meal replacement bars, cookies and desserts

| | | | | | | | | | | | | | |
|------|--|-----------|------|------|---|------------|----|-------|-------------|----------|-------------------|-----------|-----------------|
| 1310 | Chocolate weight management bar (Shaklee Corporation, Pleasanton, CA, USA) | USA | 2006 | 29±4 | 6 | Normal, 9 | 50 | 129.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1311 | Hazelnut & Apricot bar (Dietworks, South Yarra, Australia) | Australia | 1999 | 42±7 | 8 | Normal, 10 | 50 | 105.0 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1312 | L.E.A.N Fiberly™ bar, Harvest Oat (Usana Inc., Salt Lake City, USA) | USA | 2000 | 45±4 | 9 | Normal, 10 | 50 | 85.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

City, UT, USA)

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------------------|
| 1313 L.E.A.N (Life long) Nutribar™, Peanut Crunch (Usana Inc., Salt Lake City, UT, USA) | USA | 2000 | 30±4 | 6 | Normal, 10 | 50 | 250 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1314 L.E.A.N (Life long) Nutribar™, Chocolate Crunch (Usana Inc., Salt Lake City, UT, USA) | USA | 2000 | 32±4 | 6 | Normal, 10 | 50 | 107.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1315 Lemon weight management bar (Shaklee Corporation, USA) | USA | 2006 | 23±4 | 5 | Normal, 10 | 50 | 129.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1316 Optifast® VLCD™ Berry Crunch Flavor Bar (Nestlé Health Science, Australia) | Australia | 2013 | 25±2 | 5 | Normal, 10 | 50 | 144.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1317 Optifast® VLCD™ Cappuccino Flavor Bar (Nestlé Health Science, Australia) | Australia | 2013 | 29±4 | 6 | Normal, 10 | 50 | 147.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1318 Optifast® VLCD™ Cereal with Cranberry Bar (Nestlé Health Science, Australia) | Australia | 2018 | 30±3 | 6 | Normal, 10 | 25 | 88.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1319 Optifast® VLCD™ Chocolate Bar (Nestlé Health Science, Australia) | Australia | 2013 | 20±2 | 4 | Normal, 10 | 25 | 124.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1320 Optifast® VLCD™ Chocolate Dessert (Nestlé Health Science, Australia) | Australia | 2013 | 27±4 | 5 | Normal, 10 | 50 | 135.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1321 Optifast® VLCD™ Lemon Crème Dessert (Nestlé Health Science, Australia) | Australia | 2013 | 27±4 | 5 | Normal, 10 | 50 | 135.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1322 Peanut Butter weight management bar (Shaklee Corporation, USA) | USA | 2006 | 22±4 | 4 | Normal, 10 | 50 | 129.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1323 Protein Meal Replacement Cookies (Bao Bei Er (Chengdu Tianyi Cuisine Nutritional Food, China) | China | 2019 | 43±4 | 9 | Normal, 12 | 25 | 68.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| SlimFast® bar, chocolate caramel meal replacement bar 1324 (SlimFast Foods Ltd, Slough, Berks, UK) | UK | 2003 | 54±3 | 11 | Normal, 10 | 50 | 75.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|------|--|-----------|-----------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|------------------|
| | SlimFast® bar, chocolate meal replacement bar (SlimFast 1325 Foods Ltd, UK) | UK | 2003 | 27±3 | 5 | Normal, 10 | 50 | 108.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1326 | SlimFast® bar, Chocolate Muesli snack bar (SlimFast Foods Ltd, UK) | UK | 2003 | 49±6 | 10 | Normal, 10 | 50 | 77.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Meal replacement beverages | | | | | | | | | | | | |
| | Aussie Bodies Trim Protein Shake, Chocolate flavored 1327 (Aussie Bodies Pty Ltd, Australia) | Australia | 2006/2007 | 39±4 | 8 | Normal, 10 | 50 | 146.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1328 | Aussie Bodies Trim Protein Shake, French Vanilla flavored (Aussie Bodies Pty Ltd, Australia) | Australia | 2006-2007 | 41±3 | 8 | Normal, 10 | 50 | 142.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1329 | Formula 1 Healthy Meal Nutritional Shake Mix: Doce de leite (Herbalife International of America, Inc.) | Brazil | 2020 | 22±3 | 4 | Normal, 10 | 25 | 98.4 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1330 | Formula 1 Healthy Meal Nutritional Shake Mix: Caramel Apple (Herbalife International of America, Inc.) | USA | 2018 | 15±2 | 3 | Normal, 10 | 25 | 62.5 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1331 | Formula 1 Healthy Meal Nutritional Shake Mix: Pralines & Cream (Herbalife International of America, Inc.) | USA | 2018 | 15±2 | 3 | Normal, 10 | 25 | 62.5 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1332 | Formula 1 Healthy Meal Nutritional Shake Mix: Cookies and Cream (1 serve) + Protein Drink Mix: Vanilla (1/2 serve) + Prolessa Duo (1 serve) (Herbalife International of America, Inc.) | USA | 2019 | 29±4 | 6 | Normal, 10 | 25 | 104.2 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |
| 1333 | Formula 1 Healthy Meal Nutritional Shake Mix: Cookies and Cream (1 serve) + Protein Drink Mix: Vanilla (1 serve) + Prolessa Duo (1 serve) (Herbalife International of America, Inc.) | USA | 2019 | 29±4 | 6 | Normal, 10 | 25 | 133.3 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |
| 1334 | Formula 1 Healthy Meal Nutritional Shake Mix: French Vanilla (1 serve) + Protein Drink Mix: Vanilla (1/2 serve) + Prolessa Duo (1 serve) (Herbalife International of America, Inc.) | USA | 2019 | 32±4 | 6 | Normal, 10 | 25 | 132.5 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |
| 1335 | Formula 1 Healthy Meal Nutritional Shake Mix: French Vanilla (1 serve) + Protein Drink Mix: Vanilla (1 serve) + Prolessa Duo (1 serve) (Herbalife International of America, Inc.) | USA | 2019 | 29±3 | 6 | Normal, 10 | 25 | 139.6 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |

| | | | | | | | | | | | | | |
|------|---|-----------|------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1336 | Formula 1 Nutritional Shake Mix: Berry (Herbalife Australasia Pty Ltd, Australia), prepared with water | Australia | 2014 | 21±2 | 4 | Normal, 10 | 25 | 46.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1337 | Formula 1 Nutritional Shake Mix: Cookies n' Cream (Herbalife Australasia Pty Ltd, Australia), prepared with water | Australia | 2014 | 15±2 | 3 | Normal, 10 | 25 | 46.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1338 | Formula 1 Nutritional Shake Mix: Dutch Chocolate (Herbalife Australasia Pty Ltd, Australia), prepared with water | Australia | 2014 | 19±2 | 4 | Normal, 10 | 25 | 50.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1339 | Formula 1 Nutritional Shake Mix: French Vanilla (Herbalife Australasia Pty Ltd, Australia), prepared with water | Australia | 2014 | 20±2 | 4 | Normal, 11 | 25 | 46.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1340 | Fruit & Vegetable cereal powder A (The Fast Diet A, Ebany Biomedical Technology, Beijing, China) | China | 2019 | 35±4 | 7 | Normal, 10 | 25 | 45.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁷ |
| 1341 | Fruit & Vegetable cereal powder B (The Fast Diet A, Ebany Biomedical Technology, Beijing, China) | China | 2019 | 47±3 | 9 | Normal, 10 | 25 | 45.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁷ |
| 1342 | Herbalife24 Achieve Protein Bar: Dark Chocolate Brownie (Herbalife International of America, Inc.) | USA | 2017 | 49±8 | 10 | Normal, 10 | 25 | 141.7 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1343 | Herbalife24 Achieve Protein Bar: Chocolate Chip Cookie Dough (Herbalife International of America, Inc.) | USA | 2017 | 42±6 | 8 | Normal, 10 | 25 | 138.5 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1344 | Isowhey Complete Double Chocolate meal replacement beverage powder, prepared with water (FIT Bioceuticals Pty Ltd, Australia) | Australia | 2009 | 23±3 | 5 | Normal, 10 | 25 | 136.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1345 | Isowhey Complete Strawberries & Cream meal replacement beverage powder, prepared with water (FIT Bioceuticals Pty Ltd, Australia) | Australia | 2009 | 30±4 | 6 | Normal, 10 | 25 | 101.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1346 | Isowhey Complete French Vanilla meal replacement beverage powder, prepared with water (FIT Bioceuticals Pty Ltd, Australia) | Australia | 2009 | 30±4 | 6 | Normal, 10 | 25 | 101.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1347 | Juice Plus+® Complete meal replacement powder, Dutch chocolate flavor | Australia | 2004 | 35±5 | 7 | Normal, 10 | 25 | 73.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

| | Juice Plus+® Complete meal replacement powder, French vanilla flavor | Australia | 2004 | 32±4 | 6 | Normal, 10 | 25 | 59.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
|----------------------|---|----------------------------|---------------------------|---------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1349 | Meal Shake Solid Beverage, Lychee Rose (Mary Kay, China) | China | 2020 | 44±4 | 9 | Normal, 12 | 25 | 73.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 1350 | Nongfu Spring Meal Replacement, low GI (Nongfu Spring Hangzhou, China) | China | 2020 | 27±4 | 5 | Normal, 12 | 25 | 358.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 1351 | Nutrimeal™, drink powder, Dutch Chocolate (Usana, Salt Lake City, USA) | USA | 2000 | 26±3 | 5 | Normal, 10 | 25 | 545.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1352 | Nutrimeal™, meal replacement drink, all flavors, prepared with 600 mL water (Usana Australia Pty Ltd, Baulkham Hills, Australia) | USA | 2007 | 20±2 | 4 | Normal, 10 | 50 | 126.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1353 | Nutrimeal™ Free Vanilla vegan meal replacement beverage powder, prepared with 434.5 mL water (Usana Australia Pty Ltd, Baulkham Hills, Australia) | USA | 2013 | 49±4 | 10 | Normal, 10 | 25 | 73.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1354 | Optifast® VLCD™ Shake, Banana (Nestlé Health Science, Australia), prepared with water | Australia | 2012 | 24±3 | 5 | Normal, 10 | 50 | 120.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1355 | Optifast® VLCD™ Shake, Caramel (Nestlé Health Science, Australia), prepared with water | Australia | 2014 | 34±4 | 7 | Normal, 10 | 50 | 120.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1356 | Optifast® VLCD™ Shake, Chocolate (Nestlé Health Science, Australia), prepared with water | Australia | 2013 | 31±3 | 6 | Normal, 10 | 50 | 120.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1357 | Optifast® VLCD™ Shake, Coffee (Nestlé Health Science, Australia), prepared with water | Australia | 2013 | 31±3 | 6 | Normal, 10 | 50 | 120.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1358 | Optifast® VLCD™ Shake, Strawberry (Nestlé Health Science, Australia), prepared with water | Australia | 2013 | 27±3 | 5 | Normal, 10 | 50 | 120.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1359 | Optifast® VLCD™ Shake, Vanilla (Nestlé Health Science, Australia), prepared with water | Australia | 2013 | 27±3 | 5 | Normal, 10 | 50 | 120.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |

| | | | | | | | | | | | | | |
|---|--|-------------|-------|------|----|---------------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1360 | Provide™ nutritious beverage powder, prepared with water (Indevex AB, Sweden) | Sweden | 2004 | 28±5 | 6 | Normal, 10 | 25 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1361 | SICCON D2™ nutritious beverage powder, prepared with water (Indevex AB, Sweden) | Sweden | 2004 | 28±5 | 6 | Normal, 10 | 25 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1362 | SlimFast® beverage, French Vanilla ready-to-drink shake (Slim Fast Foods Company, Englewood, NJ, USA) | USA | 2006 | 37±5 | 7 | Normal, 10 | 50 | 500.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1363 | SlimFast® beverage, Strawberry Supreme ready-to-drink shake (SlimFast Foods Ltd, UK) | UK | 2003 | 33±3 | 7 | Normal, 9 | 50 | 445.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1364 | Tony Ferguson's Meal Replacement Shake, all flavors, prepared with 356.2 mL water | Australia | 2006 | 22±2 | 4 | Normal, 10 | 50 | 92.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Meal replacement soups | | | | | | | | | | | | | |
| 1365 | Optifast® VLCD™ Soup, Chicken (Nestlé Health Science, Australia), prepared with water | Australia | 2013 | 31±3 | 6 | Normal, 9 | 50 | 141.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1366 | Optifast® VLCD™ Soup, Tomato (Nestlé Health Science, Australia), prepared with water | Australia | 2014 | 25±3 | 5 | Normal, 10 | 50 | 122.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1367 | Optifast® VLCD™ Soup, Vegetable (Nestlé Health Science, Australia), prepared with water | Australia | 2013 | 24±3 | 5 | Normal, 10 | 50 | 120.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1368 | SlimFast®, Garden vegetable soup with peppers and croutons (SlimFast Foods Ltd, UK), prepared with water | UK | 2003 | 20±2 | 4 | Normal, 10 | 50 | 119.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| NUTRITIONAL SUPPORT PRODUCTS | | | | | | | | | | | | | |
| <i>Average available carbohydrate portion = 30 g, this value was used to determine the nominal GL for each item in th's category.</i> | | | | | | | | | | | | | |
| 1369 | Diasip ready-to-drink (Nutricia Advanced Medical Nutrition, Zoetermeer, Netherlands) | Netherlands | 2016* | 34±4 | 10 | Normal, Chinese, 16 | 50 | 427 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 102 |
| 1370 | Diasip, ready-to-drink (Nutricia Advanced Medical Nutrition, Zoetermeer, Netherlands) | Netherlands | 2016* | 33±6 | 10 | Normal, Indian, 16 | 50 | 427 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 102 |
| 1371 | Diasip, ready-to-drink (Nutricia Advanced Medical Nutrition, Zoetermeer, Netherlands) | Netherlands | 2016* | 28±4 | 8 | Normal, Malay, 16 | 50 | 427 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 102 |
| <i>Diasip, ready-to-drink, mean of 3 studies</i> | | | | 32 | | | | | | | | | |
| | Ensure™, vanilla (Abbott Australasia, Kurnell, NSW, 1372 Australia) | Australia | 1998 | 50±8 | 15 | Normal, 10 | 50 | 344.8 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 103 |

| 1373 | Ensure™, vanilla (Abbott Australasia) | Australia | 1999 | 48±3 | 14 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1374 | Ensure™ bar, chocolate fudge brownie (Abbott Australasia) | Australia | 2000 | 43±3 | 13 | Normal, 10 | 50 | 97.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1375 | Ensure™ Hospital, nutritional supplement powder, prepared with 304.2 mL water (Abbott Nutrition International) | Australia | 2005 | 51±5 | 15 | Normal, 9 | 50 | 85.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1376 | Ensure Plus™, vanilla (Abbott Australasia) | Australia | 2000 | 40±4 | 12 | Normal, 10 | 50 | 250 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1377 | Ensure Pudding™, old fashioned vanilla (Abbott Laboratories Inc, Ashland, USA) | USA | 2000 | 36±4 | 11 | Normal, 10 | 50 | 216.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | GluCare Gold beverage powder (Nutricare Nutrition, 1378 Vietnam), prepared with water | Vietnam | 2018 | 48±3 | 14 | Normal, 10 | 50 | 77.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1379 | Glucerna Chocolate Graham nutritional supplement bar (Ross Nutrition, Canada) | Canada | 2002 | 20±2 | 6 | Normal, 9 | 50 | 79.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1380 | Glucerna, diabetes-specific enteral formula (Abbott Laboratories Inc, USA) | USA | | 15±3 | 5 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1381 | Glucerna™, vanilla flavor (Abbott Nutrition International) | Australia | 2005 | 19±4 | 6 | Normal, 10 | 25 | 319.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1382 | Glucerna™, vanilla flavor (Abbott Nutrition International) | Japan | 2005 | 20±4 | 6 | Normal, 10 | 25 | 327.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Glucerna Nutritional Drink, Vanilla Flavor (Abbott 1383 Laboratories) | Canada | 2018 | 23±4 | 7 | Normal, 10 | 25 | 257.6 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1384 | Glucerna™, vanilla (Abbott Laboratories Inc., USA) | USA | 2005 | 31±2 | 9 | Normal, 10 | 25 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Vanilla Glucerna™, mean of four studies</i> | | | 23 | | | | | | | | | |
| | Glucerna Select, enteral nutritional supplement (Abbott 1385 Nutrition International) | Australia | 2006 | 16±3 | 5 | Normal, 9 | 25 | 395.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Glucerna SR, diabetes-specific enteral formula (Abbott 1386 Laboratories Inc., USA) | USA | 2002 | 23±5 | 7 | Normal, 9 | 25 | 502.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1387 | High protein, high fiber nutritional supplement (flavor 1) mixed in 670 mL water (Dr. Reddy's Laboratories, India) | India | 2019* | 27±5 | 8 | Normal, 15 | 25 | 134 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 104 |
|--|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1388 | High protein, high fiber nutritional supplement (flavor 2) mixed in 765 mL water (Dr. Reddy's Laboratories, India) | India | 2019* | 37±4 | 11 | Normal, 15 | 25 | 153 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 104 |
| 1389 | HINEX Diabetes Care Vanilla powder (Otsuka Pharmaceutical India Pvt. Ltd.), prepared with 457.8 mL water | India | 2020 | 36±4 | 11 | Normal, 10 | 50 | 120.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1390 | Inslow™ (Abbott Nutrition International -Japan) | Japan | 2005 | 25±3 | 8 | Normal, 9 | 25 | 246.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1391 | Isocal, ready-to-drink (Nestlé Nutrition, Tainan, Taiwan) | Taiwan | 2016* | 79±9 | 24 | Normal, Chinese, 16 | 50 | 370 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 102 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1392 | Isocal, ready-to-drink (Nestlé Nutrition, Tainan, Taiwan) | Taiwan | 2016* | 82±13 | 25 | Normal, Indian, 16 | 50 | 370 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 102 |
| 1393 | Isocal, ready-to-drink (Nestlé Nutrition, Tainan, Taiwan) | Taiwan | 2016* | 85±9 | 26 | Normal, Malay, 16 | 50 | 370 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 102 |
| <i>Isocal, ready-to-drink, mean of three studies</i> | | | | 82 | | | | | | | | | |
| 1394 | Jevity™ (Abbott Australasia) | Australia | 2000 | 48±3 | 14 | Normal, 10 | 50 | 364.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Jevity™ HiCal, enteral nutritional supplement (Abbott 1395 Nutrition International) | Australia | 2005 | 59±6 | 18 | Normal, 9 | 50 | 269.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1396 | Lactona Dia-β beverage powder, tested prepared with 269.6 mL water (PT Mirota KSM, Indonesia) | Indonesia | 2010 | 27±3 | 8 | Normal, 11 | 50 | 80.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1397 | Nutritional beverage powder (SU YOUTH (Ningbo Yu Fang Tang Biological Science and Technology, China) | China | 2019 | 52±5 | 16 | Normal, 12 | 25 | 62.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO1 8 |
| 1398 | Peptide 1.5 Plain nutrition formula (Kate Farms, Inc.) | USA | 2019 | 26±4 | 8 | Normal, 10 | 25 | 207.4 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |
| 1399 | Promote with fiber™ nutritional supplement (Ross Nutrition, USA) | USA | 2005 | 49±8 | 15 | Normal, 10 | 50 | 389.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1400 | Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International) | USA | 2005 | 54±5 | 16 | Normal, 10 | 50 | 317.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1401 | Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International) | Australia | 2005 | 55±5 | 17 | Normal, 9 | 50 | 283.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1402 | Resource Diabetic™, French vanilla (Novartis Nutrition Corp., Young America, USA), prepared with water | USA | 2000 | 34±3 | 10 | Normal, 10 | 25 | 29.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1403 | Resource Diabetic™, Swiss chocolate (Novartis, Auckland, New Zealand) | New Zealand | 2000 | 16±4 | 5 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 1404 | Resource™ fruit beverage, peach flavor (Novartis, New Zealand) | New Zealand | 2000 | 40±8 | 12 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 1405 | Resource™ thickened orange juice, honey consistency (Novartis, New Zealand) | New Zealand | 2000 | 47±9 | 14 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 1406 | Resource™ thickened orange juice, nectar consistency (Novartis, New Zealand) | New Zealand | 2000 | 54±7 | 16 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 1407 | SDC (SDS (SUSTRA™ 2434 slowly digestible carbohydrate; blend of tapioca flour and corn starch) (Ingredion Incorporated, Bridgewater, NJ), prepared with water | USA | 2019* | 27±2 | 8 | Normal, 14 | 50 | 473.2 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 105 |
| 1408 | Sport beverage based on oligosaccharides (low molecular weight carbohydrate), orange flavor (CPT, Competitor Co. Ltd., Beijing, China) | China | 2017* | 118±14 | 35 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | YSI | 22 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1409 | Sport beverage based on hydrolyzed starch (high molecular weight carbohydrate), orange flavor (Vitargo, Swecarb AB, Kalmar, Sweden) | Sweden | 2017* | 106±13 | 32 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | YSI | 22 |
| 1410 | Standard 1.0 Chocolate nutrition formula (Kate Farms, Inc., USA) | USA | 2019 | 31±3 | 9 | Normal, 10 | 25 | 249.7 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |
| | Standard 1.0 Vanilla nutrition formula (Kate Farms, Inc., 1411 USA) | USA | 2019 | 26±2 | 8 | Normal, 10 | 25 | 267.1 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |
| 1412 | Standard 1.4 Plain nutrition formula (Kate Farms, Inc., USA) | USA | 2019 | 51±5 | 15 | Normal, 10 | 25 | 182.3 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |
| 1413 | Sustagen® Diabetic, Vanilla (Nestlé Health Science, Australia), prepared with water | Australia | 2013 | 34±4 | 10 | Normal, 10 | 50 | 112.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1414 | Sustagen® Diabetic Ready To Drink, Vanilla (Nestlé Health Science, Australia) | Australia | 2013 | 30±3 | 9 | Normal, 10 | 50 | 542.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|--|---------------------------|---------------------------------|------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|-----------|-----------------|
| 1415 | Sustagen™, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, Australia) | Australia | 1999 | 31±4 | 9 | Normal, 10 | 50 | 303.0 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1416 | Sustagen® Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia), prepared with water | Australia | 1999 | 33±4 | 10 | Normal, 10 | 50 | 101.0 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1417 | Sustagen® Hospital Formula Active, Banana (Nestlé Health Science, Australia), prepared with water | Australia | 2018 | 46±3 | 14 | Normal, 10 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1418 | Sustagen® Hospital Formula Active, Chocolate (Nestlé Health Science, Australia), prepared with water | Australia | 2015 | 49±5 | 15 | Normal, 10 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1419 | Sustagen® Hospital Formula Active, Coffee (Nestlé Health Science, Australia), prepared with water | Australia | 2015 | 48±3 | 14 | Normal, 10 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1420 | Sustagen® Hospital Formula Active, Neutral (Nestlé Health Science, Australia), prepared with water | Australia | 2012 | 46±5 | 14 | Normal, 9 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1421 | Sustagen® Hospital Formula Active, Strawberry (Nestlé Health Science, Australia), prepared with water | Australia | 2016 | 37±3 | 11 | Normal, 10 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1422 | Sustagen® Hospital Formula Active, Vanilla (Nestlé Health Science, Australia), prepared with water | Australia | 2015 | 54±3 | 16 | Normal, 10 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1423 | Sustagen® Hospital Formula Active Plus Fibre, Chocolate (Nestlé Health Science, Australia), prepared with water | Australia | 2015 | 42±5 | 13 | Normal, 10 | 50 | 81.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1424 | Sustagen® Hospital Formula Active Plus Fibre, Vanilla (Nestlé Health Science, Australia), prepared with water | Australia | 2015 | 45±4 | 14 | Normal, 10 | 50 | 80.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1425 | Sustagen® Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia), prepared with water | Australia | 1999 | 27±3 | 8 | Normal, 10 | 50 | 84.7 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. | |

