

Glycemic Index

Food

BAKERY PRODUCTS

Cakes

Angel food cake (Loblaws, Toronto, Canada)	67
Banana cake, made with sugar	47±8
Banana cake, made without sugar	55±10
Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, MN)	38±3
Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Vic, Australia)	73±12
Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)	87±17
Pound cake (Sara Lee Canada, Bramalea, Canada)	54
Sponge cake, plain	46±6
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA)	42±4
Croissant (Food City, Toronto, Canada)	67
Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	69
Doughnut, cake type (Loblaws, Canada)	76
Flan cake (Weston's Bakery, Toronto, Canada)	65

Muffins

Apple, made with sugar ⁴	44±6
Apple, made without sugar ⁴	48±10
Apple, oat, sultana, made from packet mix (Defiance Milling Co., Acacia Ridge, Qld, Australia)	54±4
Apricot, coconut and honey, made from packet mix (Defiance Milling Co., Australia)	60±4
Banana, oat and honey, made from packet mix (Defiance Milling Co., Australia)	65±11
Bran (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	60
Blueberry (Culinar Inc., Canada)	59
Carrot (Culinar Inc., Canada)	62
Chocolate butterscotch, made from packet mix (Defiance Milling Co., Australia)	53±5
Corn muffin, low-amylose ⁵	102
Corn muffin, high-amylose ⁵	49
Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	69
Pancakes, prepared from shake mix (Green's General Foods, Glendenning, NSW, Australia)	67±5
Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Vic, Australia)	102±11
Pastry	59±6
Pikelets, Golden brand (Tip Top Bakeries, Chatswood, NSW, Australia)	85±14
Scones, plain, made from packet mix (Defiance Milling Co., Australia)	92±8
Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76

BEVERAGES

Coca Cola®

Coca Cola®, soft drink (Coca Cola Amatil, Sydney, NSW, Australia)	53±7
Coca Cola®, soft drink/soda (Coca Cola Bottling Company, Atlanta, GA, USA)	63
<i>mean of two types</i>	58±5
Cordial, orange, reconstituted (Berri Ltd., Berri, SA, Australia)	66±8
Fanta®, orange soft drink (Coca Cola Amatil, Australia)	68±6
Lucozade®, original (sparkling glucose drink) (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)	95±10
Smoothie, raspberry (Con Agra Inc., Omaha, NE, USA)	33±9
Smoothie drink, soy, banana (So Natural Foods, Tarren Point, NSW, Australia) ⁶	30±3
Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia) ⁶	34±3

Solo™, lemon squash, soft drink (Cadbury Schweppes, Sydney, NSW, Australia)6	58±5
Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium Health Foods, Berkeley Vale, NSW, Australia)	43±5
Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium Health Foods, Australia)	46±5
Xpress, chocolate (soy bean, cereal and legume extract drink with fructose)6 (So Natural Foods, Australia)	39±2

Juices

Apple juice

Apple juice, pure, unsweetened, reconstituted (Berri Ltd., Berri, SA, Australia)	39±5
Apple juice, unsweetened	40
Apple juice, unsweetened (Allens, Toronto, Canada)	41
<i>mean of three studies</i>	40±1
Apple juice, pure, clear, unsweetened (Wild About Fruit, Wandin, Vic, Australia)	44±2
Apple juice, pure, cloudy, unsweetened (Wild About Fruit, Australia)	37±3
Apple and cherry juice, pure, unsweetened (Wild About Fruit, Australia)	43±3
Carrot juice, freshly made (Sydney, Australia)6	43±3
Cranberry juice cocktail (Ocean Spray®, Melbourne, Vic, Australia)	52±3
Cranberry juice cocktail (Ocean Spray® Inc., Lakeville-Middleboro, MA, USA)	68±3
Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4
Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48

Orange juice

Orange Juice (Canada)	46±6
Orange juice, unsweetened, reconstituted (Quelch®, Berri Ltd., Carlton, Vic, Australia)	53±6
<i>mean of two studies</i>	50±4
Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46
Tomato juice, canned, no added sugar (Berri Ltd., Berri, SA, Australia)6	38±4
Yakult®, fermented milk drink with Lactobacillus casei (Yakult, Dandenong, Vic, Australia)	46±6

Sports drinks

Gatorade® (Spring Valley Beverages Pty Ltd., Cheltenham, Vic, Australia)	78±13
Isostar® (Novartis Consumer Health, Nyon, Switzerland)	70±15
Sports Plus® (Berri Ltd., Berri, SA, Australia)	74±6
Sustagen Sport® (Mead Johnson, Rydalmere, NSW, Australia)	43±9

Drinks made from drinking mix powders

Build-Up™ nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, NSW, Australia)	41±4
Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3
Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, NSW, Australia)	36±3
Malted milk powder in full-fat cow's milk (Nestlé, Australia)	45±3

Milo™ (chocolate nutrient-fortified drink powder)

Milo™ (Nestlé, Australia) dissolved in water	55±3
Milo™ (Nestlé, Auckland, New Zealand) dissolved in water	52±5
<i>mean of two studies</i>	54±2
Milo™ (Nestlé, Australia) dissolved in full-fat cow's milk	35±2
Milo™ (Nestlé, New Zealand) dissolved in full-fat cow's milk	36±3
<i>mean of two studies</i>	36±1
Nutrimeal™, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, UT, USA)	26±3