| | | | | | | | | | | | | | |
|---|---|-----------|-------|-------|----|------------|----|-------|-------------|----------|------------------------|-------------------------|------------------|
| 1426 | Sustagen® Optimum, Vanilla (Nestlé Health Science, Australia), prepared with water | Australia | 2014 | 45±5 | 14 | Normal, 10 | 50 | 94.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1427 | Sustagen® Ready to Drink, Vanilla (Nestlé Health Science, Australia) | Australia | 2012 | 39±4 | 12 | Normal, 10 | 50 | 330 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1428 | Tapion™ nutritional supplement (Abbott Nutrition International - Japan) | Japan | 2005 | 27±5 | 8 | Normal, 9 | 25 | 240.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1429 | TwoCal HN™, high nitrogen nutritional supplement, vanilla flavor (Abbott Nutrition International) | Australia | 2005 | 55±5 | 17 | Normal, 10 | 50 | 246.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1430 | ViPlus Diabetic Formula, Vanilla flavor, prepared with water (Viplus Dairy Pty Ltd, Australia) | Australia | 2016 | 42±2 | 13 | Normal, 10 | 50 | 102.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| NUTS | | | | | | | | | | | | | |
| <i>Average carbohydrate portion = 5 g, this value was used to determine the nominal GL for each item in this category.</i> | | | | | | | | | | | | | |
| 1431 | Cashew nuts, salted (Coles Supermarkets, Australia) | Australia | 2001 | 22±5 | 1 | Normal, 10 | 25 | 98.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1432 | Mixed nuts and raisins | UK | 2005 | 21±5 | 1 | Normal, 9 | 50 | 161.3 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1433 | Mixed nuts, roasted and salted | UK | 2005 | 24±10 | 1 | Normal, 9 | 25 | 128.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| PASTA and NOODLES | | | | | | | | | | | | | |
| <i>Average carbohydrate portion = 40 g, this value was used to determine the nominal GL for each item in this category.</i> | | | | | | | | | | | | | |
| Barley pasta | | | | | | | | | | | | | |
| 1434 | Barley pasta (celebrity, whole grain fraction), cooked 5 min | Canada | 2012* | 71±6 | 28 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 1435 | Barley pasta (celebrity white pearled fraction), cooked 5 min | Canada | 2012* | 58±4 | 23 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 1436 | Barley pasta (AC Parkhill, whole grain fraction), cooked 5 min | Canada | 2012* | 73±7 | 29 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 1437 | Barley pasta (AC Parkhill, white pearled fraction), cooked 5 min | Canada | 2012* | 64±4 | 26 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 1438 | 70%+ Black Highland Barley Noodles (COFCO Flour Industry, Puyang, China) | China | 2020 | 46±3 | 18 | Normal, 12 | 50 | 67.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| <i>Barley pasta, mean of five studies</i> | | | | 62 | | | | | | | | | |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|--|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Fusilli pasta | | | | | | | | | | | | | |
| 1439 | Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water | UK | 2005 | 61±9 | 24 | Normal, 10 | 50 | 68.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 49 |
| 1440 | Fusilli pasta twists, wholewheat, dry pasta, boiled 10 min in unsalted water | UK | 2005 | 55±8 | 22 | Normal, 10 | 50 | 80.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| <i>Fusilli pasta, mean of two foods</i> | | | | 58 | | | | | | | | | |
| Gluten-free pasta | | | | | | | | | | | | | |
| 1441 | Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, VIC, Australia) | Australia | 2007 | 68±7 | 27 | Normal, 9 | 50 | 67.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1442 | Corn pasta, gluten-free (Orgran Natural Foods, Australia) | Australia | 2000 | 78±10 | 31 | Normal, 10 | 50 | 63.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1443 | Pasta, Penne, gluten free (Dr Schär AG/SPA, Italy) ⁸ | Italy | 2015* | 48±6 | 19 | Normal, 10 | 50 | 64 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 5 |
| 1444 | Rice and Hi-Maize (high-amylose) flour spaghetti, gluten-free (Freedom Foods, Australia) | Australia | 2006 | 51±5 | 20 | Normal, 10 | 50 | 64.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1445 | Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Australia) | Australia | 2000 | 76±6 | 30 | Normal, 9 | 50 | 66.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1446 | Rice pasta, gluten-free (Freedom Foods, Australia) | Australia | 2006 | 51±6 | 20 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1447 | Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia) | Australia | 2000 | 29±6 | 12 | Normal, 9 | 50 | 131.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1448 | Tagliatelle pasta, fresh, gluten free (Sine srl, Italy) ⁸ | Italy | 2015* | 61±6 | 24 | Normal, 10 | 50 | 106 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 5 |
| 1449 | Tortellini pasta, fresh, gluten free (Sine srl, Italy) ⁸ | Italy | 2015* | 60±7 | 24 | Normal, 10 | 50 | 145 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 5 |
| <i>Gluten-free pasta, mean of nine foods</i> | | | | 58 | | | | | | | | | |
| 1450 | Spaghetti, gluten-free, rice and split pea, canned in tomato sauce | Australia | 2000 | 68±9 | 27 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Instant noodles | | | | | | | | | | | | | |
| 1451 | Instant 'two-minute' noodles, Maggi® (Nestlé, Auckland, New Zealand) | New Zealand | 2000 | 48±8 | 19 | Normal, 15 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 1452 | Instant 'two-minute' noodles, Maggi®, all flavors (Nestlé Australia), including noodle broth | Australia | 2005 | 52±7 | 21 | Normal, 9 | 50 | 357.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|------|---|-----------|------|------|----|------------|----|-------|-------------|----------|-------------------|-----------|-----------------|
| 1453 | Instant noodles, all flavors (Woolworths Select, Australia), including noodle broth | Australia | 2008 | 52±5 | 21 | Normal, 10 | 50 | 416.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Instant noodles, mean of three foods</i> | | | 51 | | | | | | | | | |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. | |
|----------------------|--|---------------------------|--------------------------------------|-------|-----------------------------|------------------------------|----------------------------------|------------------------------|-------------|-------------------|-------------------------------------|-----------|------------------|
| Penne | | | | | | | | | | | | | |
| 1454 | Penne, durum wheat flour (Barilla, Italy) | Italy | 2006 | 50±7 | 20 | Normal, 10 | 50 | 71 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1455 | Penne mezzane, durum wheat flour (De Cecco, Italy) | Italy | 2008 | 47±4 | 19 | Normal, 9 | 50 | 68 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1456 | Penne pasta, white (SanRemo Penne, San Remo Macaroni Co. Pty Ltd, SA), tested by subjects with a low AMY1 copy number | Australia | 2014 | 44±2 | 18 | Normal, 19 | 50 | 69.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 40 |
| 1457 | Penne pasta, white (SanRemo Penne, San Remo Macaroni Co. Pty Ltd, SA), tested by subjects with a high AMY1 copy number | Australia | 2014 | 50±2 | 20 | Normal, 19 | 50 | 69.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 40 |
| 1458 | Pennette integrali, durum wheat wholemeal (Coop, Italy) | Italy | 2008 | 48±9 | 19 | Normal, 10 | 50 | 74 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1459 | Pennette rigate, durum wheat flour (Barilla, Italy) | Italy | 2008 | 53±5 | 21 | Normal, 10 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1460 | Pennette rigate integrali, durum wheat wholemeal (Barilla, Italy) | Italy | 2008 | 73±3 | 29 | Normal, ≥9 | 50 | 74 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ¹⁴ |
| 1461 | Penne rigate, mini (Piccolini, Barilla, Italy) | Italy | 2009 | 59±11 | 24 | Normal, 10 | 50 | 66 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1462 | Penne rigate, mini, durum wheat flour, zucchini and spinach pulps (penne rigate con zucchine e spinaci, Piccolini, Barilla, Italy) | Italy | 2011 | 48±5 | 19 | Normal, 10 | 50 | 72 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | <i>Penne pasta, mean of nine foods</i> | | | 52 | | | | | | | | | |
| Rice noodles/pasta | | | | | | | | | | | | | |
| 1463 | Rice noodles, dried, boiled (Thai World, Bangkok, Thailand) | Thailand | 2000 | 61±6 | 24 | Normal, 12 | 50 | 61.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |
| 1464 | Rice noodles, freshly made, boiled (Sydney, NSW, Australia) | Australia | 2000 | 40±4 | 16 | Normal, 12 | 50 | 110.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |

Spaghetti**Spaghetti, white, boiled**

| 1465 | Spaghetti n°5 (Barilla, Italy) | Italy | 2005 | 33±6 | 13 | Normal, 9 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
|-------------------------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | Spaghetti, white, boiled 15 min in salted water (Unico, 1466 Concord, ON, Canada) | Canada | 1999 | 44±3 | 18 | Normal, 10 | 50 | 72.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1467 | Spaghetti, white (Unico, Canada) | Canada | 2001 | 45±9 | 18 | Normal, 21 | 50 | NS | Glucose, 2h | Standard | Venous, NS | Enzymatic | 42 |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1468 | Spaghetti, white (Nishin Shokuhin, Japan) | Japan | 2003 | 46±9 | 18 | Normal, 10 | 50 | 121.0 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 1469 | Spaghetti, white (Unico, Canada) | Canada | 2001 | 48±3 | 19 | Normal, 47 | 50 | NS | Glucose, 2h | Standard | Capillary, NS | YSI or Enzymatic | 42 |
| 1470 | Spaghetti, <i>Svevo 2017</i> durum wheat line | Italy | 2019 | 48±4 | 19 | Normal, 10 | 50 | 67.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 106 |
| | Spaghetti, white (Vetta, Greens Foods, Glendenning, 1471 Australia), boiled for 12 min | Australia | 1996 | 49±7 | 20 | Normal, 12 | 50 | 67.0 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1472 | Spaghetti n°12 (De Cecco, Italy) | Italy | 2005 | 50±9 | 20 | Normal, 10 | 50 | 88 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1473 | Spaghetti classici (Voiiello, Italy) | Italy | 2010 | 51±9 | 20 | Normal, 9 | 50 | 71 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1474 | Spaghetti, <i>Svevo 2016</i> durum wheat line | Italy | 2017 | 52±3 | 21 | Normal, 10 | 50 | 77.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 106 |
| 1475 | Spaghetti pasta, dried (Budget, Safeway Traders Ltd, New Zealand) ¹³ | New Zealand | 2011* | 56±4 | 22 | Normal, 30 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 69 |
| | <i>White spaghetti, boiled, mean of 11 foods</i> | | | 47 | | | | | | | | | |
| 1476 | Spaghetti, <i>Svevo</i> durum wheat line SSIIa (silencing of starch synthases enzymes leading to an 28% increase in amylose and 2.8-fold increase in resistant starch) | Italy | 2017 | 49±3 | 20 | Normal, 10 | 50 | 87.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 106 |
| 1477 | Spaghetti, <i>Svevo</i> durum wheat line SBEIIa (silencing of starch branching enzymes leading to an 74% increase in amylose and 3.5-fold increase in resistant starch) | Italy | 2019 | 38±3 | 15 | Normal, 10 | 50 | 76.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 106 |
| Spaghetti, wholemeal, boiled | | | | | | | | | | | | | |
| 1478 | President's Choice® Blue Menu™ Whole Wheat spaghetti | Canada | 2004/2007 | 45±5 | 18 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

(Loblaw Brands Limited, Canada)

| 1479 | Spaghetti integrali (wholemeal durum wheat flour) (Barilla, Italy) | Italy | 2006 | 35±3 | 14 | Normal, 9 | 50 | 73 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | Spaghetti integrali (wholemeal durum wheat flour) (De Cecco, Italy) | Italy | 2005 | 55±10 | 22 | Normal, 10 | 50 | 93 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1481 | Spaghetti Integrali (wholemeal durum wheat flour) (Misura, Italy) | Italy | 2005 | 53±10 | 21 | Normal, 10 | 50 | 83 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1482 | Wholemeal spaghetti, boiled for 8 min | Australia | 2012 | 62±4 | 25 | Normal, 9 | 50 | 80.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | <i>Wholemeal spaghetti, boiled, mean of five foods</i> | | | 50 | | | | | | | | | |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| | Pasta, other 1483 | | | | | | | | | | | | |
| noodles | Buckwheat | China | 2005 | 59±1 | 24 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1484 | Farfalle, mini, durum wheat flour, carrot and pumpkin pulps (Farfalle con carote e zucca, Piccolini, Barilla, Italy) | Italy | 2011 | 44±5 | 18 | Normal, 9 | 50 | 71 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1485 | Fettuccine, egg (Mother Earth Fine Foods, Rowville, Australia) | Australia | 2000 | 47±6 | 19 | Normal, 14 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 1486 | Lower Carb Pasta (Herman Brot Pty Ltd, Australia), boiled in water for 7 min | Australia | 2015 | 22±3 | 9 | Normal, 10 | 25 | 160.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1487 | Hokkien noodles (Fantastic Fresh, Australia) | Australia | 2015 | 58±3 | 23 | Normal, 10 | 50 | 135.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1488 | Lasagne, egg, dry pasta, boiled in unsalted water for 10 min | UK | 2005 | 53±9 | 21 | Normal, 10 | 50 | 75.5 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1489 | LGI & HDF Noodles, low GI and high fiber (SCIQ Biotech Pty Ltd, Australia) | Australia | 2020 | 39±4 | 16 | Normal, 10 | 50 | 109.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|------|--|---------|-------|-------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1490 | Linguine, fresh (Hollywood Foods More than Pasta, Canada) | Canada | 2011 | 31±4 | 12 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁵ |
| 1491 | Low GI Noodles (Holista Biotech Corp., USA) | USA | 2017 | 38±4 | 15 | Normal, 10 | 25 | 37.3 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1492 | Macaroni short pasta (ANCO professional, Soubry N.V., Roeselare, Belgium) ¹¹ | Belgium | 2019* | 63±3 | 25 | Normal, 13 | 50 | 176.4 | Glucose, 2h | Standard | Capillary, plasma | YSI | 80 |
| 1493 | Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China) | China | 2000 | 39±9 | 16 | Normal, 11 | 50 | 60.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |
| 1494 | Noodles, Jianxi rice vermicelli, boiled 8 min | China | 2010* | 56±7 | 22 | Normal, 10 | 50 | 63.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 1495 | Noodles, potato | China | 2005 | 14±1 | 6 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1496 | Noodles, Sau tao Beijing noodles, wheat flour and tapioca starch, boiled 3 min | China | 2010* | 61±5 | 24 | Normal, 10 | 50 | 69.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 1497 | Noodles, Taiwan vermicelli, rice and maize starch, boiled 2 min | China | 2010* | 68±12 | 27 | Normal, 10 | 50 | 54.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 1498 | Pasta, NS | Canada | 2010* | 67±8 | 27 | Normal, 10 | 50 | 73 | Bread, 2h | Standard | Capillary, whole blood | YSI | 81 |
| 1499 | Pipe rigate, mini, durum wheat flour, tomato and carrot pulps (Pipe rigate con pomodori e carote, Piccolini, Barilla, Italy) | Italy | 2011 | 47±7 | 19 | Normal, 10 | 50 | 73 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1500 | Proti pasta, protein-enriched, boiled in water Vital Nature Inc, San Antonio, TX, USA) | USA | 2003 | 28±1 | 11 | Normal, 10 | 50 | 144.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|----------------------------|---------------------------|---------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1501 Ravioli, durum wheat flour, stuffed with calf meat, fresh (Raviolini con Carne di Vitello, Pastificio Rana SpA, Italy) | Italy | 2011 | 58±7 | 23 | Normal, 10 | 50 | 123 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1502 Rotini (Banza, LLC, USA) | USA | 2018 | 44±9 | 18 | Normal, 10 | 25 | 47.6 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1503 Semolina pasta | Canada | | 78±8 | 31 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | 61 |
| 1504 Spaghetti, soy, boiled 4 min (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) | USA | 2004 | 47±7 | 19 | Normal, 10 | 25 | 42.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 21 |

| | | | | | | | | | | | | | |
|------|---|-----------|------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|------------------|
| 1505 | Tagliatelle all'uovo (durum wheat flour, eggs, dry) (Barilla, Italy) | Italy | 2005 | 55±4 | 22 | Normal, 9 | 50 | 76 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1506 | Tagliatelle all'uovo (durum wheat flour, eggs) (fresh pasta) (Pastificio Lo Scoiattolo, Italy) | Italy | 2011 | 51±7 | 20 | Normal, 10 | 50 | 70 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | Udon noodles, plain, reheated 5 min (Fantastic, Windsor 1507 Gardens, SA, Australia) | Australia | 2001 | 62±8 | 25 | Normal, 10 | 25 | 185.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1508 | Veggie Pumpkin & Spinach Linguine, Latina™ Fresh, made from durum semolina, 25% pumpkin puree and 5% spinach puree, boiled in water for 2 min | Australia | 2018 | 67±5 | 27 | Normal, 10 | 50 | 172.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1509 | Wheat noodle, dried | China | 2005 | 46±2 | 18 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1510 | Wheat noodle, dried, boiled for 5 min, drained (Sanlian Food, Shandong, China) | China | 2016 | 62±8 | 25 | Normal, 10 | 25 | 32.9 | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | UO ¹⁸ |

SNACK FOODS AND CONFECTIONERY

Average carbohydrate portion = 25 g, this value was used to determine the nominal GL for each item in this category.