Quik™ (sweet drink powder)

Quik™, chocolate (Nestlé, Sydney, NSW, Australia), dissolved in water	53±5
Quik™, chocolate (Nestlé, Australia), dissolved in 1.5% fat milk	41±4
Quik™, strawberry (Nestlé, Australia), dissolved in water	64±8
Quik™, strawberry (Nestlé, Australia), dissolved in 1.5% fat milk	35±3

BREADS

Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72
Baguette, white, plain (France)	95±15
French baguette with chocolate spread (France)	72±8
French baguette with butter and strawberry jam (France)	62±7
Pain au lait (Pasquier, France)	63±10
Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74

Barley Breads**Coarse barley kernel bread, 75-80% kernels**

75% kernels	27
80% scalded intact kernels (20% white wheat flour)	34
80% intact kernels (20% white wheat flour)	40
<i>mean of three studies</i>	34±4

Barley kernel bread, 50% kernels

50% kernels (Canada)	43
50% kibbled barley (Australia)	48
<i>mean of two studies</i>	46±2
Sunflower and barley bread (Riga bakeries, Sydney, NSW, Australia)	57±6

Barley flour breads

100% barley flour (rye bread composition) (Canada)	67
Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67
Wholemeal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fibre barley flour) (Sweden)	50
Wholemeal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fibre barley flour) (Sweden)	43

Wholemeal barley flour (80%) and white wheat flour (20%) breads - fermented or with added organic acids or salts (Sweden)

Wholemeal barley flour bread (used as reference for the 5 breads below)	70
Wholemeal barley flour bread with sourdough (lactic acid)	53
Wholemeal barley flour bread with lactic acid	66
Wholemeal barley flour bread with calcium lactate	59
Wholemeal barley flour bread with sodium propionate	65
Wholemeal barley flour bread with higher dose sodium propionate	57

Buckwheat bread

Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)	47
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Fruit Breads

Bürger™ Fruit loaf (Tip Top Bakeries, Chatswood, NSW, Australia)	44±5
Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, NSW, Australia)	54±6
Continental fruit loaf, wheat bread with dried fruit (Australia)	47±6
Happiness™ (cinnamon, raisin, pecan bread) (Natural Ovens, Mannitowoc, WI, USA)	63±5
Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)	54±6
Hamburger bun (Loblaw's, Toronto, Canada)	61
Kaiser rolls (Loblaw's, Canada)	73
Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70

Gluten-free bread

Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Vic, Australia)	79±13
Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71
Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80
<i>mean of two studies</i>	76±5
Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69
Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76
<i>mean of two studies</i>	73±4

Oat Bread

Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65
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Oat bran bread

50% oat bran (Australia)	44
45% oat bran and 50% wheat flour (Sweden)	50
<i>mean of two studies</i>	47±3

Rice bread

Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, NSW, Australia)	72±9
Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)	61±9

Rye Bread**Rye kernel (pumpernickel) bread**

Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	41
Rye kernel bread (Pumpernickel) (Canada)	41
Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46
Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55
Cocktail, sliced (Kasselar Food Products, Toronto, Canada)	55
Cocktail, sliced (Kasselar Food Products, Canada)	62
<i>mean of six studies</i>	50±4

Rye bread, wholemeal

Wholemeal rye bread (Canada)	41
Wholemeal rye bread (Canada)	62
Wholemeal rye bread (Canada)	63
Wholemeal rye bread (Canada)	66
<i>mean of four studies</i>	58±6

Rye breads, specialty

Blackbread, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	76±14
Bürger™ Dark/Swiss rye (Tip Top Bakeries, Australia)	55±12
Bürger™ Dark/Swiss rye (Tip Top Bakeries, Australia)	74±6
<i>mean of two studies</i>	65±10
Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67
Light rye (Silverstein's Bakery, Toronto, Canada)	68

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

mean of two studies

68±1

White resistant starch-enriched bread

Fibre White™ (Nature's Fresh, Auckland, New Zealand)

77±10

Wonderwhite™ (Buttercup Bakeries, Australia)

80±8

Wholemeal wheat flour bread (whole wheat)

Wholemeal flour (Canada)

52

Wholemeal flour (Canada)

64

Wholemeal flour (Canada)

65

Wholemeal flour (Canada)

67

Wholemeal flour (Canada)

67

Wholemeal flour (Canada)

69

Wholemeal flour (Canada)

71

Wholemeal flour (Canada)

72±6

Wholemeal flour (USA)5

73

Wholemeal flour (South Africa)

75±9

Wholemeal flour (Tip Top Bakeries, Australia)

77±9

Wholemeal flour (Tip Top Bakeries, Australia)

78±16

Wholemeal flour (Kenya)

87

mean of thirteen studies

71± 2

Wholemeal Turkish bread

49

Specialty wheat breads

Bürgen® Mixed Grain bread (Australia)

Bürgen® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)

34±4

Bürgen® Mixed Grain

45±12

Bürgen® Mixed Grain

69±6

mean of three studies

49±10

Bürgen® Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia)

31±3

Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia)

36±4

English Muffin™ bread (Natural Ovens, USA)