Fruit bars & snacks

| | | | | | | | | | | | | | |
|------|--|-----------|------|-------|----|------------|----|------|-------------|----------|------------------------|-------------------------|------------------|
| 1511 | Apple Fruit Bar, fat-free, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 90±13 | 23 | Normal, 10 | 50 | 66.7 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1512 | Apple Cinnamon bar, Fruit & Yogurt Apple Cinnamon Chewy Bars (Soy), President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 34±3 | 9 | Normal, 10 | 50 | 95.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1513 | Apricot and Almond bar | UK | 2006 | 34±6 | 9 | Normal, 10 | 50 | 97.3 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 30 |
| 1514 | Apricot dried fruit snack | Australia | 2001 | 42±3 | 11 | Normal, 10 | 50 | 59.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Apricot & apple fruit strips, gluten-free (Freedom Foods, 1515 Australia) | Australia | 2006 | 29±6 | 7 | Normal, 10 | 50 | 62.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------|
| 1516 Apricot filled fruit bar, pureed dried apricot filling in wholemeal pastry (Mother Earth, New Zealand) | New Zealand | 2000 | 50±8 | 13 | Normal, 15 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |

| | | | | | | | | | | | | | |
|------|---|-----------|------|-------|----|------------|----|-------|-------------|----------|------------------------|-------------------------|------------------|
| 1517 | Apricot & Yoghurt Healtheries Simple Bar, wheat and gluten-free (Aussie Bodies Pty. Ltd., Australia) | Australia | 2007 | 40±5 | 10 | Normal, 16 | 50 | 101.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1518 | Banana chips, dried banana pieces | Australia | 2009 | 44±5 | 11 | Normal, 10 | 50 | 75.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1519 | Banana Fruit Fingers, Heinz Kidz™ (HJ Heinz, Australia) | Australia | 2000 | 61±11 | 15 | Normal, 10 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1520 | Banana, processed fruit fingers, Heinz Kidz™ (H J Heinz, Malvern, Australia) | Australia | 2000 | 61±11 | 15 | Normal, 10 | 50 | 76.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1521 | Berry & Yoghurt Healtheries Simple Bar, wheat and gluten free (Aussie Bodies Pty. Ltd., Australia) | Australia | 2007 | 51±4 | 13 | Normal, 15 | 50 | 95.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1522 | Berry bar, Berrylicious Trim Bar (Aussie Bodies Pty. Ltd., Australia) | Australia | 2007 | 46±4 | 12 | Normal, 10 | 50 | 146.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1523 | Blackberry Sour Buzz dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia) | Australia | 2002 | 35±5 | 9 | Normal, 10 | 50 | 67.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1524 | Citrus Lemon Protein Bar (Herbalife of Japan K.K.) | Japan | 2018 | 31±4 | 8 | Normal, 10 | 50 | 109.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1525 | Cranberry, Blueberry bar, Fruit & Yogurt Cranberry Blueberry Bars (Soy), President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 33±2 | 8 | Normal, 10 | 50 | 95.2 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1526 | Fig Fruit bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 70±8 | 18 | Normal, 10 | 50 | 66.7 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1527 | Fruit and nut mix (Finest, UK) | UK | 2005 | 15±3 | 4 | Normal, 10 | 50 | 106.2 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| 1528 | Fruit snack processed, Roll-Ups® (Uncle Toby's, Australia) | Australia | 1998 | 99±12 | 25 | Normal, 10 | 50 | 60.8 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1529 | Ginger, candied, sucrose-free (Buderim Ginger, Australia) | Australia | 2006 | 10±4 | 3 | Normal, 10 | 50 | 64.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1530 | Peach & pear fruit strips, gluten-free (Freedom Foods, Australia) | Australia | 2006 | 29±6 | 7 | Normal, 10 | 50 | 62.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1531 | Raspberry Fruit bar, fat-free, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 74±11 | 19 | Normal, 10 | 50 | 64.5 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

| Strawberry processed fruit bar, Real Fruit (Uncle Toby's, 1532 Australia) | | Australia | 1998 | 90±12 | 23 | Normal, 10 | 50 | 60.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|--|--|----------------------------|---------------------------|-----------------------------------|------------|---------------------------|---------------------------|-------------------------------|------------------------------|------------------------|------------------------|-------------------------------------|-----------------|
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1541 | Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., 1533 Brampton, ON, Canada) | Canada | 2009* | 32±2 | 8 | Normal, 40 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| | Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., 1534 Brampton, ON, Canada) | Canada | 2009* | 34±2 | 9 | Normal, 37 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| | Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., 1535 Brampton, ON, Canada) | Canada | 2009* | 35±2 | 9 | Normal, Caucasian, 40 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| | Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., 1536 Brampton, ON, Canada) | Canada | 2009* | 31±2 | 8 | Normal, Non-Caucasian, 37 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| | Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., 1537 Brampton, ON, Canada) | Canada | 2009* | 35±2 | 9 | Normal, ≤40 y, 39 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| | Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., 1538 Brampton, ON, Canada) | Canada | 2009* | 31±2 | 8 | Normal, >40 y, 38 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| | Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., 1539 Brampton, ON, Canada) | Canada | 2009* | 36±2 | 9 | Normal, lean, 37 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| | Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., 1540 Brampton, ON, Canada) | Canada | 2009* | 30±2 | 8 | Normal, overweight, 40 | 50 | 69 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 38 |
| | Strawberry Fruit Bar, Kettle Valley mean of eight studies | | | | 33 | | | | | | | | |
| | Strawberry fruit leather (Stretch Island Fruit Company™, WA, USA) | USA | 2006 | 29±4 | 7 | Normal, 12 | 50 | 63.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Sweet strawberry fruit leather (Stretch Island Fruit Company™, WA, USA), tested with water | USA | 2009* | 25±5 | 6 | Normal, 10 | 50 | 64 | Bread, 2h | Standard | Capillary, whole blood | YSI | 107 | |
| Sweet strawberry fruit leather (Stretch Island Fruit Company™, WA, USA), tested with coffee or tea | USA | 2009* | 22±3 | 6 | Normal, 10 | 50 | 64 | Bread, 2h | Standard | Capillary, whole blood | YSI | 107 | |

| 1544 | Sweet strawberry fruit leather (Stretch Island Fruit Co, Allyn, WA, USA) | USA | 2008* | 33±7 | 8 | Normal, 290 | 50 | 63.6 | Glucose, 2h | Standard | Various | Various | 108 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| | <i>Sweet strawberry fruit leather, mean of three studies</i> | | | 27 | | | | | | | | | |
| 1545 | Strawberry & wildberry dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia) | Australia | 2002 | 40±5 | 10 | Normal, 10 | 50 | 67.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1546 | Tropical dried fruit snack | Australia | 2001 | 41±3 | 10 | Normal, 10 | 50 | 59.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1547 | Tropical fruit and nut mix (Finest, UK) | UK | 2005 | 49±7 | 12 | Normal, 9 | 50 | 89.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 26 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1548 | Wild berry dried fruit snack | Australia | 2001 | 35±4 | 9 | Normal, 10 | 50 | 58.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Savory snack foods | | | | | | | | | | | | |
| 1549 | Chick Pea chips (Freedom Foods, Australia) | Australia | 2006 | 44±7 | 11 | Normal, 9 | 50 | 135.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| | Cheese-flavored snacks | | | | | | | | | | | | |
| | Combos Snacks Cheddar Cheese Crackers (M&M/Mars, 1550 USA) | USA | 2003 | 54±6 | 14 | Normal, 10 | 50 | 79.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1551 | Combos Snacks Cheddar Cheese Pretzels (M&M/Mars, USA) | USA | 2003 | 52±6 | 13 | Normal, 10 | 50 | 70.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1552 | Cheese Puffs, made from rice and corn puffs, aged white cheddar extruded snack, Pirate's Booty brand (Robert's American Gourmet, Sea Cliff, NY, USA) | USA | 2006 | 70±5 | 18 | Normal, 12 | 50 | 82.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| | Cheese Puffs, Pirates Booty brand (Robert's American 1553 Gourmet, Sea Cliff, NY, USA) | USA | 2008* | 74±11 | 19 | Normal, 290 | 50 | 82.4 | Glucose, 2h | Standard | Various | Various | 108 |
| | Cheese Puffs, Pirates Booty brand (Robert's American 1554 Gourmet, Sea Cliff, NY, USA), tested with water | USA | 2009* | 53±6 | 13 | Normal, 10 | 50 | 84 | Bread, 2h | Standard | Capillary, whole blood | YSI | 107 |
| | Cheese Puffs, Pirates Booty brand (Robert's American 1555 Gourmet, Sea Cliff, NY, USA), tested with coffee or tea | USA | 2009* | 53±6 | 13 | Normal, 10 | 50 | 84 | Bread, 2h | Standard | Capillary, whole blood | YSI | 107 |

| <i>Cheese Puffs, mean of four studies</i> | | | 63 | | | | | | | | | | |
|---|--|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1556 | Rice and corn cheese flavored extruded snack, Twisties™ (Smith's Snackfood Co., Australia) | Australia | 1999 | 74±5 | 19 | Normal, 10 | 50 | 87.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Chips or Crisps, made from cereal grains | | | | | | | | | | | | | |
| 1557 | Brown rice chips with wild rice, gluten-free, SunRice™ | Australia | 2018 | 70±6 | 18 | Normal, 10 | 50 | 75.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1558 | Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia) | Australia | 1998 | 42±4 | 11 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1559 | Grain Waves Original flavored wholegrain chips, Smith's™ | Australia | 2010 | 51±5 | 13 | Normal, 10 | 50 | 79.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1560 | Finger millet extruded snack | India | 2018* | 65±7 | 16 | Normal, 12 | 25 | 39.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 109 |
| 1561 | Flaxseed Tortilla chips, Sea Salt, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 45±6 | 11 | Normal, 10 | 50 | 125.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | Flaxseed Tortilla chips, Spicy, President's Choice® Blue 1562 Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 34±5 | 9 | Normal, 10 | 50 | 125.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1563 | Japanese Tamari Rice & Corn Crisps, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 91±6 | 23 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1564 | Japanese Wasabi & Honey Rice & Corn Crisps, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 82±7 | 21 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1565 | Prawn crackers, BBQ Rib flavor, Infuzions™, made from tapioca and wheat (Majans Pty Ltd, QLD, Australia) | Australia | 2017 | 74±5 | 19 | Normal, 10 | 25 | 36.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1566 | Pretzels, oven-baked, traditional wheat flavor, 97% fat free (Parker's, Smith's Snack Food Co., Australia) | Australia | 2005 | 84±6 | 21 | Normal, 10 | 50 | 62.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1567 | Thai Curry Rice & Corn Crisps, President's Choice® Blue | Canada | 2004-2007 | 84±6 | 21 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

Menu™ (Loblaw Brands Limited, Canada)

Popcorn

| | | | | | | | | | | | | | |
|------|--|-----------|-----------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1568 | Poppin Microwave Popcorn, butter flavor Green's Foods, Australia) | Australia | 2013 | 51±6 | 13 | Normal, 10 | 25 | 46.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1569 | Microwave Popping Corn, natural flavor, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 58±8 | 15 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1570 | Poppin Microwave Popcorn, butter flavor Green's Foods, Australia) | Australia | 2007 | 62±8 | 16 | Normal, 9 | 25 | 49.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1571 | Poppin Lite Microwave Popcorn, butter flavor, 50% reduced fat (Green's Foods, Australia) | Australia | 2007 | 67±8 | 17 | Normal, 9 | 25 | 44.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1572 | Microwave Popping Corn, butter flavor, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 72±8 | 18 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | <i>Popcorn, mean of five studies</i> | | | 62 | | | | | | | | | |
| | Potato crisps | | | | | | | | | | | | |
| 1573 | Potato chips, crinkle cut, Smith's™ Original | Australia | 2012 | 48±5 | 12 | Normal, 10 | 50 | 113.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1574 | Potato chips, Pringles™ Original | Australia | 2012 | 57±5 | 14 | Normal, 10 | 50 | 96.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1575 | Potato crisps | China | 2005 | 60±2 | 15 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1576 | Baked potato chips (Baked Lays, Original Potato Crisps) | Canada | 2009 | 72±6 | 18 | Normal, 10 | 50 | 66 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1577 | Baked potato chips (Baked Lays, Original Potato Crisps) | Canada | 2009 | 71±8 | 18 | Normal, 10 | 50 | 66 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| | <i>Potato crisps, mean of five studies</i> | | | 56 | | | | | | | | | |
| 1578 | Sweet potato crisps, Red Rock Deli™ (The Red Rock Deli Chip Company, VIC, Australia) | Australia | 2016 | 41±4 | 10 | Normal, 10 | 25 | 60.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|--|---------------------------|-----------------------------------|------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------------------|-------------------------------------|----------------------------|
| Soy snacks | | | | | | | | | | | | |
| 1579 | Soy based snack product, SoyCarat Cheese flavor (Otsuka Pharmaceutical Co, Ltd, Japan) | Japan | 2014 | 44±4 | 11 | Normal, 10 | 50 | 125.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 1580 | Soy based snack product, SoyCarat Olive Oil & Garlic flavor (Otsuka Pharmaceutical Co, Ltd, Japan) | Japan | 2014 | 41±4 | 10 | Normal, 10 | 50 | 109.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 1581 | Soy based snack product, SoyCarat Nori & Natto flavor (Otsuka Pharmaceutical Co, Ltd, Japan) | Japan | 2014 | 37±5 | 9 | Normal, 10 | 50 | 107.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 1582 | Sunshine™ soy protein chips, lightly salted (Revival Soy®, Physicians Pharmaceuticals, Inc., USA) | USA | 2004 | 87±8 | 22 | Normal, 10 | 25 | 48.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue 21 |
| Other savory snacks | | | | | | | | | | | | |
| 1583 | Puffed rice squares | Czech Republic | 2005 | 77±5 | 19 | Normal, 20 | 50 | 60.3 | Glucose, 2h | 0,15,30,45, 60,75,90, 105,120 | Capillary, whole blood | Glucometer ⁹ 84 |
| 1584 | Wasabi peas | Australia | 2018 | 41±4 | 10 | Normal, 10 | 25 | 44.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| Sweet snack foods | | | | | | | | | | | | |
| 1585 | Almond Chocolate (Meiji Co. Ltd, Japan) | Japan | 2019 | 24±2 | 6 | Normal, 10 | 50 | 115.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 1586 | Chocolate crinkles, containing wheat flour and coconut flour | Philippines | 2002 | 44±4 | 11 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic 2 |
| 1587 | Chocolate, dark, Dove® (M&M/Mars, USA) | USA | 2005 | 23±3 | 6 | Normal, 10 | 50 | 95.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 1588 | Chocolate, dark, 74% Cocoa (Alpes d'Or, Hangzhou Qiaokemei, China) | China | 2019 | 44±6 | 11 | Normal, 12 | 25 | 83.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ¹⁸ |
| 1589 | Chocolate Kouka Cacao 86% (Meiji Co. Ltd, Japan) | Japan | 2018 | 18±2 | 5 | Normal, 10 | 50 | 103.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| 1590 | Chocolate Kouka Cacao 72% (Meiji Co. Ltd, Japan) | Japan | 2018 | 29±4 | 7 | Normal, 10 | 50 | 71.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic UO ⁵ |
| <i>Chocolate dark, mean of four foods</i> | | | 29 | | | | | | | | | |

| 1591 | Chocolate, dark with raisins, peanuts and jam | Czech Republic | 2005 | 44±5 | 11 | Normal, 20 | 50 | 91.9 | Glucose, 2h | 0,15,30,45, 60,75,90, 105,120 | Capillary, whole blood | Glucometer ⁹ | 84 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|-------------------------------|------------------------|-------------------------------------|-----------------|
| 1592 | Chocolate, milk, Meiji brand (Meiji Co. Ltd, Japan) | Japan | 2018 | 39±3 | 10 | Normal, 10 | 50 | 47.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1593 | Chocolate, milk, Dove® (Mars Confectionery, Ballarat, Australia) | Australia | 1997 | 45±8 | 11 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1594 | Chocolate, milk (Milka, Mondelez, Italy) | Italy | 2012 | 54±5 | 14 | Normal, 10 | 25 | 43 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1595 | Chocolate, milk (Nestlé, Sydney, NSW, Australia) | Australia | 2000 | 42±8 | 11 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Chocolate, milk, plain, mean of four studies | | | 45 | | | | | | | | | |
| 1596 | Milk chocolate egg (Ovetto cioccolato, Dolci Preziosi, Italy) | Italy | 2012 | 48±9 | 12 | Normal, 10 | 25 | 43 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1597 | Chocolate, NS | China | 2005 | 49±3 | 12 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1598 | Chocolate, white, Lindt™ Lindor | Switzerland | 2012 | 34±4 | 9 | Normal, 10 | 25 | 58.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1599 | Chocolate, white, Milky Bar® (Nestlé, Australia) | Australia | 2012 | 41±6 | 10 | Normal, 10 | 50 | 90.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1600 | Chocolate, white, Milky Bar® (Nestlé, Australia) | Australia | 2000 | 44±6 | 11 | Normal, 10 | 50 | 85.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1601 | White chocolate bar (Galak, Nestlè, Italy) | Italy | 2012 | 44±5 | 11 | Normal, 10 | 25 | 41 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | Chocolate, white, mean of four studies | | | 41 | | | | | | | | | |
| 1602 | Chocolate candy, sugar free, Dove® (M&M/Mars, USA) | USA | 2005 | 23±3 | 6 | Normal, 10 | 25 | 83.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | CocoaVia™ high flavanol chocolate covered almonds 1603 (M&M/Mars, USA) | USA | 2005 | 21±3 | 5 | Normal, 10 | 25 | 144.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1604 | Chocolate coated wafer, with whole hazelnut and chocolate cream filling, Duplo nocciolato (Ferrero, Italy) | Italy | 2012 | 59±6 | 15 | Normal, 10 | 25 | 54 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |

| | | | | | | | | | | | | | |
|------|--|-----------|------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1605 | Chocolate coated chocolate soaked cookie, Galbo Chocolate (Meiji Co. Ltd, Japan) | Japan | 2019 | 37±4 | 9 | Normal, 10 | 50 | 97.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1606 | Jelly, made from commercial jelly crystals, Raspberry Razzle flavor (Aeroplane Jelly Company, West Ryde, Australia), prepared with water | Australia | 2005 | 53±6 | 13 | Normal, 10 | 50 | 342.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Jelly beans, assorted colors (Savings, Grocery Holdings, 1607 Tooronga, Australia) | Australia | 1998 | 76±6 | 19 | Normal, 12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1608 | Kinder Joy/ Merendero (Hazelnut and vanilla cream, with wafer balls coated with chocolate and hazelnut crumbs) (Kinder, Ferrero, Italy) | Italy | 2012 | 42±5 | 11 | Normal, 10 | 25 | 43 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1609 | Kinder Softy nocciola (Praline with hazelnut cream) (Kinder, Ferrero, Italy) | Italy | 2012 | 43±7 | 11 | Normal, 10 | 25 | 51 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1610 | Licorice pieces | Australia | 2012 | 69±8 | 17 | Normal, 10 | 50 | 68.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1611 | Licorice, soft (Coles Supermarkets, Australia) | Australia | 2003 | 78±11 | 20 | Normal, 10 | 50 | 70.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1612 | Macadamia Chocolate (Meiji Co. Ltd, Japan) | Japan | 30 | 24±2 | 6 | Normal, 10 | 50 | 113.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1613 | M&M's®, peanut (Mars Confectionery, Australia) | Australia | 1997 | 33±3 | 8 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 1614 | Mars Bar® (Mars Confectionery, Australia) | Australia | 1997 | 62±8 | 16 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 1615 | Marshmallows (Candy Lane, Australia) | Australia | 2003 | 62±6 | 16 | Normal, 10 | 50 | 62.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1616 | Marshmallows (Woolworths Homebrand, Australia) | Australia | 2012 | 67±4 | 17 | Normal, 10 | 50 | 59.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Nutella®, chocolate hazelnut spread (Ferrero Australia, 1617 Milson's Point, NSW, Australia) | Australia | 1997 | 33±4 | 8 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |

| | Nutella®, chocolate hazelnut spread (Ferrero Australia, 1618 Australia) | Australia | 2003 | 30±4 | 8 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | Nutella®, chocolate hazelnut spread (Ferrero Australia, 1619 Australia) | Australia | 2007 | 25±4 | 6 | Normal, 10 | 50 | 91.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1620 | Nutella® (Ferrero, Italy) | Italy | 2012 | 45±4 | 11 | Normal, 10 | 25 | 44 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | <i>Nutella®, mean of four studies</i> | | | 33 | | | | | | | | | |
| 1621 | Nutella & Go (Hazelnut chocolate spread with breadsticks) (Ferrero, Italy) | Italy | 2012 | 57±9 | 14 | Normal, 10 | 25 | 41 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1622 | Nutella B-ready (Wafer bar, hazelnut cream-filled) (Ferrero, Italy) | Italy | 2012 | 55±7 | 14 | Normal, 10 | 25 | 43 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1623 | Pocket Coffee (Praline, with coffee cream) (Ferrero, Italy) | Italy | 2014 | 58±9 | 15 | Normal, 10 | 25 | 43 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1624 | Pop Tarts™, double choc (Kellogg's, Australia) | Australia | 2000 | 70±2 | 18 | Normal, 10 | 50 | 74.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1625 | Raffaello (Ferrero, Italy) | Italy | 2014 | 52±7 | 13 | Normal, 10 | 25 | 66 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1626 | Rocher (Ferrero, Italy) | Italy | 2014 | 53±6 | 13 | Normal, 10 | 25 | 56 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1627 | Rondnoir (Ferrero, Italy) | Italy | 2014 | 53±7 | 13 | Normal, 10 | 25 | 48 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1628 | Rum balls, containing dark chocolate and coconut | Australia | 2009 | 50±6 | 13 | Normal, 10 | 50 | 89.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1629 | Skittles® (Mars Confectionery, Australia) | Australia | 1997 | 70±5 | 18 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 1630 | Slush, lemon (Granigel la granita classica siciliana, Dolfin, Italy) | Italy | 2009 | 66±8 | 17 | Normal, 10 | 25 | 149 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |

| 1631 | Sorbet, caffè/cappuccino (GranSoleil Gran dessert Caffè/Cappuccino, Ferrero, Italy) | Italy | 2009 | 62±5 | 16 | Normal, 9 | 25 | 91 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
|---|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| | Sorbet, lemon (GranSoleil Gran dessert Limone, Ferrero, 1632 Italy) | Italy | 2009 | 58±7 | 15 | Normal, 9 | 25 | 86 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1633 | Sorbet, lemon (Sorbetto al limone, Carte d'or, Algida, Italy) | Italy | 2009 | 72±6 | 18 | Normal, 9 | 25 | 96 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1634 | Sorbet, vanilla (GranSoleil Gran dessert Vaniglia, Ferrero, Italy) | Italy | 2009 | 57±8 | 14 | Normal, 9 | 25 | 107 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1635 | Sour Straws, strawberry flavor, gummy/chewy confectionery | Australia | 2017 | 76±7 | 19 | Normal, 10 | 25 | 31.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1636 | Yummiees lollies (Allseps Pty. Ltd., Australia) | Australia | 2006 | 43±3 | 11 | Normal, 14 | 50 | 71.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| Snack bars | | | | | | | | | | | | | |
| 1637 | Cold-pressed bar, made with 22.1 g maltodextrin (Globe Plus 10 DE maltodextrin) and 21.8 g corn syrup (Globe Plus 63 DE Maltodextrin) | USA | 2017* | 93±8 | 23 | Normal, 14 | 50 | 70 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 111 |
| slowly | Cold-pressed bar, made with 24.9 g SDS (SUSTRA™ 2434 digestible carbohydrate) (Ingredion Incorporated, 1638 Bridgewater, NJ) and 18.9 g corn syrup (Globe Plus 63 DE Maltodextrin) | USA | 2017* | 50±5 | 13 | Normal, 14 | 50 | 72 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 111 |
| 1639 | Chewy Chocolate Chip & Marshmallow Granola bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 78±6 | 20 | Normal, 10 | 50 | 65.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1640 | Chewy Cranberry Apple Granola Bar, President's Choice® Blue Menu™(Loblaw Brands Limited, Canada) | Canada | 2007 | 58±5 | 15 | Normal, 10 | 50 | 65.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | Chocolate Healtheries Simple bar, wheat and gluten free 1641 (Aussie Bodies Pty. Ltd., Australia) | Australia | 2007 | 35±3 | 9 | Normal, 15 | 50 | 91.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Cocoavia™ high flavanol chocolate almond Snack bar 1642 (M&M/Mars, USA) | | USA | 2005 | 63±7 | 16 | Normal, 10 | 50 | 91.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | | | | | | | | | | | | | |
|------|--|-------------|-------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1643 | Cocoaavia™ Crispy Chocolate bar (M&M/Mars, USA) | USA | 2005 | 33±5 | 8 | Normal, 10 | 50 | 100.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1644 | ExtendBar™ Apple Cinnamon Delight bar (ExtendBar, USA) | USA | 2004 | 33±7 | 8 | Normal, 10 | 25 | 83.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1645 | ExtendBar™ Chocolate Delight bar (ExtendBar, USA) | USA | 2004 | 41±6 | 10 | Normal, 10 | 25 | 62.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1646 | ExtendBar™ Peanut Delight bar (ExtendBar, USA) | USA | 2004 | 32±5 | 8 | Normal, 10 | 25 | 62.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Fruit and Nuts Superfoods bar (SoLo GI Nutrition, Inc, 1647 Canada) | Canada | 2018 | 40±6 | 10 | Normal, 10 | 25 | 71.4 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1648 | Granola bar, containing wheat flour and coconut flour | Philippines | 2002 | 46±3 | 12 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, serum | Enzymatic | 2 |
| 1649 | Griffin's Fruitli bar, apricot (Griffins, Auckland, New Zealand) ¹³ | New Zealand | 2010* | 54±5 | 14 | Normal, 20 | 50 | 85 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 112 |
| 1650 | Kinder Bueno white (Wafer bar, milk and hazelnut spread-filled, coated white chocolate) (Kinder, Ferrero, Italy) | Italy | 2012 | 47±5 | 12 | Normal, 10 | 25 | 48 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1651 | Kinder Choco fresh (Chocolate bar, milk cream-filled, fresh) (Kinder, Ferrero, Italy) | Italy | 2012 | 55±5 | 14 | Normal, 10 | 25 | 62 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1652 | Kinder Happy Hippo (Wafer bar, milk and hazelnut spread-filled, partially coated with white chocolate) (Kinder, Ferrero) | Italy | 2014 | 47±4 | 12 | Normal, 10 | 25 | 50 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1653 | Kinder Maxi king (Milk cream bar, sponge cake-filled, coated with chocolate and hazelnut crumbs, fresh) (Kinder, Ferrero, Italy) | Italy | 2012 | 58±7 | 15 | Normal, 10 | 25 | 65 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1654 | Kinder Pingui cacao (Milk cream bar, sponge cake-filled, coated with chocolate, fresh) (Kinder, Ferrero, Italy) | Italy | 2012 | 51±5 | 13 | Normal, 10 | 25 | 64 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1655 | Kinder Pingui cocco (Milk cream bar, sponge cake-filled, coated with chocolate and coconut, fresh) (Kinder, Ferrero, Italy) | Italy | 2012 | 53±6 | 13 | Normal, 10 | 25 | 65 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1656 | KitKat (Nestlè, Italy) | Italy | 2012 | 50±7 | 13 | Normal, 10 | 25 | 40 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | Kudos Milk Chocolate Granola bar with M&M's Milk 1657 Chocolate Mini Baking Bits (M&M/Mars, USA) | USA | 2003 | 52±4 | 13 | Normal, 10 | 50 | 69.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| | Kudos Whole-Grain bars, chocolate chip (M&M/Mars, 1658 Hackettstown, USA) | USA | 1997 | 62±8 | 16 | Normal, 10-12 | 50 | 74.7 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1659 | Kudos Milk Chocolate Granola bars, Peanut Butter flavor (M&M/Mars, USA) | USA | 2003 | 45±6 | 11 | Normal, 10 | 50 | 83.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1660 | Milky Way® bar (M&M/Mars, USA) | USA | 1997 | 62±8 | 16 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1661 | Milky Way® Lite bar (M&M/Mars, USA) | USA | 1997 | 45±5 | 11 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1662 | Munch Peanut Butter bar (M&M/Mars, USA) | USA | 2004 | 27±5 | 7 | Normal, 10 | 50 | 134.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Nuts and Seeds Superfoods bar (SoLo GI Nutrition, Inc, 1663 Canada) | Canada | 2018 | 33±6 | 8 | Normal, 10 | 25 | 90.9 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1664 | Nutbutter bar (SoLo GI Nutrition, Inc, Canada, Canada) | Canada | 2018 | 22±1 | 6 | Normal, 10 | 25 | 89.6 | Glucose, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1665 | Omega bar, containing linseeds, sunflower kernels and nuts, gluten-free (Freedom Foods, Australia) | Australia | 2007 | 21±2 | 5 | Normal, 9 | 50 | 118.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1666 | Peak Fuel Summit bar, Peanut Brownie (Peak Fuel, Hamner Springs, New Zealand) ¹³ | New Zealand | 2010* | 60±5 | 15 | Normal, 20 | 50 | 114 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 112 |
| 1667 | Peanut Butter Chocolate Pal™ bar (Revival Soy®, Physicians Pharmaceuticals, Inc., USA) | USA | 2004 | 52±4 | 13 | Normal, 10 | 25 | 48.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 21 |
| 1668 | 60% Whole Wheat Fig Fruit bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 72±6 | 18 | Normal, 10 | 50 | 69.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1669 | Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA) | USA | 1999 | 40±8 | 10 | Normal, 10 | 50 | 85.2 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Snack bar, Peanut Butter and Choc-Chip (Con Agra Inc., 1670 USA) | USA | 1999 | 37±6 | 9 | Normal, 10 | 50 | 91.6 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1671 | Soy Joy Fruit & Soy Bar®, Apple (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan) | Japan | 2007 | 19±2 | 5 | Normal, 10 | 50 | 130.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1672 | Soy Joy Fruit & Soy Bar®, Apricot (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan) | Japan | 2007 | 27±4 | 7 | Normal, 10 | 50 | 127.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1673 | Soy Joy Fruit & Soy Bar®, Chocolate Orange (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan) | Japan | 2007 | 41±7 | 10 | Normal, 10 | 50 | 127.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1674 | Soy Joy Fruit & Soy Bar®, Mango Coconut (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan) | Japan | 2007 | 28±2 | 7 | Normal, 10 | 50 | 131.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1675 | Soy Joy Fruit & Soy Bar®, Plum + Fe (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan) | Japan | 2007 | 25±3 | 6 | Normal, 10 | 50 | 122.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1676 | Soy Joy Fruit & Soy Bar®, Plum + Folic acid (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan) | Japan | 2007 | 27±2 | 7 | Normal, 10 | 50 | 129.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1677 | Soy Joy Fruit & Soy Bar®, Raisin Almond (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan) | Japan | 2007 | 28±4 | 7 | Normal, 10 | 50 | 128.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1678 | Soy Joy Fruit & Soy Bar®, Sanzashi (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan) | Japan | 2007 | 29±5 | 7 | Normal, 10 | 50 | 109.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1679 | Soy Joy Fruit & Soy Bar®, Strawberry (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan) | Japan | 2007 | 33±2 | 8 | Normal, 9 | 50 | 120.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1680 | Trim bar, Chocorama (Aussie Bodies Pty. Ltd., Australia) | Australia | 2007 | 31±3 | 8 | Normal, 10 | 50 | 181.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1681 | Trim bar, Mocha flavor (Aussie Bodies Pty. Ltd., Australia) | Australia | 2007 | 25±3 | 6 | Normal, 10 | 50 | 215.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ¹⁰ |
| 1682 | Tronky Nocciola (Wafer bar, hazelnut cream-filled with hazelnut crumbs) (Ferrero, Italy) | Italy | 2012 | 61±7 | 15 | Normal, 10 | 25 | 48 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1683 | Twix® Cookie Bar, caramel (M&M/Mars, USA) | USA | 1997 | 44±6 | 11 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |

Sports (Energy) bars

| | | | | | | | | | | | | | |
|------|--|-----------|-------|------|----|------------|----|-------|-------------|----------|-------------------|-----------|-----------------|
| 1684 | Chocolate Cherry Almond bar (Beachbody, LLC, USA) | USA | 2019 | 22±2 | 6 | Normal, 10 | 25 | 86.5 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |
| | Clif bar, Chocolate Brownie Energy bar (Clif Bar Inc., 1685 Berkeley, USA) | USA | 2006 | 57±6 | 14 | Normal, 10 | 50 | 85.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Energy bar, containing with soy protein isolate, peanut butter 1686 and corn syrup | Australia | 2014* | 45±6 | 11 | Normal 10 | 50 | 97 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
| | Energy bar with 2.0 g Filtered Molasses Concentrate added 1687 per 100 g (4.01 g FMC/100 g carbohydrate) | Australia | 2014* | 40±4 | 10 | Normal 10 | 50 | 100 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
| 1688 | Peanut Butter Chocolate bar (Beachbody, LLC) | USA | 2019 | 32±4 | 8 | Normal, 10 | 25 | 94.0 | Glucose, 2h | Standard | Capillary, plasma | YSI | UO ⁷ |
| 1689 | Performance Chocolate Energy bar (Power Bar, USA) | USA | 2006 | 53±6 | 13 | Normal, 9 | 50 | 77.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1690 | Power Bar®, chocolate (Powerfood Inc., Berkeley, USA) | USA | 1997 | 58±5 | 15 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |
| 1691 | SmartZone Chocolate flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA) | USA | 2004 | 16±3 | 4 | Normal, 10 | 50 | 138.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1692 | SmartZone Crunchy Blueberry flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA) | USA | 2005 | 15±3 | 4 | Normal, 10 | 50 | 125.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|-----------------|
| 1693 | SmartZone Crunchy Chocolate Brownie flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA) | USA | 2005 | 23±5 | 6 | Normal, 10 | 50 | 138.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1694 | SmartZone Crunchy Chocolate Caramel flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA) | USA | 2005 | 16±4 | 4 | Normal, 10 | 50 | 119.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1695 | SmartZone Crunchy Chocolate Peanut Butter flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA) | USA | 2005 | 14±3 | 4 | Normal, 10 | 50 | 138.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1696 | SmartZone Crunchy Key Lime flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA) | USA | 2005 | 14±3 | 4 | Normal, 10 | 50 | 125.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1697 | SmartZone Peanut Butter flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA) | USA | 2005 | 18±2 | 5 | Normal, 10 | 50 | 138.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1698 | Snickers® Marathon Energy bar, Chewy Chocolate Peanut flavor (M&M/Mars, USA) | USA | 2005 | 36±5 | 9 | Normal, 10 | 50 | 97.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1699 | Snickers® Marathon Energy bar, Cookies & Crème flavor (M&M/Mars, USA) | USA | 2005 | 50±4 | 13 | Normal, 10 | 50 | 91.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1700 | Snickers® Marathon Energy bar, Multi Grain Crunch flavor (M&M/Mars, USA) | USA | 2005 | 50±4 | 13 | Normal, 10 | 50 | 92.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1701 | Snickers® Marathon Energy bar, Peanut Butter flavor (M&M/Mars, USA) | USA | 2005 | 34±5 | 9 | Normal, 10 | 50 | 105.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1702 | Snickers® Marathon Low Carb Lifestyle Energy bar, Chocolate Fudge Brownie flavor (M&M/Mars, USA) | USA | 2003 | 20±4 | 5 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1703 | Snickers® Marathon Low Carb Lifestyle Energy bar, Peanut Butter flavor (M&M/Mars, USA) | USA | 2003 | 21±4 | 5 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1704 | Snickers® Marathon Nutrition bar, Dark Chocolate Crunch flavor (M&M/Mars, USA) | USA | 2003 | 49±6 | 12 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1705 | Snickers® Marathon Nutrition bar, Honey & Roasted Almond flavor (M&M/Mars, USA) | USA | 2003 | 41±3 | 10 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1706 | Snickers® Marathon Protein Performance bar, Caramel Nut Rush flavor (M&M/Mars, USA) | USA | 2003 | 26±3 | 7 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1707 | Snickers® Marathon Protein Performance bar, Chocolate Nut Burst flavor (M&M/Mars, USA) | USA | 2003 | 32±4 | 8 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1708 | SoLo GI Berry Bliss Nutrition bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 29±5 | 7 | Normal, 10 | 50 | 113.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1709 | SoLo GI Chocolate Charger Nutrition bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 28±2 | 7 | Normal, 10 | 50 | 113.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1710 | SoLo GI Lemon Lift Nutrition bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 29±5 | 7 | Normal, 10 | 50 | 113.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1711 | SoLo GI Mint Mania Nutrition bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 23±3 | 6 | Normal, 10 | 50 | 113.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |

| | | | | | | | | | | | | | |
|------|--|--------|-----------|------|----|---------------|----|-------|-----------|----------|------------------------|-----------|-----------------|
| 1712 | SoLo GI Peanut Power Nutrition bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 27±4 | 7 | Normal, 10 | 50 | 125 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1713 | SoLo GI Berry Bliss Snack bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 29±5 | 7 | Normal, 10 | 50 | 113.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1714 | SoLo GI Chocolate Charger Snack bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 28±2 | 7 | Normal, 10 | 50 | 125.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1715 | SoLo GI Lemon Lift Snack bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 29±5 | 7 | Normal, 10 | 50 | 113.6 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1716 | SoLo GI Mint Mania Snack bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 23±3 | 6 | Normal, 10 | 50 | 125.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1717 | SoLo GI Peanut Power Snack bar (New Era Nutrition Inc, Alberta, Canada) | Canada | 2004-2007 | 27±4 | 7 | Normal, 10 | 50 | 125.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1718 | VO ₂ Max Chocolate Energy bar (M&M/Mars, USA) | USA | 1997 | 49±8 | 12 | Normal, 10-12 | 50 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 25 |