77±7

Healthy Choice™ Hearty 7 Grain (Con Agra Inc., USA)	55±6
Healthy Choice™ Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6
Helga's™ Classic Seed Loaf (Quality Bakers, Sydney, NSW, Australia)	68±9
Helga's™ traditional wholemeal bread (Quality Bakers, Australia)	70±14
Hunger Filler™, whole grain bread (Natural Ovens, USA)	59±8
Molenberg™ (Goodman Fielder, Auckland, New Zealand)	75±10
Molenberg™ (Goodman Fielder, New Zealand)	84±8
<i>mean of two studies</i>	80±5
9-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5
Multigrain Loaf, spelt wheat flour (Australia)	54±10
Multigrain (50% kibbled wheat grain) (Australia)	43
Nutty Natural™, whole grain bread (Natural Ovens, USA)	59±7
Performax™ (Country Life Bakeries, Dandenong, Vic, Australia)	38±3
Ploughman's™ Wholegrain, original recipe (Quality Bakers, Australia)	47
Ploughman's™ Wholemeal, smooth milled (Quality Bakers, Australia)	64±10
Semolina Bread (Kenya)	64
Sourdough wheat (Australia)	54
Soy & Linseed bread (made from packet mix in bread maker) (Con Agra Inc., USA)	50±6
Stay Trim™, whole grain bread (Natural Ovens, USA)	70±10
Sunflower & Barley bread, Riga brand (Berzin's Specialty Bakery, Australia)	57±6
Vogel's Honey & Oats (Stevens & Co., Sydney, NSW, Australia)	55±5
Vogel's Roggenbrot (Stevens & Co., Australia)	59±5
Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74
100% Whole Grain™ bread (Natural Ovens, USA)	51±11
White wheat flour flatbread (Sweden)	79
Unleavened Breads	
Lebanese bread, white (Seda Bakery, Sydney, NSW, Australia)	75±9
Middle Eastern flatbread	97±29
Pita bread, white (Canada)	57
Wheat flour flatbread (India)	66±9
Amaranth : wheat (25:75) composite flour flatbread (India)	66±10
Amaranth : wheat (50:50) composite flour flatbread (India)	76±20
BREAKFAST CEREALS AND RELATED PRODUCTS	
All-Bran™ (high-fiber, extruded wheat bran cereal)	
All-Bran™ (Kellogg's, Pagewood, NSW, Australia)13	30
All-Bran™ (Kellogg's, Battle Creek, MI, USA)	38
All-Bran™ (Kellogg's Inc., Etobicoke, Canada)	50
All-Bran™ (Kellogg's Inc., Canada)	51±5
<i>mean of four studies</i>	42±5
All-Bran Fruit 'n Oats™ (Kellogg's, Australia)	39
All-Bran Soy 'n Fibre™ (Kellogg's, Australia)	33±3
Amaranth (Amaranthus esculentum) popped, eaten with milk and non-nutritive sweetener (India)	97±19
Barley porridge	
Wholemeal barley flour porridge (100% regular barley) (flour:water = 1:3), boiled 2.5 min (Sweden)	68
Wholemeal high-fibre barley flour porridge (50% regular barley flour: 50% high-fibre barley flour) (Sweden)	55
Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden)	62
Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden)	65

Bran Buds™ (Kellogg's Inc., Canada)15	58
Bran Buds with psyllium (Kellogg's Inc., Canada)15	47
Bran Chex™ (Nabisco Brands Ltd., Toronto, Canada)15	58
Bran Flakes™ (Kellogg's, Australia)	74
Cheerios™ (General Mills Inc., Etobicoke, Canada)15	74
Chocapic™ (Nestlé, France)	84±9
Coco Pops™ (cocoa flavoured puffed rice)	
Coco Pops™ (Kellogg's, Australia)	77±8
Coco Pops™ (Kellogg's, Australia)	77±3
<i>mean of two studies</i>	77
Corn Bran™ (Quaker Oats Co. of Canada, Peterborough, Canada)15	75
Corn Chex™ (Nabisco Brands Ltd., Canada)15	83
Cornflakes™	
Cornflakes™ (Kellogg's, Auckland, New Zealand)	72±16
Cornflakes™ (Kellogg's, Australia)	77
Cornflakes™ (Kellogg's Inc., Canada)	80±6
Cornflakes™ (Kellogg's Inc., Canada)	86
Cornflakes™ (Kellogg's, USA)5	92
<i>mean of five studies</i>	81±3
Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada)15	74
Cornflakes, Crunchy Nut™ (Kellogg's, Australia)	72±4
Corn Pops™ (Kellogg's, Australia)	80±4
Cream of Wheat™ (Nabisco Brands Ltd., Canada)15	66
Cream of Wheat™, Instant (Nabisco Brands Ltd., Canada)15	74
Crispix™ (Kellogg's Inc., Canada)15	87
Energy Mix™ (Quaker, France)	80±7
Froot Loops™ (Kellogg's, Australia)	69±9
Frosties™, sugar-coated cornflakes (Kellogg's, Australia)	55
Fruitful Lite™ (Hubbards, Auckland, New Zealand)	61±20
Fruity-Bix™, berry (Sanitarium, Auckland, New Zealand)	113±10
Golden Grahams™ (General Mills Inc., Canada)15	71
Golden Wheats™ (Kellogg's, Australia)	71±8
Grapenuts™	
Grapenuts™ (Post, Kraft General Foods Inc., Toronto, Canada)15	67
Grapenuts™ (Kraft Foods Inc., Port Chester, NY, USA)	75±6
<i>mean of two studies</i>	71±4
Grapenuts™ Flakes (Post, Kraft General Foods Inc., Canada)15	80
Guardian™ (Kellogg's, Australia)	37±9
Healthwise™ for bowel health (Uncle Toby's, Wahgunyah, Vic, Australia)	66±9
Healthwise™ for heart health (Uncle Toby's, Australia)	48±5
Honey Rice Bubbles™ (Kellogg's, Australia)	77±4
Honey Smacks™ (Kellogg's, Australia)	71±10
Hot cereal, apple & cinnamon (Con Agra Inc., USA)	37±6
Hot cereal, unflavoured (Con Agra Inc., USA)	25±5
Just Right™ (Kellogg's, Australia)	60±15
Just Right Just Grains™ (Kellogg's, Australia)	62±11
Komplete™ (Kellogg's, Australia)	48±5