SOUPS

Average carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category.

| | | | | | | | | | | | | | |
|------|---|-----------|-----------|------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1719 | Barley Vegetable Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 41±3 | 8 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1720 | Black Bean Instant soup, low-fat, spicy, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 57±5 | 11 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1721 | Black Bean with Vegetables soup, spicy, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2007 | 46±5 | 9 | Normal, 10 | 50 | 463.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1722 | Carrot soup, President's Choice® Blue Menu™ Soup (Loblaw Brands Limited, Canada) | Canada | 2007 | 35±4 | 7 | Normal, 10 | 50 | 961.5 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1723 | Chicken & Vegetable with wholegrain pasta, Country Ladle® (Campbell's Soups, Homebush, NSW, Australia) | Australia | 2008 | 43±3 | 9 | Normal, 9 | 25 | 558.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1724 | Chunky Roast Chicken and Vegetable soup (Campbell's Soups, Homebush, NSW, Australia) | Australia | 2016 | 52±3 | 10 | Normal, 9 | 50 | 724.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1725 | Lentil Instant soup, low-fat, Indian, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 62±7 | 12 | Normal, 10 | 50 | 100.0 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1726 | Lentil, ready-to-serve, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 57±9 | 11 | Normal, 10 | 50 | 657.9 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1727 | Minestrone, condensed, prepared with water (Campbell's Soup Company, Camden, NJ, USA) | USA | 2002 | 48±6 | 10 | Normal, 10 | 50 | 450 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|--|----------------------------|---------------------------|---------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1728 Minestrone, Traditional, Country Ladle® (Campbell's Soups, Australia) | Australia | 2001 | 39±3 | 8 | Normal, 10 | 25 | 833.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1729 Minestrone & Pasta Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 54±3 | 11 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| <i>Minestrone mean of three foods</i> | | | 47 | | | | | | | | | |
| 1730 Mushroom Barley, ready-to-serve, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 45±10 | 9 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1731 Pasta & Fagioli soup, ready-to-serve, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 52±8 | 10 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1732 Potato & Bacon soup, chunky (Campbell's Soups, Homebush, NSW, Australia) | Australia | 2016 | 41±4 | 8 | Normal, 10 | 50 | 625.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1733 Pumpkin Soup, creamy, Heinz® Very Special™, with pumpkin, cream, potatoes (Heinz Wattie's Ltd, Australia) | Australia | 2004 | 76±7 | 15 | Normal, 10 | 50 | 694.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1734 Thai Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 56±4 | 11 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1735 Tomato soup, condensed, prepared with water (Campbell's Soup Company, Camden, NJ, USA) | USA | 2002 | 52±4 | 10 | Normal, 10 | 50 | 326.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | UO ⁵ |
| 1736 Tomato & Herb, President's Choice® Blue Menu™ Soupreme (Loblaw Brands Limited, Canada) | Canada | 2007 | 47±5 | 9 | Normal, 10 | 50 | 892.9 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1737 Vegetable Couscous Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 57±4 | 11 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1738 Vegetarian Chili Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada | 2004-2007 | 36±4 | 7 | Normal, 10 | 50 | NS | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| 1739 Winter Squash, President's Choice® Blue Menu™ Soupreme (Loblaw Brands Limited, Canada) | Canada | 2007 | 41±4 | 8 | Normal, 10 | 50 | 961.5 | Bread, 2h | Standard | Capillary, whole blood | YSI | UO ⁷ |
| SUGARS AND SYRUPS | | | | | | | | | | | | |
| <i>ine the nominal GL for each item in this</i> | | | | | | | | | | | | |
| <i>Average carbohydrate portion = 5 g, this value was used to deter</i> | | | | | | | | | | | | |
| Agave cactus nectar, high-fructose | | | | | | | | | | | | |
| 1740 Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA) | USA | 2001 | 11±1 | 1 | Normal, 9 | 25 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1741 | Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA) | USA | 2001 | 10±1 | 1 | Normal, 9 | 25 | NS | Bread, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1742 | Premium Agave nectar (Sweet Cactus Farms, USA) | USA | 2005 | 19±4 | 1 | Normal, 9 | 50 | 62.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | 13 | | | | | | | | | |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Fructose | | | | | | | | | | | | | |
| 1743 | Fructose | China | 2005 | 23±1 | 1 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1744 | Fructose from corn (Despar, Italy) | Italy | 2013 | 25±4 | 1 | Normal, 10 | 25 | 25 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | | | | 24 | | | | | | | | | |
| 1745 | High fructose corn syrup | Australia | 2014* | 56±5 | 3 | Normal 10 | 50 | 65 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
| 1746 | High fructose corn syrup with 3.3 g Filtered Molasses Concentrate added per 100 g (4.16 g FMC/100 g carbohydrate) | Australia | 2014* | 50±3 | 3 | Normal 10 | 50 | 62 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
| Glucose | | | | | | | | | | | | | |
| 1747 | Glucose syrup | Australia | 2014* | 107±7 | 5 | Normal 10 | 50 | 61 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 17 |
| Honey | | | | | | | | | | | | | |
| 1748 | Yellow box honey (46% fructose) | Australia | 2001 | 35±4 | 2 | Normal, 10 | 25 | 67.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1749 | Stringy Bark honey (52% fructose) | Australia | 2001 | 44±4 | 2 | Normal, 9 | 25 | 67.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1750 | Red Gum honey (35% fructose) | Australia | 2001 | 46±3 | 2 | Normal, 9 | 25 | 66.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1751 | Iron Bark honey (34% fructose) | Australia | 2001 | 48±3 | 2 | Normal, 10 | 25 | 83.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1752 | Capilano Premium Honey, blend of eucalypt & floral honeys (Capilano Honey Limited, QLD, Australia) | Australia | 2006 | 51±3 | 3 | Normal, 11 | 50 | 60.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |

| 1753 | Yapunya honey (42 % fructose) | Australia | 2001 | 52±5 | 3 | Normal, 9 | 25 | 73.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|--|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1754 | HDI Clover Honey with Bee Pollen (PT. Harmoni Dinamik) | New Zealand | 2020 | 53±5 | 3 | Normal, 10 | 50 | 60.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1755 | Leabrook Farms Yellow box honey (Spring Gully Foods Pty Ltd, SA, Australia) | Australia | 2006 | 60±4 | 3 | Normal, 11 | 50 | 58.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Commercial Blend honey (38% fructose) (WA blend, 1756 Capilano Honey Ltd., Australia) | Australia | 2001 | 62±3 | 3 | Normal, 9 | 25 | 71.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1757 | Salvation Jane honey (32% fructose) | Australia | 2001 | 64±5 | 3 | Normal, 10 | 25 | 81.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1758 | Manuka honey, MGO 440+ (Manuka Health New Zealand Ltd) | New Zealand | 2011 | 65±7 | 3 | Normal, 10 | 25 | 32.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 113 |
| 1759 | Clover honey, ratio of fructose: glucose, 1.09 (Vazza Farms, ¹⁶ Hermiston, OR, USA) | USA | 2006 | 69±8 | 3 | Normal, 12 | 50 | 58.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 114 |
| | Commercial Blend honey (28% fructose) (NSW blend, 1760 Capilano Honey Ltd., Australia) | Australia | 2001 | 72±6 | 4 | Normal, 9 | 25 | 99.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1761 | Buckwheat honey, ratio of fructose:glucose, 1.12 Vazza ¹⁶ Farms, USA) | USA | 2006 | 73±6 | 4 | Normal, 11 | 50 | 58.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 114 |
| 1762 | Cotton honey, ratio of fructose:glucose, 1.03 (Gene Brandi ¹⁶ Apiaries, Los Banos, CA, USA) | USA | 2006 | 74±7 | 4 | Normal, 11 | 50 | 57.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 114 |
| 1763 | Honey, NS | China | 2005 | 74±4 | 4 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| | Tupelo honey, ratio of fructose:glucose, 1.54 (Tropical 1764 Blossom Honey Co, Edgewater, FL, USA) | USA | 2006 | 74±8 | 4 | Normal, 12 | 50 | 59.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 114 |
| | <i>Honey, mean of 17 types of honey</i> | | | 60 | | | | | | | | | |
| | Lactose | | | | | | | | | | | | |
| 1765 | Lactose | China | 2005 | 46±1 | 2 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |

| Maltose | | | | | | | | | | | | | |
|--------------------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1766 | Maltose | China | 2005 | 75±6 | 4 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1767 | Maltose | China | 2005 | 105±2 | 5 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| Maltose, mean of two studies | | | | 90 | | | | | | | | | |
| Sucrose | | | | | | | | | | | | | |
| 1768 | Sucrose | Australia | 2007 | 59±4 | 3 | Normal, 11 | 50 | 50 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1769 | Sucrose, cane sugar | Australia | 2016 | 60±4 | 3 | Normal, 10 | 50 | 50 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1770 | Sucrose | Australia | 2007 | 61±4 | 3 | Normal, 11 | 50 | 50 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1771 | Sucrose | Germany | 2004 | 64±4 | 3 | Normal, 11 | 50 | 50 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1772 | Sucrose | Germany | 2002 | 66±3 | 3 | Normal, 10 | 50 | 50 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1773 | Sugar, cane (Panela) | Italy | 2005 | 69±10 | 3 | Normal, 9 | 25 | 25 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1774 | Sucrose | China | 2005 | 84±4 | 4 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| Sucrose, mean of seven studies | | | | 66 | | | | | | | | | |
| 1775 | Sucrose (LoGiCane) (Horizon Science, Australia) ¹³ | Australia | 2014* | 60±3 | 3 | Normal, European, 31 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 55 |
| 1776 | Sucrose (LoGiCane) (Horizon Science, Australia) ¹³ | Australia | 2014* | 62±4 | 3 | Normal, Chinese, 32 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 55 |
| 1777 | Sugar, refined (Sadam-Eridania, Italy) | Italy | 2013 | 91±10 | 5 | Normal, 10 | 25 | 25 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |

| | | | | | | | | | | | | | |
|-----------------------|---|-----------|------|------|---|------------|----|------|-------------|----------|------------------------|-----------|------------------|
| Other sugars & syrups | | | | | | | | | | | | | |
| 1778 | Arabinose Sugar (95% sucrose + 5% L-arabinose) (Healtang Biotech Co., Ltd, China) | China | 2020 | 52±4 | 3 | Normal, 10 | 25 | 26.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 1779 | Coconut sugar, organic, Loving Earth™ brand | Indonesia | 2014 | 54±6 | 3 | Normal, 9 | 50 | 50.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1780 | Dates Syrup, Gurun Emas (Omni Mal Agencies Sdn. Bhd, Malaysia) | Malaysia | 2018 | 54±4 | 3 | Normal, 10 | 50 | 67.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | Fruit Up sweetener syrup (Rudolf Wild Gmbh & Co, 1781 Germany) | Germany | 2008 | 39±4 | 2 | Normal, 10 | 50 | 70.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1782 | Golden Syrup | Australia | 2003 | 63±6 | 3 | Normal, 9 | 50 | 59.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1783 | Karo Dark Corn Syrup | USA | 2013 | 90±6 | 5 | Normal, 10 | 50 | 66.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1784 | Maple flavored syrup (Cottee's Foods, Australia) | Australia | 2003 | 68±5 | 3 | Normal, 9 | 50 | 55.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1785 | Maple syrup, pure Canadian (Queen Foods, Australia) | Canada | 2003 | 54±6 | 3 | Normal, 10 | 50 | 68.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1786 | Rice malt syrup (Pure Harvest Organic, Australia) | Australia | 2013 | 98±6 | 5 | Normal, 10 | 50 | 62.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1787 | Sugar, from organic fruits (Dolcedì, zucchero da frutta biologica, Rigoni di Asiago, Italy) | Italy | 2009 | 23±5 | 1 | Normal, 10 | 50 | 72 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 3 |
| 1788 | Snow Pear Red Ginseng Brown Sugar, contains 2.2% ® (Queen's Joy, Wuzuo Technology, Tianjin, China) Phytolin | China | 2020 | 45±3 | 2 | Normal, 12 | 25 | 27.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 1789 | Xylose Sugar (90% sucrose + 10% D-Xylose) (Healtang Biotech Co., Ltd, China) | China | 2020 | 52±3 | 3 | Normal, 10 | 25 | 27.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |

| Food Number and Item | Country of | Year of | GI ² ± | Subjects | Avail | Test | Reference | Sample | Sample | Ref. |
|----------------------|------------|------------------------------|-------------------|--|-------|------|---------------------|--------------|--------------------|------|
| | food | | | | | | | | | |
| | production | | | | | | | | | |
| | | 1 SEM Timepoints (Glu = 100) | | GL collection number)(type & methodanalysis 4 test | | | portion)(carb (Test | portion(g) 3 | food & time period | |

VEGETABLES

Average carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category, except for green peas, pumpkin, carrot, parsnip, and tomato sauce products where 10 g was used.

Green banana/plantain (*Musa sapientum*)

| | | | | | | | | | | | | | |
|---|---|---------------|-------|--------|---|------------|----|-------|-------------|----------|------------------------|-------------------------|-----|
| 1790 | Green banana, peeled, boiled 10 min | Jamaica | 2005 | 37±5 | 7 | Normal, 10 | 50 | 225.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1791 | Green banana, peeled, fried in vegetable oil | Jamaica | 2005 | 35±3 | 7 | Normal, 10 | 50 | 195.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1792 | Green plantain (<i>Musa paradisiaca</i>), peeled, boiled 10 min | Jamaica | 2005 | 39±4 | 8 | Normal, 10 | 50 | 259.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1793 | Green plantain (<i>Musa paradisiaca</i>), peeled, fried in vegetable oil | Jamaica | 2005 | 40±3 | 8 | Normal, 10 | 50 | 175.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1794 | Plantain (<i>Musa</i> spp. <i>Ameletia</i>) chips (made from green plantain), sliced 0.8-1.2 mm thick, deep-fried | Côte d'Ivoire | 2017* | 45±0.3 | 9 | Normal, 28 | 50 | 93.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 115 |
| <i>Green banana, mean of five foods</i> | | | | 39 | | | | | | | | | |

Ripe banana/plantain (*Musa sapientum*)

| | | | | | | | | | | | | | |
|------|---|---------|------|------|----|------------|----|-------|-------------|----------|-------------------|-----------|----|
| 1795 | Ripe plantain (<i>Musa paradisiaca</i>), peeled, boiled 10 min | Jamaica | 2005 | 66±2 | 13 | Normal, 10 | 50 | 308.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1796 | Ripe plantain (<i>Musa paradisiaca</i>), peeled, fried in vegetable oil | Jamaica | 2005 | 90±6 | 18 | Normal, 10 | 50 | 211.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |

Green peas

| | | | | | | | | | | | | | |
|----------------------------------|---|-------------|-------|------|---|------------|----|-------|-------------|----------|------------------------|-----------|-----------------|
| 1797 | Peas, plain and frozen (Talleys Group Ltd, New Zealand) ¹³ | New Zealand | 2011* | 29±2 | 3 | Normal, 30 | 25 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 69 |
| 1798 | Peas, frozen, heated in the microwave (McCain Foods Aust. Pty Ltd, Australia) | Australia | 2020 | 42±4 | 4 | Normal, 10 | 25 | 238.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| <i>Peas, mean of two studies</i> | | | | 36 | | | | | | | | | |

Pumpkin

| | | | | | | | | | | | | | |
|------|---|-----------|------|------|---|------------|----|-------|-------------|----------|-------------------|-----------|-----------------|
| 1799 | Butternut pumpkin, boiled | Australia | 2006 | 51±6 | 5 | Normal, 10 | 25 | 352.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1800 | Pumpkin (<i>Cucurbita moschata</i>), peeled, cubed, boiled 30 min | Jamaica | 2005 | 66±4 | 7 | Normal, 10 | 50 | 223.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |

Sweet corn

| | | | | | | | | | | | | | |
|------|---|-----------|------|------|----|------------|----|-------|-------------|----------|-------------------|-----------|-----------------|
| 1801 | Sweet corn, cooked in microwave for 1.5 min | Australia | 2015 | 51±4 | 10 | Normal, 10 | 25 | 185.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|------|---|-----------|------|------|----|------------|----|-------|-------------|----------|-------------------|-----------|-----------------|

| 1802 | Sweet corn | China | 2005 | 55±2 | 11 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
|------------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | <i>Sweet corn, mean of two foods</i> | | | 53 | | | | | | | | | |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Root vegetables | | | | | | | | | | | | | |
| 1803 | Eddoe (<i>Colocasia esculenta</i> var. <i>antiquorum</i>), peeled, boiled 30 min, refrigerated, reheated for 1 min | Canada | 2003 | 61±10 | 12 | Normal, 10 | 50 | 221 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 116 |
| 1804 | Carrots, unpeeled, boiled | Australia | 2020 | 32±4 | 3 | Normal, 10 | 25 | 409.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1805 | Carrots, diced, frozen (Talleys Group Ltd) ¹³ | New Zealand | 2011* | 31±2 | 3 | Normal, 30 | 25 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 69 |
| | <i>Carrots, mean of two foods</i> | | | 32 | | | | | | | | | |
| 1806 | Parsnips, peeled, boiled | Australia | 2007 | 52±5 | 5 | Normal, 10 | 25 | 250 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1807 | Tannia (<i>Xanthosoma sagittifolium</i>), peeled, boiled 30 min, refrigerated, reheated for 1 min | Canada | 2003 | 60±5 | 12 | Normal, 10 | 50 | 135 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 116 |
| Potato | | | | | | | | | | | | | |
| Baked potato | | | | | | | | | | | | | |
| 1808 | Irish potato (<i>Solanum tuberosum</i>), peeled, baked 45 min | Jamaica | 2005 | 83±6 | 17 | Normal, 10 | 50 | 249.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1809 | Pontiac potato, peeled and baked | Australia | 1998 | 93±11 | 19 | Normal, 10 | 50 | 414 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 117 |
| Boiled potato | | | | | | | | | | | | | |
| 1810 | Bintje potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min | Australia | 2012 | 94±8 | 19 | Normal, 10 | 25 | 189 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 118 |
| 1811 | Carisma potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min | Australia | 2011 | 53±7 | 11 | Normal, 10 | 25 | 238 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 118 |
| 1812 | Carisma potato, baby, peeled, cut into slices 1 cm thick, boiled for 8 min | Australia | 2016 | 57±5 | 11 | Normal, 10 | 25 | 277.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1813 | Charlotte potato, peeled, quartered, boiled 15 min | UK | 2005 | 66±5 | 13 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 119 |