Life™ (Quaker Oats Co., Canada)15	66
Mini Wheats™, whole wheat (Kellogg's, Australia)	58±8
Mini Wheats™, blackcurrant (Kellogg's, Australia)	72±10
Muesli	
Muesli, NS8 (Canada)	66±9
Alpen Muesli (Wheetabix, France)	55±10
Muesli, gluten-free (Freedom Foods, Cheltenham, Vic, Australia) with 1.5% fat milk	39±6
Muesli, Lite (Sanitarium, New Zealand)	54±12
Muesli, Natural (Sanitarium, New Zealand)	57±9
Muesli, Natural (Sanitarium, Australia)	40±6
<i>mean of two studies</i>	49±9
Muesli, No Name (Sunfresh Ltd., Toronto, Canada)15	60
Muesli, Swiss Formula (Uncle Toby's, Australia)	56±8
Muesli, toasted (Purina, Sydney, NSW, Australia)	43±4
Nutrigrain™ (Kellogg's, Australia)	66±12
Oat 'n Honey Bake™ (Kellogg's, Australia)	77±11
Oat bran	
Oat bran, raw (Quaker Oats Co., Canada)15	50
Oat bran, raw	59
<i>mean of two studies</i>	55±5
Porridge made from rolled oats	
Porridge (Uncle Toby's, Australia)13	42
Porridge (Canada)16	49±8
Traditional porridge oats (Lowan Whole Foods, Box Hill, Vic, Australia)	51±8
Porridge (Hubbards, New Zealand)	58±9
Porridge (Australia)	58±4
Porridge (Canada)	62
Porridge (Canada)	69
Porridge (USA)6	75
<i>mean of eight studies</i>	58±4
Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden)	74
Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden)	55
Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden)	69
Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden)	50
Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden)	80
Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden)	53
Instant Porridge	
Quick Oats (Quaker Oats Co., Canada)	65
One Minute Oats (Quaker Oats Co., Canada)15	66
<i>mean of two studies</i>	66±1
Pop Tarts™, Double Chocolate (Kellogg's, Australia)	70±2
Pro Stars™ (General Mills Inc., Canada)15	71
Puffed Wheat	
Puffed Wheat (Quaker Oats Co., Canada)15	67
Puffed Wheat (Sanitarium, Australia)	80±11
<i>mean of two studies</i>	74±7
Raisin Bran™ (Kellogg's, USA)	61±5

Red River Cereal (Maple Leaf Mills, Toronto, Canada)	49
Rice Bran, extruded (Rice Growers Co-Operative Ltd., Leeton, NSW, Australia)	19±3
Rice Bubbles™ (puffed rice)	
Rice Bubbles™ (Kellogg's, Australia)13	81
Rice Bubbles™ (Kellogg's, Australia)	85±3
Rice Bubbles™ (Kellogg's, Australia)	95
<i>mean of three studies</i>	87±4
Rice Chex™ (Nabisco Brands Ltd., Canada)15	89
Rice Krispies™ (Kellogg's Inc., Canada)15	82
Shredded Wheat	
Shredded Wheat (Canada)	67±10
Shredded Wheat™ (Nabisco Brands Ltd., Canada)15	83
<i>mean of two studies</i>	75±8
Special K™ - formulation of this cereal varies in different countries	
Special K™ (Kellogg's, Australia)	54±4
Special K™ (Kellogg's, USA)	69±5
Special K™ (Kellogg's, France)	84±12
Soy Tasty™ (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)	60±5
Soytana™, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals, Mt)	49±3
Sultana Bran™ (Kellogg's, Australia)	73±13
Sustain™ (Kellogg's, Australia)13	68
Team™ (Nabisco Brands Ltd., Canada)15	82
Thank Goodness™ (Hubbards, New Zealand)	65±18
Total™ (General Mills Inc., Canada)15	76
Ultra-bran™, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g) (Specialty Cereals,	41±4
Wheat-bites™ (Uncle Toby's, Australia)	72±11
Wheat biscuits (plain flaked wheat)	
Vita-Brits™ (Uncle Toby's, Australia)13	61
Vita-Brits™ (Uncle Toby's, Australia)	68±6
Weet-Bix™ (Sanitarium, Australia)	69
Weet-Bix™ (Sanitarium, Australia)	69±4
Weetabix™ (Weetabix of Canada Ltd., Thornhill, Canada)15	74
Weetabix™ (Weetabix of Canada Ltd.)	75±10
Whole wheat Goldies™ (Kellogg's, Australia)	70±4
<i>mean of seven studies</i>	70±2
Wheat biscuits (flaked wheat) with additional ingredients	
Good Start™, muesli wheat biscuits (Sanitarium, Australia)	68±4
Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4
Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia)	57±3
Honey Goldies™ (Kellogg's Australia)	72±3
Lite-Bix™, plain, no added sugar (Sanitarium, Australia)	70±3
Oat bran Weet-Bix™ (Sanitarium, Australia)	57±4
Sultana Goldies™ (Kellogg's Australia)	65±6
BREAKFAST CEREAL BARS	
Crunchy Nut Cornflakes™ bar (Kellogg's, Australia)	72±6
Fibre Plus™ bar (Uncle Toby's, Australia)	78±9
Fruity-Bix™ bar, fruit and nut, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, A	56±4
Fruity-Bix™ bar, wild berry, wheat biscuit cereal with fruit and covered with yoghurt coating (Sanitarium, Austr	51±4

K-Time Just Right™ bar (Kellogg's, Australia)	72±4
K-Time Strawberry Crunch™ bar (Kellogg's, Australia)	77±5
Rice Bubble Treat™ bar (Kellogg's, Australia)	63±11
Sustain™ bar (Kellogg's, Australia)	57±10
CEREAL GRAINS	
Amaranth	
Amaranth (<i>Amaranthus esculentum</i>) popped, eaten with milk and non-nutritive sweetener (India)	97±19
Barley	
Pearl Barley	
Barley, pearled (Canada)	22
Barley (Canada)	22
Barley, pot, boiled in salted water 20 min (Gouda's foods, Concord, Canada)	25±2
Barley (Canada)	27
Barley, pearled (Canada)	29
<i>mean of five studies</i>	25±1
Barley (<i>Hordeum vulgare</i>) (India)	37
Barley (<i>Hordeum vulgare</i>) (India)	48
<i>mean of two groups of subjects</i>	43±6
Barley, cracked (Malthouth, Tunisia)	50
Barley, rolled (Australia)	66±5
Buckwheat	
Buckwheat (Canada)	49
Buckwheat (Canada)	51±10
Buckwheat (Canada)	63
<i>mean of three studies</i>	54±4
Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden)	45
Corn/Maize	
Maize (<i>Zea Mays</i>), flour made into chapatti (India)	59
Maize meal porridge/gruel (Kenya)	109
Cornmeal	
Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada)	68
Cornmeal + margarine (McNair Products Co. Ltd., Canada)	69
<i>mean of two studies</i>	69±1
Sweet corn	
Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12
Sweet corn, on the cob, boiled 20 min (Australia)	48
Sweet corn (Canada)	59±11
Sweet corn (USA)	60
Sweet corn (USA)	60
Sweet corn (South Africa)	62±5
<i>mean of six studies</i>	53±4
Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA)	46
Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	47
Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	68
Couscous	
Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA)	61
Couscous, boiled 5 min (Tunisia)	69
<i>mean of two studies</i>	65±4

Millet

Millet, boiled (Canada)	71±10
Millet flour porridge (Kenya)	107

Rice, white

Arborio, risotto rice, boiled (Sun Rice brand, Rice Growers Co-Op., Australia)	69±7
White (<i>Oryza sativa</i>), boiled (India)	69±15

Rice, boiled white, type NS8

Type NS, eaten alone (France)	45
Type NS (India)	48
Type NS (Canada)	51
Type NS (France)	52
Type NS (Canada)	56
Type NS (Pakistan)	69
Type NS (Canada)	72±9
Type NS, boiled in salted water (India)	72
Type NS, boiled 13 min (Italy)	102
Type NS (Kenya)	112
Type NS, boiled (France)	43
Type NS, boiled (France)	47
<i>mean of 12 studies</i>	64±7
Type NS, boiled in salted water, refrigerated 16-20h, reheated (India)	53
Type NS, boiled 13 min, then baked 10 min (Italy)	104

Long grain, boiled

Long grain, boiled 5 min (Canada)	41
Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, NSW, Australia)	50
Gem long grain (Dainty Food Inc., Toronto, Canada)	55
Long grain, white (Uncle Bens, Auckland, New Zealand)	56±7
Long grain, boiled 25 min (Surinam)	56±2
Gem long grain (Dainty Food Inc., Canada)	57
Long grain, boiled 15 min	58
Gem long grain (Dainty Food Inc., Canada)	60
Gem long grain (Dainty Food Inc., Canada)	60
Long grain, white, boiled 7 min (Star brand, Gouda foods, Concord, Canada)	64±3
<i>mean of 10 studies</i>	56±2

Rice, long grain, quick-cooking varieties

Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6
Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7
Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods King's Lynn)	52±5