| 1814 | Charlotte potato, unpeeled, cut into slices 1 cm thick, boiled for 8 min | Australia | 2009 | 68±6 | 14 | Normal, 11 | 50 | 359.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1815 | Desiree potato, peeled, boiled 35 min | Australia | 1998 | 101±15 | 20 | Normal, 10 | 50 | 446 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 117 |
| 1816 | Desiree potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min | Australia | 2011 | 74±8 | 15 | Normal, 10 | 25 | 197 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 118 |
| 1817 | Desiree potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min | Australia | 2016 | 79±6 | 16 | Normal, 10 | 25 | 196.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1818 | Estima potato, peeled, quartered, boiled 15 min | UK | 2005 | 66±5 | 13 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 119 |
| 1819 | King Edward potato, peeled, quartered, boiled 15 min in unsalted water | UK | 2005 | 75±10 | 15 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 119 |
| 1820 | Maiflower potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min | Australia | 2012 | 103±8 | 21 | Normal, 10 | 25 | 189 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 118 |
| 1821 | Marfona potato, peeled, quartered, boiled 15 min in unsalted water | UK | 2005 | 56±3 | 11 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 119 |
| 1822 | Maris Piper potato, peeled, quartered, boiled 15 min in unsalted water | UK | 2005 | 85±4 | 17 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 119 |
| 1823 | Nicola potato, peeled, quartered, boiled 15 min | UK | 2005 | 59±7 | 12 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 119 |
| 1824 | Nicola potato, unpeeled, boiled whole for 15 min | Australia | 2006 | 58±3 | 12 | Normal, 10 | 50 | 471.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1825 | Nicola potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min | Australia | 2012 | 69±5 | 14 | Normal, 10 | 25 | 195 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 118 |
| 1826 | Pontiac potato, peeled, boiled 35 min | Australia | 1998 | 88±9 | 18 | Normal, 10 | 50 | 414 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 117 |
| 1827 | Russet Burbank potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min | Australia | 2012 | 82±3 | 16 | Normal, 10 | 25 | 154 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 118 |

| 1828 | Sebago potato, peeled, boiled for 35 min | Australia | 1998 | 87±7 | 17 | Normal, 10 | 50 | 454 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 117 |
|----------------------|---|----------------------------|---------------------------|--|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 1829 a | Virginia Rose potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min | Australia | 2012 | 93±10 | 19 | Normal, 10 | 25 | 255 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 118 |
| 1830 | Potato, novel clone, selection 1 (CV92056-4, grown to maturity in Alberta, harvested Oct. 2008), unpeeled, cut into 2.5-3 cm cubes, boiled in salted water for 15 min | Canada | 2009 | 60±5 | 12 | Normal, 9 | 50 | 345 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1831 | Potato, novel clone, selection 1 (CV92056-4, grown to maturity in Alberta; harvested Oct. 2008), boiled for 15 min, reheated in microwave for 2-3 min | Canada | 2009 | 75±5 | 15 | Normal, 10 | 50 | 345 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1832 | Potato, novel clone, selection 1 (CV92056-4, grown in Ontario; harvested Oct. 2009), unpeeled, cut into 2.5-3 cm cubes, boiled in salted water for 15 min | Canada | 2009-2010 | 82±7 | 16 | Normal, 9 | 50 | 345 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1833 | Potato, novel clone, selection 2 (CV1102-1, grown in Alberta; harvested prior to maturity Oct. 2009), unpeeled, cut into 2.53 cm cubes, boiled in salted water for 15 min | Canada | 2009-2010 | 38±6 | 8 | Normal, 10 | 50 | 360 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1834 | Potato, novel clone, selection 3 (F03031, grown in New Brunswick), unpeeled, cut into 2.5-3 cm cubes, boiled in salted water for 15 min | Canada | 2009 | 79±9 | 16 | Normal, 10 | 50 | 321 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| | Potato, novel clone, selection 3 (F03031, grown in New Brunswick), boiled 15 min, reheated in microwave 2-3 min | Canada | 2009 | 79±4 | 16 | Normal, 10 | 50 | 321 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1836 | Potato, novel clone, selection 3 (F03031, grown to maturity in Ontario), boiled 15 min, reheated in microwave 2-3 min | Canada | 2009-2010 | 73±6 | 15 | Normal, 10 | 50 | 321 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1837 | Potato, novel clone, selection 4 (F03028, grown in New Brunswick), unpeeled, cut into 2.5-3 cm cubes, boiled in salted water for 15 min | Canada | 2009 | 72±8 | 14 | Normal, 10 | 50 | 394 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1838 | Potato, novel clone, selection 4 (F03028, grown in New Brunswick), boiled 15 min, reheated in microwave 2-3 min | Canada | 2009 | 58±5 | 12 | Normal, 10 | 50 | 394 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| | | | | <i>Boiled potato, mean of 29 studies</i> | | | | | | | | | |
| | | | | 73 | | | | | | | | | |

Boiled/cooked, potato, white/NS

| 1839 | Irish potato (<i>Solanum tuberosum</i>), peeled, cubed, boiled 30 min | Jamaica | 2005 | 59±4 | 12 | Normal, 10 | 50 | 231.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
|---|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 1840 | Irish potato (<i>Solanum tuberosum</i>), peeled, boiled 30 min, refrigerated, reheated for 1 min | Canada | 2003 | 71±8 | 14 | Normal, 10 | 50 | 151 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 116 |
| 1841 | New potato, unpeeled and boiled 20 min | Australia | 1998 | 78±12 | | Normal, 10 | 50 | 358 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 117 |
| 1842 | Potato, NS, boiled | China | 2005 | 66±1 | 13 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1843 | Red potatoes, boiled with skin on in salted water for 12 min | Canada | 2005 | 89±7 | 18 | Normal, 12 | 50 | 352 | Bread, 2h | Standard | Capillary, whole blood | YSI | 120 |
| 1844 | Potato, frozen peeled cubes, boiled (McCain Purely Potato Cubes, McCains, Wendouree, VIC, Australia) | Australia | 2010 | 70±4 | 14 | Normal, 10 | 50 | 285.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 39 |
| Boiled potato cooked then cooled | | | | | | | | | | | | | |
| 1845 | Potato, novel clone, selection 1 (CV92056-4, grown to maturity in Alberta; harvested Oct. 2008), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold | Canada | 2009 | 55±7 | 11 | Normal, 10 | 50 | 345 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1846 | Potato, novel clone, selection 1 (CV92056-4, grown in Ontario; harvested Oct. 2009), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold | Canada | 2009-2010 | 48±6 | 10 | Normal, 10 | 50 | 345 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1847 | Potato, novel clone, selection 2 (CV1102-1, grown to maturity in Alberta, harvested Oct. 2008), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold | Canada | 2009 | 55±7 | 11 | Normal, 9 | 50 | 360 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1848 | Potato, novel clone, selection 2 (CV1102-1, grown in Alberta, harvested prior to maturity Oct. 2009), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold | Canada | 2009-2010 | 41±5 | 8 | Normal, 10 | 50 | 360 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1849 | Potato, novel clone, selection 3 (F03031, grown in New Brunswick), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold | Canada | 2009 | 40±5 | 8 | Normal, 10 | 50 | 321 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1850 | Potato, novel clone, selection 3 (F03031, grown to maturity in Ontario), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold | Canada | 2009-2010 | 49±7 | 10 | Normal, 10 | 50 | 321 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |

| | | | | | | | | | | | | | |
|--|--|-------------|-------|------|----|------------|----|-------|-------------|----------|------------------------|------------------|-----------------|
| 1851 | Potato, novel clone, selection 4 (F03028, grown in New Brunswick), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold | Canada | 2009 | 44±7 | 9 | Normal, 10 | 50 | 394 | Bread, 2h | Standard | Capillary, whole blood | YSI | 110 |
| 1852 | Potato, red, cubed, boiled in salted water 12 min, stored overnight in refrigerator, consumed cold | Canada | 2005 | 56±5 | 11 | Normal, 12 | 50 | 352 | Bread, 2h | Standard | Capillary, whole blood | YSI | 120 |
| Potato cooked then cooled, mean of eight foods | | | | 49 | | | | | | | | | |
| Canned potatoes | | | | | | | | | | | | | |
| 1853 | New potatoes, canned, heated in microwave 3 min (Mint Tiny Taters™, Edgell's™ brand, Cheltenham, Australia) | Australia | 1998 | 65±9 | 13 | Normal, 10 | 50 | 416 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 117 |
| French Fries | | | | | | | | | | | | | |
| 1854 | French Fries, baked 15 min (OreIda Golden Fries, H.J. Heinz Co, Pittsburgh, PA, USA) | USA | 2005 | 64±6 | 13 | Normal, 12 | 50 | 233 | Bread, 2h | Standard | Capillary, whole blood | YSI | 120 |
| 1855 | French Fries, cooked in oven for 20 min from frozen (McCain Superfries, McCains, Wendouree, VIC, Australia) | Australia | 2010 | 65±4 | 13 | Normal, 10 | 50 | 208.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 39 |
| Instant Mashed potato | | | | | | | | | | | | | |
| 1856 | Instant mashed potato (Idahoan Foods, Lewisville, ID, USA) | USA | 2005 | 88±8 | 18 | Normal, 12 | 50 | 67.3 | Bread, 2h | Standard | Capillary, whole blood | YSI | 120 |
| 1857 | Instant mashed potato (Idahoan Foods, Lewisville, ID, USA), prepared with water | USA | 2001 | 92±4 | 18 | Normal, 47 | 50 | NS | Glucose, 2h | Standard | Capillary, NS | YSI or Enzymatic | 42 |
| 1858 | Instant mashed potato (Idahoan Foods, Lewisville, ID, USA), prepared with water | USA | 2001 | 69±9 | 14 | Normal, 21 | 50 | NS | Glucose, 2h | Standard | Venous, NS | YSI or Enzymatic | 42 |
| 1859 | Instant mashed potato (Idahoan Foods, Lewisville, ID, USA) | USA | 1998 | 97±6 | 19 | Normal, 10 | 50 | 67.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1860 | Potato mash (Homestyle, continental, Unilever, Australasia) ¹³ | New Zealand | 2011* | 72±6 | 14 | Normal, 30 | 50 | | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 69 |
| Instant mashed potato, mean of five studies | | | | 84 | | | | | | | | | |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| Mashed potato | | | | | | | | | | | | | |
| 1861 | Mashed potato, NS | China | 2005 | 73±3 | 15 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1862 | Mashed potato, Aviko B.V. | UK | 2009 | 76±7 | 15 | Normal, 15 | 25 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 121 |

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| | | | | | | | | | | | | | |
|------|--|-----------|-------|------|----|------------|----|-------|-------------|----------|------------------------|-------------------------|-----------------|
| 1863 | Mashed potato, NS | UK | 2009 | 76±7 | 15 | Normal, 15 | 25 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 121 |
| 1864 | Potato, Folva, precooked, peeled, salted, vacuum packed and then boiled until soft to the center, drained and mashed (Superior Potet, Hoff SA, Gjøvik, Norway) ¹¹ | Norway | 2019* | 81±4 | 16 | Normal, 13 | 50 | 325.2 | Glucose, 2h | Standard | Capillary, plasma | YSI | 80 |
| 1865 | Pontiac potato, peeled, cubed, boiled 15 min, mashed | Australia | 1998 | 91±9 | 18 | Normal, 10 | 50 | 414 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 117 |
| | <i>Mashed potato, mean of five studies</i> | | | 79 | | | | | | | | | |
| | Microwaved potato | | | | | | | | | | | | |
| 1866 | Estima potato, cooked in microwave 6 min then baked 10 min | UK | 2005 | 93±8 | 19 | Normal, 10 | 50 | 290.7 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 49 |
| 1867 | Pontiac potato, peeled, cooked in microwave on high for 6-7.5 min | Australia | 1998 | 79±9 | 16 | Normal, 10 | 50 | 414 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 117 |
| 1868 | Prince Edward Island white potato, cooked in microwave for 18 min | Canada | 2005 | 73±5 | 15 | Normal, 12 | 50 | 298 | Bread, 2h | Standard | Capillary, whole blood | YSI | 120 |
| 1869 | Russet Burbank Norkotah potato, unpeeled, cooked in microwave for 18 min | USA | 2005 | 77±9 | 15 | Normal, 12 | 50 | 376 | Bread, 2h | Standard | Capillary, whole blood | YSI | 120 |
| | Potato, other preparation methods | | | | | | | | | | | | |
| 1870 | California white potatoes, cubed, roasted in soybean oil | USA | 2005 | 72±8 | 14 | Normal, 12 | 50 | 376 | Bread, 2h | Standard | Capillary, whole blood | YSI | 120 |
| | Irish potato (<i>Solanum tuberosum</i>), peeled, fried in vegetable oil | Jamaica | 2005 | 70±6 | 14 | Normal, 10 | 50 | 249.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1872 | Hash Browns, crispy shredded potato cakes, frozen, baked at °C for 17 min, Birds Eye™ 230 | Australia | 2012 | 56±6 | 11 | Normal, 10 | 50 | 280.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 1873 | Potato, NS, steamed | China | 2005 | 62±2 | 12 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| | Sweet potato/Kumara, baked | | | | | | | | | | | | |
| 1874 | Sweet potato (<i>Ipomoea batatas</i>), Dor cultivar, baked with skin °C for 45 min on at 175 | Jamaica | 2008 | 83±6 | 17 | Normal, 10 | 50 | 173 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1875 | Sweet potato (<i>Ipomoea batatas</i>), Clarendon cultivar, baked °C for 45 min with skin on at 175 | Jamaica | 2008 | 83±3 | 17 | Normal, 10 | 50 | 162 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|-------------------|-------------------------------------|------|
| 1876 | Sweet potato (<i>Ipomoea batatas</i>), Eustace cultivar, baked with °C for 45 min skin on at 175 | Jamaica | 2008 | 93±5 | 19 | Normal, 10 | 50 | 182 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1877 | Sweet potato (<i>Ipomoea batatas</i>), Fire on Land cultivar, baked with skin on at 175 °C for 45 min | Jamaica | 2008 | 87±4 | 17 | Normal, 10 | 50 | 186 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1878 | Sweet potato (<i>Ipomoea batatas</i>), Ganja cultivar, baked with skin on at 175 °C for 45 min | Jamaica | 2008 | 82±3 | 16 | Normal, 10 | 50 | 162 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1879 | Sweet potato (<i>Ipomoea batatas</i>), Ms Mac cultivar, baked with skin on at 175 °C for 45 min | Jamaica | 2008 | 87±4 | 17 | Normal, 10 | 50 | 172 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1880 | Sweet potato (<i>Ipomoea batatas</i>), Minda cultivar, baked with skin on at 175 °C for 45 min | Jamaica | 2008 | 91±3 | 18 | Normal, 10 | 50 | 157 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1881 | Sweet potato (<i>Ipomoea batatas</i>), Quarter Million cultivar, baked with skin on at 175 °C for 45 min | Jamaica | 2008 | 94±3 | 19 | Normal, 10 | 50 | 183 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1882 | Sweet potato (<i>Ipomoea batatas</i>), Watson cultivar, baked with skin on at 175 °C for 45 min | Jamaica | 2008 | 85±2 | 17 | Normal, 10 | 50 | 173 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1883 | Sweet potato (<i>Ipomoea batatas</i>), Yellow Belly cultivar, baked with skin on at 175 °C for 45 min | Jamaica | 2008 | 86±2 | 17 | Normal, 10 | 50 | 171 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1884 | Sweet potato (<i>Ipomoea batatas</i>), NS, peeled, baked 45 min | Jamaica | 2005 | 94±8 | 19 | Normal, 10 | 50 | 167.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| | <i>Roasted sweet potato, mean of 11 studies</i> | | | 88 | | | | | | | | | |
| | Sweet potato/Kumara, boiled | | | | | | | | | | | | |
| 1885 | Sweet potato (<i>Ipomoea batatas</i>), Dor cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min | Jamaica | 2008 | 47±3 | 9 | Normal, 10 | 50 | 235 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |

| | Sweet potato (<i>Ipomoea batatas</i>), Clarendon cultivar, peeled, 1886 cut into 25 mm slices, boiled in water for 20 min | Jamaica | 2008 | 46±5 | 9 | Normal, 10 | 50 | 218 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
|--|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | Sweet potato (<i>Ipomoea batatas</i>), Eustace cultivar, peeled, cut 1887 into 25 mm slices, boiled in water for 20 min | Jamaica | 2008 | 49±5 | 10 | Normal, 10 | 50 | 272 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| | Sweet potato (<i>Ipomoea batatas</i>), Fire on Land cultivar, 1888 peeled, cut into 25 mm slices, boiled in water for 20 min | Jamaica | 2008 | 46±4 | 9 | Normal, 10 | 50 | 244 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| | Sweet potato (<i>Ipomoea batatas</i>), Ganja cultivar, peeled, cut 1889 into 25 mm slices, boiled in water for 20 min | Jamaica | 2008 | 41±5 | 8 | Normal, 10 | 50 | 232 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1890 | Sweet potato (<i>Ipomoea batatas</i>), Ms Mac cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min | Jamaica | 2008 | 45±3 | 9 | Normal, 10 | 50 | 252 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1891 | Sweet potato (<i>Ipomoea batatas</i>), Minda cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min | Jamaica | 2008 | 49±4 | 10 | Normal, 10 | 50 | 233 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1892 | Sweet potato (<i>Ipomoea batatas</i>), Quarter Million cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min | Jamaica | 2008 | 49±4 | 10 | Normal, 10 | 50 | 252 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Sweet potato (<i>Ipomoea batatas</i>), Watson cultivar, peeled, cut 1893 into 25 mm slices, boiled in water for 20 min | | Jamaica | 2008 | 43±4 | 9 | Normal, 10 | 50 | 263 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Yellow Belly cultivar, 1894 peeled, cut into 25 mm slices, boiled in water for 20 min | | Jamaica | 2008 | 50±3 | 10 | Normal, 10 | 50 | 346 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1895 | Sweet potato (<i>Ipomoea batatas</i>), NS, peeled, cubed, boiled 30 min | Jamaica | 2005 | 46±5 | 9 | Normal, 10 | 50 | 234.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato, orange flesh, NS, peeled, cut into pieces, 1896 boiled for 8 min | | Australia | 2006 | 61±6 | 12 | Normal, 10 | 50 | 427.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Sweet potato, purple skin white flesh, peeled, cut into pieces, 1897 boiled for 8 min | | Australia | 2006 | 75±5 | 15 | Normal, 9 | 50 | 255.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| <i>Boiled sweet potato, mean of 13 studies</i> | | | | 46 | | | | | | | | | |
| Sweet potato/Kumara, cooked | | | | | | | | | | | | | |
| 1898 | Red sweet potato (<i>Ipomoea batatas</i>), NS, cooking method 13 NS | New Zealand | 2011* | 84±6 | 17 | Normal, 30 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 69 |

| 1899 | Sweet potato, kumara, cooking method NS | New Zealand | 2000 | 77±12 | 15 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
|---|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------|
| Sweet potato, fried | | | | | | | | | | | | | |
| 1900 | Sweet potato (<i>Ipomoea batatas</i>), Dor cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 76±4 | 15 | Normal, 10 | 50 | 173 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1901 | Sweet potato (<i>Ipomoea batatas</i>), Clarendon cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 73±3 | 15 | Normal, 10 | 50 | 162 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1902 | Sweet potato (<i>Ipomoea batatas</i>), Eustace cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 77±4 | 15 | Normal, 10 | 50 | 182 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1903 | Sweet potato (<i>Ipomoea batatas</i>), Fire on Land cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 75±3 | 15 | Normal, 10 | 50 | 186 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1904 | Sweet potato (<i>Ipomoea batatas</i>), Ganja cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 69±3 | 14 | Normal, 10 | 50 | 162 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1905 | Sweet potato (<i>Ipomoea batatas</i>), Ms Mac cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 63±2 | 13 | Normal, 10 | 50 | 172 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1906 | Sweet potato (<i>Ipomoea batatas</i>), Minda cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 68±3 | 14 | Normal, 10 | 50 | 157 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1907 | Sweet potato (<i>Ipomoea batatas</i>), Quarter Million cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 70±6 | 14 | Normal, 10 | 50 | 183 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1908 | Sweet potato (<i>Ipomoea batatas</i>), Watson cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 67±4 | 13 | Normal, 10 | 50 | 173 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1909 | Sweet potato (<i>Ipomoea batatas</i>), Yellow Belly cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica | 2008 | 72±4 | 14 | Normal, 10 | 50 | 171 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| 1910 | Sweet potato (<i>Ipomoea batatas</i>), NS, peeled, fried in vegetable oil | Jamaica | 2005 | 76±7 | 15 | Normal, 10 | 50 | 167.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| <i>Fried sweet potato, mean of 11 studies</i> | | | | 71 | | | | | | | | | |