Rice, specialty rices

Cajun Style, Uncle Ben's® (Effem Foods Ltd., Bolton, Canada)	51
Garden Style, Uncle Ben's® (Effem Foods Ltd., Canada)	55
Long Grain and Wild, Uncle Ben's® (Effem Foods Ltd., Canada)	54
Mexican Fast and Fancy, Uncle Ben's® (Effem Foods Ltd., Canada)	58
Saskatchewan wild rice (Canada)	57
Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand)	86±10
Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand)	98±7
Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10

Rice, white low-amylose

Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	83±13
Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	87±7
Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	88±11
Pelde, white (Rice Growers Co-op., Australia)	93±11
White, low-amylose, boiled (Turkey)	139

Rice, white high-amylose

Bangladeshi rice variety BR16 (28% amylose)	37
Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min	39
<i>mean of two studies</i>	38
Doongara, white (Rice Growers Co-op., Australia)	50±6
Doongara, white (Rice Growers Co-op., Australia)	64±9
Doongara, white (Rice Growers Co-op., Australia)	54±7
<i>mean of three studies</i>	56±4
Koshikari (Japonica), white, short-grain, boiled 15 min then steamed 10 min (Japan)	48±8

Basmati

Basmati, white, boiled (Mahatma brand, Sydney, NSW, Australia)	58±8
Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® (Masterfoods. Kings L	57±4
Quick cooking white basmati, cooked 10 min, Uncle Ben's® Superior (Masterfoods Olen, Belgium)	60±5

Rice, brown

Brown (Canada)	66±5
Brown, steamed (USA)5	50
Brown (Oriza Sativa), boiled (South India)5	50±19
<i>mean of three studies</i>	55±5
Calrose brown (Rice Growers Co-op., Australia)	87±8
Doongara brown, high amylose (Rice Growers Co-op., Australia)	66±7
Pelde brown (Rice Growers Co-op., Australia)	76±6
Parboiled, cooked 20 min, Uncle Ben's Natur-reis® (Masterfoods Olen, Belgium)	64±7
Sunbrow Quick™ (Rice Growers Co-op., Australia)	80±7

Instant/puffed rice

Instant rice, white, boiled 1 min (Canada)	46
Instant rice, white, cooked 6 min (Trice brand, Australia)	87
Puffed, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods Olen, Belgium)	74±5
<i>mean of three studies</i>	69±12
Instant doongara, white, cooked 5 min (Rice Growers Co-op., Australia)	94±7

Parboiled rice

Parboiled rice (Canada)	48
Parboiled rice (USA)	72
Converted, white, Uncle Ben's® (Effem Foods Ltd., Canada)	45
Converted, white, boiled 20-30 min, Uncle Ben's® (Masterfoods USA, Vernon, CA)	38
Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)	50
Boiled, 12 min (Denmark)6	39
Boiled, 12 min (Denmark)	42
Boiled, 12 min (Denmark)	43
Boiled, 12 min (Denmark)	46
Long grain, boiled 5 min (Canada)	38
Long grain, boiled, 10 min (USA)5	61
Long grain, boiled 15 min (Canada)	47

Long grain, boiled 25 min (Canada)	46
<i>mean of thirteen studies</i>	47±3
Parboiled rice, eaten as part of a traditional Indian meal (India)5	99
Parboiled, low-amylose	
Bangladeshi rice variety BR2, parboiled (12% amylose)	51
Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op., Australia)	87±7
Parboiled, high-amylose	
Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op., Australia)	50±6
Bangladeshi rice variety BR16, parboiled (28% amylose)	35
Bangladeshi rice variety BR16, traditionally parboiled (27% amylose)	32
Bangladeshi rice variety BR16, pressure parboiled (27% amylose)	27
Bangladeshi rice variety BR4, parboiled (27% amylose)	33
<i>Mean of 5 studies</i>	35±4
Rye, whole kernels	
Rye, whole kernels (Canada)	29
Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	34
Rye, whole kernels (Canada)	39
<i>mean of three studies</i>	34±3
Wheat	
Wheat, whole kernels	
Wheat, whole kernels (Triticum aestivum) (India)11	30±9
Wheat, whole kernels (Canada)	42
Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	44
Wheat, whole kernels (Canada)	48
<i>mean of four studies</i>	41±3
Wheat, type NS8 (India)	90
Wheat, precooked kernels	
Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4
Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5
Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)	40±5
Quick cooking (White Wings, Sydney, NSW, Australia)	54±11
Semolina	
Semolina, roasted at 105 °C then gelatinised with water (India)	55±9
Semolina, steamed and gelatinised (India)	54±13
<i>mean of two studies</i>	55±1
Cracked wheat (bulgur/bourghul)	
Bulgur, boiled (Canada)	46
Bulgur, boiled in 800 mL water 20 min (Canada)	46
Bulgur, boiled 20 min (Canada)	46
Bulgur, boiled 20 min (Canada)	53
<i>mean of four studies</i>	48±2
COOKIES	
Arrowroot	
Arrowroot (McCormick's, Interbare Foods, Toronto, Canada)	63
Arrowroot plus (McCormick's, Canada)	62
Milk Arrowroot™ (Arnotts, Sydney, NSW, Australia)	69±7
<i>mean of three studies</i>	65±2
Barquette Abricot (LU, Ris, Orangis, France)	71±6

Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)	57±9
Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9
Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11

Digestives

Digestives (Canada)	55
Digestives (Canada)	59±7
Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada)	62
<i>mean of three studies</i>	59±2
Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	58
Evergreen met Krenten (LU, Netherlands)	66±12
Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand)	77±25
Graham Wafers (Christie Brown & Co., Toronto, Canada)	74
Gran'Dia Banana, Oats and Honey (LU, Brazil)	28±5
Grany en-cas Abricot (LU, France)	55±6
Grany en-cas Fruits des bois (LU, France)	50±5
Grany Rush Apricot (LU, Netherlands)	62±3
Highland Oatmeal™ (Westons biscuits, Sydney, NSW, Australia)	55±8
Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland)	57
LU P'tit Déjeuner Chocolat (LU, France)	42±5
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	45±5
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	52±3
LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	49±8
<i>mean of three studies</i>	49±2
Maltmeal wafer (Griffin's Foods Ltd., New Zealand)	50±10
Morning Coffee™ (Arnotts, Australia)	79±6
Nutrigrain Fruits des bois (Kellogg's, France)	57±4
Oatmeal (Canada)	54±4
Oro (Saiwa, Italy)	61±9
Oro (Saiwa, Italy)	67±17
<i>mean of two studies</i>	64±3
Petit LU Normand (LU, France)	51±3
Petit LU Roussillon (LU, France)	48±4
Prince Energie+ (LU, France)	73±5
Prince fourré chocolat (LU, France)	53±5
Prince fourré chocolat (LU, France)	50±5
<i>mean of two studies</i>	52±2
Prince Meganana Chocolate (LU, Spain)	49±12
Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6
Rich Tea (Canada)	55±4
Sablé des Flandres (LU, France)	57±10
Shortbread (Arnotts, Australia)	64±8
Shredded Wheatmeal™ (Arnotts, Australia)	62±4
Snack Right Fruit Slice (97% fat-free) (Arnott's, Australia)	45±3
Thé (LU, France)	41±7
Vanilla Wafers (Christie Brown & Co., Canada)	77
Véritable Petit Beurre (LU, France)	51±8

CRACKERS

Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	67
Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, NSW, Australia)	87±10
Cream Cracker (LU Triunfo, Brazil)	65±11
High-calcium cracker (Danone, Malaysia)	52±8
Jatz™, plain salted craker biscuits (Arnotts, Australia)	55±5
Puffed Crispbread (Westons, Australia)	81±9
Puffed rice cakes	
Puffed rice cakes, white (Rice Growers Co-op., Leeton, NSW, Australia)	82±11
Rice cakes, Calrose rice (low-amylose) (Rice Growers Co-op., Australia)	91±7
Rice cakes, Doongara rice (high-amylose) (Rice Growers Co-op., Australia)	61±5
<i>mean of three studies</i>	78±9
Rye crispbread	
Rye crispbread (Canada)	63
Ryvita™ (Canada)	69±10
High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	59
Rye crispbread (Ryvita Company Ltd., UK)	63
<i>mean of four studies</i>	64±2
Kavli™ Norwegian Crispbread (Players Biscuits, Sydney, NSW, Australia)	71±7
Sao™, plain square crackers (Arnotts, Australia)	70±9
Stoned Wheat Thins (Christie Brown & Co., Canada)	67
Water cracker	
Water cracker (Canada)	63±9
Water cracker (Arnotts, Australia)	78±11
<i>mean of two studies</i>	71±8
Premium Soda Crackers (Christie Brown & Co., Canada)	74
Vita-wheat™, original, crispbread (Arnott's, Australia)	55±4
DAIRY PRODUCTS AND ALTERNATIVES	
Custard	
No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Sydney, NSW, Australia)	35±2
Custard, home made from milk, wheat starch, and sugar (Australia)	43±10
TRIM™, reduced-fat custard (Pauls Ltd., South Brisbane, Qld, Australia)	37±4
<i>mean of three studies</i>	38±2
Ice cream, Regular/NS8	
Ice cream, NS (Canada)	36±8
Ice cream (half vanilla, half chocolate) (Italy)	57
Ice cream, NS (USA)	62
Ice cream, chocolate flavored (USA)	68±15
Ice cream (half vanilla, half chocolate) (Italy)	80
<i>mean of five studies</i>	61±7
Ice cream, Reduced- or Low-fat	
Ice cream, low-fat, vanilla, 'Light' (Peter's, Sydney, NSW, Australia)	50±8
Ice-cream, low-fat (1.2 % fat), Prestige Light rich vanilla (Norco, Lismore, NSW, Australia)6	47±5
Ice-cream, low-fat (1.4% fat), Prestige Light traditional toffee (Norco, Australia)6	37±4
Ice-cream, reduced-fat (7.1 % fat), Prestige golden macadamia (Norco, Australia)6	39±3
Ice cream, Premium (high-fat)	
Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)	37±3
Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)	38±3