| Sweet potato/Kumara, roasted | | | | | | | | | | | | |
|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|-----------------|
| Sweet potato (<i>Ipomoea batatas</i>), Dor cultivar, skin on, roasted 1911 on pre-heated charcoal for 45 min | Jamaica | 2008 | 86±4 | 17 | Normal, 10 | 50 | 173 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Clarendon cultivar, skin on, 1912 roasted on pre-heated charcoal for 45 min | Jamaica | 2008 | 81±4 | 16 | Normal, 10 | 50 | 162 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Eustace cultivar, skin on, 1913 roasted on pre-heated charcoal for 45 min | Jamaica | 2008 | 93±2 | 19 | Normal, 10 | 50 | 182 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Fire on Land cultivar, skin 1914 on, roasted on pre-heated charcoal for 45 min | Jamaica | 2008 | 90±3 | 18 | Normal, 10 | 50 | 186 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Ganja cultivar, skin on, 1915 roasted on pre-heated charcoal for 45 min | Jamaica | 2008 | 79±4 | 16 | Normal, 10 | 50 | 162 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Ms Mac cultivar, skin on, 1916 roasted on pre-heated charcoal for 45 min | Jamaica | 2008 | 85±4 | 17 | Normal, 10 | 50 | 172 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Minda cultivar, skin on, 1917 roasted on pre-heated charcoal for 45 min | Jamaica | 2008 | 89±3 | 18 | Normal, 10 | 50 | 157 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Quarter Million cultivar, 1918 skin on, roasted on pre-heated charcoal for 45 min | Jamaica | 2008 | 91±2 | 18 | Normal, 10 | 50 | 183 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Watson cultivar, skin on, 1919 roasted on pre-heated charcoal for 45 min | Jamaica | 2008 | 87±2 | 17 | Normal, 10 | 50 | 173 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), Yellow Belly cultivar, skin 1920 on, roasted on pre-heated charcoal for 45 min | Jamaica | 2008 | 85±2 | 17 | Normal, 10 | 50 | 171 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 122 |
| Sweet potato (<i>Ipomoea batatas</i>), NS, peeled, roasted on 1921 preheated charcoal | Jamaica | 2005 | 82±5 | 16 | Normal, 10 | 50 | 167.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| <i>Roasted sweet potato, mean of 11 studies</i> | | | 86 | | | | | | | | | |
| Sweet potato lattices, processed sweet potato product, baked 1922 °C for 18 min (Simplot Australia Pty Ltd, Australia) at 210 | Australia | 2012 | 51±4 | 10 | Normal, 10 | 50 | 233.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |

| Taro /Dasheen | | | | | | | | | | | | | |
|---------------|---|---------|-------|--------|----|------------|----|-------|-------------|----------|------------------------|-----------|-----|
| 1923 | Dasheen (Taro), peeled, cubed, boiled 30 min | Jamaica | 2005 | 72±5 | 14 | Normal, 10 | 50 | 279.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1924 | Dasheen, peeled, boiled 30 min, refrigerated, reheated for 1 min | Canada | 2003 | 77±10 | 15 | Normal, 10 | 50 | 131 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 116 |
| Yam | | | | | | | | | | | | | |
| 1925 | Coco yam (<i>Xanthosoma spp.</i>), peeled, cubed, boiled 30 min | Jamaica | 2005 | 61±5 | 12 | Normal, 10 | 50 | 482.6 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1926 | Lucea Yam (<i>Dioscorea rotundata</i>), peeled, cubed, boiled 30 min | Jamaica | 2005 | 74±7 | 15 | Normal, 10 | 50 | 274.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1927 | Lucea Yam (<i>Dioscorea rotundata</i>), peeled, roasted on preheated charcoal | Jamaica | 2005 | 77±5 | 15 | Normal, 10 | 50 | 198.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1928 | Negro yam (<i>Dioscorea rotundata</i>), peeled, cubed, boiled 30 min | Jamaica | 2005 | 73±4 | 15 | Normal, 10 | 50 | 235.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1929 | Negro yam (<i>Dioscorea rotundata</i>), peeled, roasted on preheated charcoal | Jamaica | 2005 | 73±6 | 15 | Normal, 10 | 50 | 194.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1930 | Round leaf yellow yam (<i>Dioscorea cayenensis</i>), peeled, cubed, boiled 30 min | Jamaica | 2005 | 68±3 | 14 | Normal, 10 | 50 | 223.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1931 | Round leaf yellow yam (<i>Dioscorea cayenensis</i>), peeled, roasted on preheated charcoal | Jamaica | 2005 | 80±7 | 16 | Normal, 10 | 50 | 186.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1932 | Sweet yam (<i>Dioscorea alata</i>), peeled, cubed, boiled 30 min | Jamaica | 2005 | 79±4 | 16 | Normal, 10 | 50 | 298.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1933 | Sweet yam (<i>Dioscorea alata</i>), peeled, roasted on preheated charcoal | Jamaica | 2005 | 82±7 | 16 | Normal, 10 | 50 | 192.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1934 | White yam (<i>Dioscorea alata</i>), peeled, cubed, boiled 30 min | Jamaica | 2005 | 75±6 | 15 | Normal, 10 | 50 | 239.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1935 | White yam (<i>Dioscorea alata</i>), peeled, roasted on preheated charcoal | Jamaica | 2005 | 80±6 | 16 | Normal, 10 | 50 | 214.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 88 |
| 1936 | White yam (<i>Dioscorea alata</i>), peeled, boiled 30 min, refrigerated, reheated for 1 min | Canada | 2003 | 62±6 | 12 | Normal, 10 | 50 | 300 | Bread, 2h | Standard | Capillary, plasma | Enzymatic | 116 |
| 1937 | Yam (Chinese sweet potato; <i>Ipomoea batatas</i> L. Lam), skin peeled, cut into 5 cm cubes, steamed by rice cooker | Taiwan | 2010* | 37±0.2 | 7 | Normal, 10 | 50 | 70 | Bread, 2h | Standard | Capillary, whole blood | Enzymatic | 60 |

| 1938 | Yam (<i>Dioscorea cayenensis</i>), round leaf yellow yam, cut into 25 mm chunks, boiled for 20 min, simmered for 10 min | Jamaica | 2008* | 68±3 | 14 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 123 |
|--|---|----------------------------|---------------------------|------------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (n = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1939 | Yam (<i>Dioscorea alata</i>), white yam, cut into 25 mm chunks, boiled for 20 min, simmered for 10 min | Jamaica | 2008* | 75±6 | 15 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 123 |
| 1940 | Yam (<i>Dioscorea esculenta</i>), Chinese yam, cut into 25 mm chunks, boiled for 20 min, simmered for 10 min | Jamaica | 2008* | 97±10 | 19 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 123 |
| 1941 | Yam (<i>Dioscorea rotundata</i>), Lucea yam, cut into 25 mm chunks, boiled for 20 min, simmered for 10 min | Jamaica | 2008* | 74±7 | 15 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | 123 |
| | Yam, mean of 21 studies | | | 68 | | | | | | | | | |
| 1942 | Yam, cooked, NS | China | 2005 | 54±2 | 11 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 1943 | Yam, peeled, boiled | New Zealand | 2000 | 35±5 | 7 | Normal, 14 | 50 | NS | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 27 |
| 1944 | Yam, steamed | China | 2005 | 51±4 | 10 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| Vegetable products | | | | | | | | | | | | | |
| 1945 | Tomato sauce, with extra cheese (Pasta Bake, Dolmio, Mars Foods, New Zealand) ¹³ | New Zealand | 2011* | 35±3 | 4 | Normal, 30 | 25 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 69 |
| 1946 | Tomato and vegetable pasta sauce, commercially-prepared | France | 2007 | 23±3 | 2 | Normal, 10 | 50 | 595.2 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| REGIONAL OR TRADITIONAL FOODS | | | | | | | | | | | | | |
| Average carbohydrate portion = 35 g, this value was used to determine the nominal GL for each item in this category. | | | | | | | | | | | | | |
| AFRICAN | | | | | | | | | | | | | |
| 1947 | Aloco, plantain (<i>Musa</i> spp. Agnrin) slices (yellow stage of ripeness aag6), salted and fried in vegetable oil | Côte d’Ivoire | 2017* | 39±0.3 | 14 | Normal, 28 | 50 | 99.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 115 |
| 1948 | Aloco, plantain (<i>Musa</i> spp. Agnrin) slices (yellow with black spots stage of ripeness aag7), salted and fried in vegetable oil | Côte d’Ivoire | 2017* | 39±1 | 14 | Normal, 28 | 50 | 97.0 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 115 |
| 1949 | Banane braise (blissi), unripe or half-ripe plantain (<i>Musa</i> spp. Afoto), roasted on heated charcoal | Côte d’Ivoire | 2017* | 88±2 | 31 | Normal, 28 | 50 | 122.9 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 115 |
| 1950 | Klacro, plantain fritters made from blended over-ripe plantain (<i>Musa</i> spp. Ameletiha) mixed with cornflour, fried in vegetable oil | Côte d’Ivoire | 2017* | 44±0.3 | 15 | Normal, 28 | 50 | 101.8 | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 115 |

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|------|--|---------|-------|--------|----|-------------|----|-------|-------------|----------|----------------|-----------|-----|
| 1951 | Meat and okra soup, with fermented cassava dough | Nigeria | 2015* | 75±0.5 | 26 | Normal, 100 | 50 | 276.1 | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 124 |
| 1952 | Meat, beans and corn pottage with spinach | Nigeria | 2015* | 33±0.1 | 12 | Normal, 100 | 50 | 520.3 | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 124 |
| 1953 | Pap and Bambara nut pudding | Nigeria | 2015* | 40±0.3 | 14 | Normal, 100 | 50 | 455.4 | Glucose, 2h | Standard | Venous, plasma | Enzymatic | 124 |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| Ugali porridge (corn foofoo, pap) made from whole maize 1954 flour, cooked for 15 min | India | 2019* | 71±5 | 25 | Normal, 15 | 50 | 63.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 79 |
| Ugali porridge (corn foofoo, pap) made from refined maize 1955 flour, cooked for 15 min | India | 2019* | 75±7 | 26 | Normal, 15 | 50 | 69.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 79 |
| ARABIC AND TURKISH | | | | | | | | | | | | |
| 1956 Arabic bread (baked bread) | UAE | 2017* | 67±5 | 23 | Normal, 25 | 50 | 78.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1957 Arseyah (Basmati rice with chicken) | UAE | 2017* | 72±4 | 25 | Normal, 15 | 50 | 507.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1958 Balalet (Sweet vermicelli) | UAE | 2017* | 63±5 | 22 | Normal, 15 | 50 | 179.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1959 Batheetha (Khalas date paste) | UAE | 2017* | 59±4 | 21 | Normal, 20 | 50 | 130.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1960 Biryani, chicken (Basmati rice with chicken) | UAE | 2017* | 52±4 | 18 | Normal, 15 | 50 | 253.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| Boiled vermicelli (Swayweih/Ballaleet), cooked with sugar, 1961 served with Omani coffee (130 mL, 225 mg caffeine) | Oman | 2020* | 64±5 | 22 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |
| Boiled vermicelli (Swayweih/Ballaleet), cooked with sugar, 1962 served with water | Oman | 2020* | 67±5 | 23 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |
| 1963 Chami (cottage cheese) | UAE | 2017* | 60±9 | 21 | Normal, 16 | 25 | 472.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1964 Chebab bread (Emirati pancake) | UAE | 2017* | 54±8 | 19 | Normal, 15 | 50 | 109.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| Croissant, served with Omani coffee (130 mL, 225 mg 1965 caffeine) | Oman | 2020* | 65±4 | 23 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |

| Dates, Khalas (Rutab, soft early ripened) (91.1 g), eaten with 1966 full-fat plain yoghurt (125 g) | | UAE | 2002 | 37±5 | 13 | Normal, 9 | 50 | 216.1 | Glucose, 2h | NS | Capillary, whole blood | Glucometer ⁹ | 91 |
|---|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| Dates, Khalas variety (Al Saad date factory, Al Ain), served 1967 with Arabic coffee | | UAE | 2010 | 53±6 | 19 | Normal, 13 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 126 |
| Doughnut, served with Omani coffee (130 mL, 225 mg 1968 caffeine) | | Oman | 2020* | 77±3 | 27 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |
| 1969 | Fendal (boiled sweet potato, dates added to cooking water) | UAE | 2017* | 74±7 | 26 | Normal, 20 | 50 | 157.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| Fried vermicelli (Swayweih/Ballaleet), cooked with sugar, 1970 served with Omani coffee (130 mL, 225 mg caffeine) | | Oman | 2020* | 65±5 | 23 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| Fried vermicelli (Swayweih/Ballaleet), cooked with sugar, 1971 served with water | | Oman | 2020* | 72±4 | 25 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |
| 1972 | Habba Hamra (red seed drink, containing evaporated milk) | UAE | 2017* | 47±3 | 16 | Normal, 15 | 50 | 314.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1973 | Harees, beef (whole wheat served with meat) | UAE | 2017* | 42±2 | 15 | Normal, 15 | 50 | 323.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1974 | Khabisa (semolina pudding with cardamom) | UAE | 2017* | 67±4 | 23 | Normal, 15 | 50 | 89.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1975 | Khameer bread (baked bread) | UAE | 2017* | 47±3 | 16 | Normal, 15 | 50 | 91.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1976 | Khanfaroosh (Doughnut cake) | UAE | 2017* | 45±3 | 16 | Normal, 15 | 50 | 126.3 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1977 | Legemat (Doughnut cake) | UAE | 2017* | 44±4 | 15 | Normal, 15 | 50 | 113.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1978 | Machbous, fish (Basmati rice with fish) | UAE | 2017* | 60±3 | 21 | Normal, 20 | 50 | 277.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1979 | Muhalla bread (Emirati sweet crepe) | UAE | 2017* | 77±2 | 27 | Normal, 15 | 50 | 73.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| 1980 | Regag bread (Thin crispy crepe) | UAE | 2017* | 76±7 | 27 | Normal, 25 | 50 | 112.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |

| 1981 | Sambosa vegetable, fried in oil, served with water | Oman | 2020* | 60±5 | 21 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1982 | Sambosa vegetable, fried in oil, served with Omani coffee (130 mL, 225 mg caffeine) | Oman | 2020* | 57±4 | 20 | Normal, 12 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 6 |
| 1983 | Thareed, beef (Regag bread served with meat stew) | UAE | 2017* | 74±3 | 26 | Normal, 15 | 50 | 460.0 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 125 |
| ASIAN | | | | | | | | | | | | | |
| 1984 | Baked Barbecued Pork Puff, instant (Hoixe Cake Shop, H.K.) | China | 2010* | 55±8 | 19 | Normal, 15 | 50 | 161 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 1985 | Barbecue pork bun, instant (Maxim's MX, H.K.) | China | 2010* | 69±9 | 24 | Normal, 15 | 50 | 119 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 1986 | Barley Drink (ready-to-drink packet drink made from pearl barley and dried winter melon) (F&N Foods Private Limited, Singapore) | Singapore | 2015* | 62±6 | 22 | Normal, 11 | 50 | 657.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| | Beehoon (rice vermicelli), cooked for 1.5 min (NTUC 1987 Fairprice, Singapore) | Singapore | 2015* | 35±3 | 12 | Normal, 11 | 50 | 61.9 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| | | | | | | | | | | | | | |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 1988 | Bread, Garden milk bar bun | China | 2010* | 73±8 | 26 | Normal, 10 | 50 | 105 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 1989 | Bun, white, filled with red bean paste | Singapore | 2018* | 58±4 | 20 | Normal, 19 | 50 | 106 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |
| 1990 | Bun, steamed, made from wheat flour | China | 2016 | 85±7 | 30 | Normal, 10 | 25 | 47.6 | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | UO ¹⁸ |
| 1991 | Bun, white, steamed Chinese | Malaysia | 2018* | 58±3 | 20 | Normal, 19 | 50 | 88 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |
| 1992 | Butter rice, warm white rice and 10 g butter ¹⁶ | Japan | 2003 | 79±12 | 28 | Normal, 10 | 50 | 157 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 1993 | Cake crisp | China | 2005 | 59±2 | 21 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| | Cereal Solid Beverage, common type (LVSHOU Health 1994 Indystory Group, Guangzhou, China) | China | 2020 | 53±5 | 19 | Normal, 12 | 25 | 62.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |

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|------|---|-----------|-------|-------|----|------------|----|-------|-------------------------|----------|------------------------|-------------------------|------------------|
| | Cereal Solid Beverage, fortified type (LVSHOU Health 1995 Industry Group, Guangzhou, China) | China | 2020 | 42±4 | 15 | Normal, 12 | 25 | 71.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 1996 | Char Siew Pau, steamed barbecue pork bun (Tanjong Rhu Pau & Confectionary, Singapore) | Singapore | 2015* | 66±7 | 23 | Normal, 10 | 50 | 154.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 1997 | Chee Cheong Fun, rice noodle roll or steamed rice roll, plain served with sweet soya sauce (Hock Seng Food Private Ltd, Singapore) | Singapore | 2015* | 81±7 | 28 | Normal, 10 | 50 | 277.8 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 1998 | Chinese Carrot Cake, turnip cake, daikon cake or radish cake, pan-fired shredded radish with plain rice flour (Wei Cien Foods Private Ltd, Singapore) | Singapore | 2015* | 77±8 | 27 | Normal, 10 | 50 | 316.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 1999 | Chinese herbal jelly, instant, prepared freshly in the morning (Guang Jian Tang Brand, Kwong Tai Agency Co., Ltd., China) | China | 2010* | 47±3 | 16 | Normal, 15 | 50 | 333 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2000 | Chinese Yam Cake, taro cake or pan-fried shredded yam with plan rice four (Wei Cien Foods Private Limited) | Singapore | 2015* | 86±11 | 30 | Normal, 10 | 50 | 392.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 2001 | Curry Puff, deep-fried pastry dough stuffed with curry, chicken and potatoes (Old Chang Kee (S) Private Limited) | Singapore | 2015* | 41±4 | 14 | Normal, 11 | 50 | 129.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 2002 | Curry rice ¹⁶ | Japan | 2003 | 67±8 | 23 | Normal, 10 | 50 | 224 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2003 | Curry rice with processed cheese ¹⁶ | Japan | 2003 | 55±9 | 19 | Normal, 10 | 50 | 255 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2004 | Dumpling, containing meat and shallots | China | 2005 | 28±3 | 10 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 2005 | Dumpling, highland buckwheat flour & beef vegetables fillings (Tibet Jingu Agricultural High Tech. Tibet, China) | China | 2020 | 43±4 | 15 | Normal, 12 | 50 | 224.1 | Glucose, 2h | Standard | Capillary, whole blood | Enzymatic | UO ¹⁸ |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 2006 | Egg tart, instant, freshly prepared in the morning (Maxim's MX, Hong Kong) | China | 2010* | 45±3 | 16 | Normal, 15 | 50 | 143 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2007 | Fried Fritter, instant (Ocean Empire International Ltd., H.K.) | China | 2010* | 69±9 | 24 | Normal, 15 | 50 | 139 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2008 | Fried Rice in Yangzhou-style, instant | China | 2010* | 80±6 | 28 | Normal, 15 | 50 | 217 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |

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|------|--|-----------|-------|--------|----|------------|----|-------|-------------------------|----------|------------------------|-------------------------|-----------------|
| 2009 | Fried rice vermicelli in Singapore-style | China | 2010* | 54±6 | 19 | Normal, 15 | 50 | 333 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2010 | Fried rice vermicelli in Singapore-style | China | 2010* | 58±9 | 20 | Normal, 15 | 25 | 167 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2011 | Glutaminous rice flour (Satou Co. Ltd), instant, served warm with roasted ground soybean ¹⁶ | Japan | 2003 | 65±4 | 23 | Normal, 9 | 50 | 122 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2012 | Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand) | Thailand | 2000 | 94±6 | 33 | Normal, 11 | 50 | 65.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |
| 2013 | Glutinous rice ball with cut glutinous cake (mochi) ¹⁶ | Japan | 2003 | 48±5 | 17 | Normal, 9 | 50 | 132 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2014 | Glutinous rice ball (Lee Chun Brand, Lee Chun Food Ltd., H.K.; Boiled | China | 2010* | 61±10 | 21 | Normal, 15 | 50 | 115 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2015 | Green Bean dessert, instant (NISSIN Brand, Nissin Foods Co., LTD., China) | China | 2010* | 54±6 | 19 | Normal, 15 | 50 | 333 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2016 | Hokkien noodles (Fantastic Fresh, Australia) | Australia | 2015 | 58±3 | 20 | Normal, 10 | 50 | 135.8 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 2017 | Instant cereal, Quaker oatmeal (anchovy flavor), 200 mL boiled water added | China | 2010* | 67±5 | 23 | Normal, 10 | 50 | 75 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 2018 | Instant cereal, Nestlé Vita (red date flavor, high FE), 180 mL boiled water added | China | 2010* | 94±12 | 33 | Normal, 10 | 50 | 64,6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 2019 | Instant cereal, Nestlé Vita (green tea flavor, high Ca), 180 mL boiled water added | China | 2010* | 108±8 | 38 | Normal, 10 | 50 | 64,4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 2020 | Kaya Butter Toast (Just Acia Private Limited) | Singapore | 2015* | 49±4 | 17 | Normal, 11 | 50 | 108.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 2021 | Lo Mai Gai (Hock Seng Food Private Limited) | Singapore | 2015* | 106±12 | 37 | Normal, 12 | 50 | 176.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 2022 | Low-protein white rice with dried sea algae ¹⁶ | Japan | 2003 | 70±7 | 25 | Normal, 10 | 50 | 125 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2023 | "Mai-Lai" Cake, Instant, prepared freshly in the morning | China | 2010* | 61±8 | 21 | Normal, 15 | 50 | 114 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |

| Food Number and Item | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 2024 Moon cake, Maxim's Low Sugar Lotus Seed Paste (salted egg yolk) (Maxim's Caterers Limited, Hong Kong) | Hong Kong | 2014 | 30±4 | 11 | Normal, 10 | 50 | 96.7 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 2025 Moon cake, Maxim's Low Sugar White Lotus Seed Paste (salted egg yolk) (Maxim's Caterers Limited, Hong Kong) | Hong Kong | 2014 | 29±5 | 10 | Normal, 10 | 50 | 102.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 2026 Moon cake, Maxim's Low Sugar Lotus Seed Paste (with pine nut) (Maxim's Caterers Limited, Hong Kong) | Hong Kong | 2014 | 40±4 | 14 | Normal, 10 | 50 | 91.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 2027 Moon cake, Maxim's Low Sugar White Lotus Seed Paste (with pine nut) (Maxim's Caterers Limited, Hong Kong) | Hong Kong | 2014 | 33±3 | 12 | Normal, 10 | 50 | 82.1 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 2028 Moon cakes, Instant, prepared freshly in the morning (Kee Wah Bakery Shop, Hong Kong) | China | 2010* | 56±7 | 20 | Normal, 15 | 50 | 80 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2029 Mung bean noodles (Lungkow bean thread or vermicelli noodles), dried, boiled | China | 2000 | 39±9 | 14 | Normal, 12 | 50 | 60.4 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | 74 |
| 2030 Mung bean noodles, glass or cellophane noodles, boiled (Longkow Company, Taipei, Taiwan) | Taiwan | 2010* | 20±0.4 | 7 | Normal, 10 | 50 | 64 | Bread, 2h | Standard | Capillary, whole blood | Enzymatic | 60 |
| 2031 Nasi Lemak (Old Chang Kee (S) Private Limited) | Singapore | 2015* | 66±5 | 23 | Normal, 12 | 50 | 179.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 2032 Noodles, sau tao chicken-flavored Sichuan spicy noodles (wheat flour), boiled 3 min | China | 2010* | 65±4 | 23 | Normal, 10 | 50 | 75,4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 2033 Noodles, doll fried noodles (wheat flour and tapioca starch), boiled 3 min | China | 2010* | 88±8 | 31 | Normal, 10 | 50 | 105,2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 28 |
| 2034 Noodles, potato, served with meat, NS | China | 2005 | 17±3 | 6 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 2035 Pandan Waffle (waffle batter prepared with pandan leaves, coconut milk, eggs, and oil) (Dilys Creation, Singapore) | Singapore | 2015* | 46±6 | 16 | Normal, 11 | 50 | 148.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 2036 Pill potato and yam powder | China | 2005 | 35±4 | 12 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 2037 "Pineapple" bun, instant (Hoixe Cake Shop, H.K.) | China | 2010* | 65±8 | 23 | Normal, 15 | 50 | 91 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |

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|------|---|-----------|-------|-------|----|------------|----|-------|-------------|----------|------------------------|---------|-----|
| 2038 | Pink Rice Cake (teochew rice cake or Png Kueh), steamed rice pastry stuffed with pan-fried glutinous rice (Dilys Creation, Singapore) | Singapore | 2015* | 97±12 | 34 | Normal, 11 | 50 | 184.7 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 2039 | Plain steamed vermicelli roll, instant | China | 2010* | 90±8 | 32 | Normal, 15 | 50 | 238 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2040 | Potato noodles with meat | China | 2005 | 17±3 | 6 | Normal, 9 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 2041 | Red bean dessert, instant (Nissin Brand, Nissin Foods Co., LTD., China) | China | 2010* | 75±8 | 26 | Normal, 15 | 50 | 263 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 2042 | Rice gruel with dried algae (Satou Co Ltd., Japan) ¹⁶ | Japan | 2003 | 81±10 | 28 | Normal, 10 | 50 | 659 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2043 | Roasted rice ball (Satou Co Ltd., Japan) ¹⁶ | Japan | 2003 | 77±6 | 27 | Normal, 9 | 50 | 140 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2044 | Salted meat rice dumpling, instant (Ocean Empire International Ltd., H.K.) | China | 2010* | 69±8 | 24 | Normal, 15 | 50 | 200 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2045 | Salted meat rice dumpling, instant (Ocean Empire International Ltd., H.K.) | China | 2010* | 81±7 | 28 | Normal, 15 | 25 | 100 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2046 | Soba noodles, instant, reheated in hot water, served with soup | Japan | 2003 | 46±9 | 16 | Normal, 9 | 50 | 185 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2047 | Spring roll, instant | China | 2010* | 50±5 | 18 | Normal, 15 | 25 | 114 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2048 | Stuffed bun, with shallots and meat, steamed | China | 2005 | 39±4 | 14 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 2049 | Sushi, brown rice, vegetable and tofu | Australia | 2010 | 45±3 | 16 | Normal, 10 | 50 | 239.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 2050 | Sushi, salmon ('I Love Sushi', Sydney, Australia) | Australia | 2001 | 48±8 | 17 | Normal, 10 | 25 | 69.0 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 2051 | Steamed glutinous rice roll, instant | China | 2010* | 89±8 | 31 | Normal, 15 | 50 | 109 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |

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|------|---|--------|-------|--------|----|------------|----|-----|-------------------------|----------|------------------------|-------------------------|-----|
| 2052 | Sticky rice wrapped in lotus leaf, instant (Maxim's MX, H.K.) | China | 2010* | 83±5 | 29 | Normal, 15 | 50 | 167 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2053 | Sweet milky bun, instant | China | 2010* | 67±5 | 23 | Normal, 15 | 50 | 114 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2054 | Sweet milky bun, frozen, steamed (AMOY Brand, Amoy Food Ltd., H.K.) | China | 2010* | 72±8 | 25 | Normal, 15 | 50 | 114 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2055 | Taro (<i>Colocasia esculenta</i> L. Schott), skin peeled, cut into 5 cm cubes, steamed by rice cooker ²² | Taiwan | 2010* | 49±0.2 | 17 | Normal, 10 | 50 | 62 | Bread, 2h | Standard | Capillary, whole blood | Enzymatic | 60 |
| 2056 | Tuna Fish Bun, instant (Maxim's MX, H.K.) | China | 2010* | 46±4 | 16 | Normal, 15 | 50 | 139 | Glucose, 2h | Standard | Capillary, whole blood | YSI | 127 |
| 2057 | Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan) ¹⁶ | Japan | 2003 | 48±5 | 17 | Normal, 9 | 50 | 191 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2058 | White rice (Satou Co. Ltd, Japan), dried sea algae and milk (Snow Brand, Japan), eaten together ¹⁶ | Japan | 203 | 48±8 | 17 | Normal, 9 | 50 | 219 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2059 | White rice (Satou Co. Ltd, Japan), dried sea algae and milk (Snow Brand, Japan), milk eaten before rice ¹⁶ | Japan | 203 | 56±7 | 20 | Normal, 9 | 50 | 219 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |

| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
|----------------------|---|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 2060 | White rice (Satou Co. Ltd, Japan), dried sea algae and milk (Snow Brand, Japan), milk eaten after rice ¹⁶ <i>White rice (Satou Co. Ltd, Japan), dried sea algae and milk, mean of three types</i> | Japan | 2003 | 55±4 56 | 19 | Normal, 9 | 50 | 219 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2061 | White rice (Satou Co. Ltd, Japan) with fermented soybean (natto) ¹⁶ | Japan | 2003 | 56±8 | 20 | Normal, 10 | 50 | 174 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2062 | White rice (Satou Co. Ltd with instant miso soup (soybean paste soup) ¹⁶ | Japan | 2003 | 61±4 | 21 | Normal, 10 | 50 | 160 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2063 | White rice (Satou Co. Ltd, Japan) with low-fat milk Kemrakuren, Japan) ¹⁶ | Japan | 2003 | 69±10 | 24 | Normal, 9 | 50 | 289 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2064 | White rice (Satou Co. Ltd, Japan) and non-sugar yoghurt (Meiji Dairy, Japan), yoghurt eaten before rice ¹⁶ | Japan | 2003 | 59±7 | 21 | Normal, 10 | 50 | 232 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |

| 2065 | White rice (Satou Co. Ltd, Japan) and non-sugar yoghurt (Meiji Dairy, Japan), yoghurt eaten after rice ¹⁶ | Japan | 2003 | 58±6 | 20 | Normal, 10 | 50 | 232 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
|----------------------|--|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 2066 | White rice (Satou Co. Ltd, Japan) with pickled vinegar and pickled cucumber, pickled foods eaten before rice ¹⁶ | Japan | 2003 | 60±8 | 21 | Normal, 9 | 50 | 173 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2067 | White rice (Satou Co. Ltd, Japan) with pickled vinegar and pickled cucumber, consumed together ¹⁶ | Japan | 2003 | 61±6 | 21 | Normal, 11 | 50 | 173 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2068 | White rice (Satou Co. Ltd, Japan) with roasted ground soybean (Mitake Food Ind. Japan) ¹⁶ | Japan | 2003 | 56±4 | 20 | Normal, 9 | 50 | 147 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2069 | White rice (Satou Co. Ltd, Japan) with salted dried plum (umeboshi) ¹⁶ | Japan | 2003 | 80±13 | 28 | Normal, 10 | 50 | 152 | Rice ¹⁷ , 2h | Standard | Capillary, whole blood | Glucometer ⁹ | 45 |
| 2070 | WoTao, made from corn and wheat | China | 2005 | 65±5 | 23 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Venous, NS | NS | 12 |
| 2071 | Yoghurt, Yitangping (Beijing Sanyuan Foods, Beijing, China) | China | 2020 | 21±4 | 7 | Normal, 11 | 25 | 454.5 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ¹⁸ |
| 2072 | Youtiao (deep-fried breadstick) (Koufu Private Ltd, Singapore) ASIAN INDIAN | Singapore | 2015* | 55±4 | 19 | Normal, 11 | 50 | 109.6 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 18 |
| 2073 | Basmati rice pilau, with onion and curry powder | UK | 2015* | 60±6 | 21 | Normal, 11 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 68 |
| 2074 | Bun | Malaysia | 2016* | 82±5 | 29 | Normal, 10 | 50 | 72 | Glucose, 2h | Standard | Capillary, plasma | Glucometer ⁹ | 128 |
| 2075 | Bun with 10% fenugreek Chapatti | Malaysia | 2016* | 51±7 | 18 | Normal, 10 | 50 | 91.1 | Glucose, 2h | Standard | Capillary, plasma | Glucometer ⁹ | 128 |
| 2076 | Chapatti, frozen, heated in dry pan for 3 min until browned (Kawan Food Manufacturing, Malaysia) | Malaysia | 2019 | 50±3 | 18 | Normal, 10 | 50 | 132.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| Food Number and Item | | Country of food production | Year of test ¹ | GI ² ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion ³ (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method ⁴ | Ref. |
| 2077 | Chapatti (made from Chapatti flour (Elephant Atta Medium Chapatti flour, Rank Hovis Ltd., Manchester, UK) | UK | 2015* | 68±8 | 24 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 68 |
| 2078 | Chapatti | UK | 2011* | 58±6 | 20 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 129 |
| 2079 | Chapatti with 4% β-glucan | UK | 2011* | 55±5 | 19 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 129 |
| 2080 | Chapatti with 8% β-glucan | UK | 2011* | 52±10 | 18 | Normal, 10 | 50 | NS | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 129 |

| | | | | | | | | | | | | | |
|-------------|--|-----------|-------|------|----|------------|----|-------|-------------|----------|------------------------|-------------------------|-----------------|
| 2081 | Chapati, flatbread | Malaysia | 2016* | 63±4 | 22 | Normal, 10 | 50 | 71.4 | Glucose, 2h | Standard | Capillary, plasma | Glucometer ⁹ | 128 |
| 2082 | Chapati, flatbread with 10% fenugreek | Malaysia | 2016* | 43±5 | 15 | Normal, 10 | 50 | 74 | Glucose, 2h | Standard | Capillary, plasma | Glucometer ⁹ | 128 |
| 2083 | Naan bread (True Foods Pty Ltd, VIC, Australia), heated in microwave for 25 sec | Australia | 2013 | 71±5 | 25 | Normal, 10 | 50 | 117.9 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 2084 | Paratha, frozen, heated in dry pan for 1.5 min until browned (Kawan Food Manufacturing, Malaysia) | Malaysia | 2019 | 53±5 | 19 | Normal, 10 | 50 | 125.3 | Glucose, 2h | Standard | Capillary, plasma | Enzymatic | UO ⁵ |
| 2085 | Pilaf porridge, whole grain (minimally processed whole grains: oats, long grain brown rice, rye, hard red winter wheat, triticale, buckwheat, barley, sesame seeds), cooked for 30 min | India | 2019* | 59±5 | 21 | Normal, 15 | 50 | 73.5 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 79 |
| 2086 | Rice dosa | India | 2018* | 76±5 | 27 | Normal, 19 | 50 | 193 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |
| 2087 | Rice idli (commercially available dry mix) | India | 2018* | 85±4 | 30 | Normal, 19 | 50 | 162 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |
| Upma | | | | | | | | | | | | | |
| 2088 | Finger millet, decorticated, with lower degree of polish, in the form of <i>upma</i> (savory meal and traditional Indian breakfast choice) | India | 2018* | 85±8 | 30 | Normal, 16 | 50 | 174.2 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 109 |
| 2089 | Finger millet flakes in the form of upma | India | 2018* | 82±7 | 29 | Normal, 16 | 50 | 217.4 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 109 |
| 2090 | Finger millet vermicelli in the form of upma | India | 2018* | 66±6 | 23 | Normal, 16 | 50 | 245.1 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 109 |
| 2091 | Upma | India | 2018* | 71±6 | 25 | Normal, 19 | 50 | 310 | Glucose, 2h | Standard | Capillary, whole blood | HemoCue | 57 |

Abbreviations for Supplemental Table S1: GI, Glycemic index; SEM, standard error of mean; GL, Glycemic load; Avail carb, available carbohydrate; Ref., Reference; NS, not specified.

Footnotes for Supplemental Table S1.

1. Year of test is based on testing year as reported in paper if available, manuscript submission date, or paper publication year *.
2. GI values reported on the glucose scale = 100. Values determined using white bread as the reference food were converted using a factor of 0.71.
3. Test portion weight as reported in the original article, may refer to dry or wet weight.
4. Sample analysis method: Recommended analysis methods according to the ISO Standard (26642:2010) are spectrophotometry or electrochemical detection-coupled enzyme systems. Enzymatic refers to either a glucose oxidase or glucose hexokinase assay performed on a spectrophotometric chemistry analyzer or using a benchtop assay. YSI refers to a Model 2300 STAT glucose analyzer (YSI Inc, Yellow Springs, OH, USA). HemoCue refers to HemoCue 201+ analyzer, HemoCue AB (Angelholm, Sweden).
5. Sydney University's Glycemic Index Research Service (Sydney, Australia), unpublished observations.
6. Year of test and participant number provided by the authors of the original paper.
7. INQUIS Clinical Research (formerly GI Labs Ltd.) (Toronto, Canada), unpublished observations.

8. SEM provided by the authors of the original paper.
9. Glucometer that was used in the study in accordance with the ISO Standard (ISO 26642:2010), with a laboratory inter-assay CV <3.6% on standard solutions.
10. International Diabetes Institute (Melbourne, Australia), unpublished observations, 2006-2007.
11. SEM calculated from standard deviation reported in original paper.
12. Information provided by authors of original paper.
13. SEM calculated from 95% confidence interval reported in original paper, using the formula: $(\text{upper limit} - \text{lower limit}) / 2 \times \text{tinv}(1 - 0.95, n - 1)$ (where n = subject number).
14. F Brighenti, unpublished observations.
15. B Spratt (George Weston Foods, Australia), unpublished observation.
16. Test portion calculated from nutritional information reported in the original paper.
17. White rice was used as the reference food for this study. Glucose also tested and had a GI value of 122 compared to the white rice. The reported GI and SEM were multiplied by 0.82 to convert values reported in the original paper to a GI = 100 glucose scale.
18. China National Research Institute of Food and Fermentation Industries GI Lab (Beijing, China), unpublished observations.
19. Participant number provided by researchers.
20. University of Otago (Dunedin, New Zealand), unpublished observations.
21. Original paper used 120 min incremental area under curve (iAUC) data to determined GI value.
22. Test portion size provided by authors of the original paper.
23. V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 1996-2000.
24. J Dzieniszewski, J Ciok (National Food and Nutrition Institute, Poland), unpublished observations, 1996-2001.
25. GI value and SEM provided by authors of original paper.
26. C Dalaudier (Nairn's Oatcakes Ltd, Scotland), unpublished observations, 2007.