Milk, full-fat	
Full-fat (Italy)	11
Full-fat (3% fat, Skånemejerier, Malmö, Sweden)6	21
Full-fat (Italy)	24
Full-fat cow's milk, fresh (Dairy Farmers, Sydney, NSW, Australia)	31±2
Full-fat (Canada)	34±6
Full-fat (USA)	40
<i>mean of five studies</i>	27±4
Fermented cow's milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden)6	11
Fermented cow's milk (filmjök, 3% fat) (Skånemejerier, Malmö, Sweden)6	11
<i>mean of two foods</i>	11
Milk, full-fat, plus bran	
Full-fat + 20g wheat bran (Italy)	25
Full-fat + 20g wheat bran (Italy)	28
<i>mean of two studies</i>	27±2
Milk, skim (Canada)	32±5
Milk, condensed, sweetened (Nestlé, Sydney, NSW, Australia)	61±6
Milk, low-fat, chocolate, with aspartame, Lite White™ (Dairy Farmers, Australia)	24±6
Milk, low-fat, chocolate, with sugar, Lite White™ (Dairy Farmers, Australia)	34±4
Mousse, reduced-fat, prepared from commercial mousse mix with water	
Butterscotch, 1.9% fat (Nestlé, Australia)	36±4
Chocolate, 2% fat (Nestlé, Australia)	31±4
Hazelnut, 2.4% fat (Nestlé, Australia)	36±4
Mango, 1.8% fat (Nestlé, Australia)	33±5
Mixed berry, 2.2% fat (Nestlé, Australia)	36±5
Strawberry, 2.3% fat (Nestlé, Australia)	32±3
<i>mean of six foods</i>	34±1
Pudding	
instant, chocolate, made from powder and whole milk (White Wings, Sydney, NSW, Australia)	47±4
instant, vanilla, made from powder and whole milk (White Wings, Australia)	40±4
<i>mean of two foods</i>	44±4
Yoghurt	
Yoghurt, type NS8 (Canada)	36±4
Low-fat yoghurt	
Low-fat, fruit, aspartame, Ski™ (Dairy Farmers, Australia)	14±4
Low-fat, fruit, sugar, Ski™ (Dairy Farmers, Australia)	33±7
Low-fat (0.9%), fruit, wild strawberry (Ski d'Lite™, Dairy Farmers, Australia)	31±14
Non-fat yoghurt, sweetened with acesulfame K and Splenda	
Diet Vaalia™, exotic fruits (Pauls Ltd., Australia)6	23±2
Diet Vaalia™, mango (Pauls Ltd., Australia)6	23±2
Diet Vaalia™, mixed berry (Pauls Ltd., Australia)6	25±3
Diet Vaalia™, strawberry (Pauls Ltd., Australia)6	23±2
Diet Vaalia™, vanilla (Pauls Ltd, Australia)6	23±2
<i>mean of five foods</i>	24±1
Reduced-fat yoghurt	
Reduced-fat, Vaalia™, apricot & mango (Pauls Ltd., Australia)6	26±4
Reduced-fat, Vaalia™, french vanilla (Pauls Ltd., Australia)6	26±4

Reduced-fat, Extra-Lite™, strawberry (Pauls Ltd., Australia)6	28±4
<i>mean of three foods</i>	27±1
Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit (Pauls Ltd., Australia)6	38±4
Soy-based dairy product alternatives	
Soy milks (containing maltodextrin)	
Soy milk, full-fat (3%), 0 mg calcium, Original (So Natural Foods, Taren Point, NSW, Australia)6	44±5
Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia)6	36±4
Soy milk, reduced-fat (1.5%), 120 mg calcium, Light (So Natural Foods, Australia)6	44±3
Soy milk drinks	
Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia)6	30±3
Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia)6	34±3
<i>mean of two drinks</i>	32±2
Up & Go™, cocoa malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium, Berkeley Vale, NSW, Australia)6	43±5
Up & Go™, original malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium, Australia)	46±5
<i>mean of two drinks</i>	45±2
Xpress™, chocolate (soy bean, cereal and legume extract drink with fructose)6 (So Natural Foods, Australia)	39±2
Soy yoghurt	
Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia)6	50±3
Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA)	115±14
FRUIT AND FRUIT PRODUCTS	
Apples, raw	
Apple, NS8 (Denmark)	28
Apple, Braeburn (New Zealand)6	32±4
Apple, NS8 (Canada)	34
Apple, Golden Delicious (Canada)	39±3
Apple, NS8 (USA)	40
Apple, NS8 (Italy)	44
<i>mean of six studies</i>	38±2
Apple juice	
Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, SA, Australia)	39±5
Apple juice, unsweetened (USA)	40
Apple juice, unsweetened (Allens, Toronto, Canada)	41
<i>mean of three studies</i>	40±1
Apple, dried (Australia)	29±5
Apricots	
Apricots, raw, NS8 (Italy)	57
Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	64
Apricots, dried (Australia)	30±7
Apricots, dried (Wasco foods, Montreal, Canada)	32
<i>mean of two studies</i>	31±1
Apricot fruit bar, pureed dried apricot filling in wholemeal pastry (Mother Earth, Auckland, New Zealand)	50±8
Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, SA, Australia)	55±7
Apricot Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3
Banana, raw	
Banana (Canada)	46
Banana (Italy)	58
Banana (Canada)	58

Banana (Canada)	62±9
Banana (South Africa)	70±5
Banana, ripe (all yellow) (USA)	51
Banana, under-ripe (Denmark)	30
Banana, slightly under-ripe (yellow with green sections) (USA)	42
Banana, over-ripe (yellow flecked with brown) (USA)	48
Banana, over-ripe (Denmark)	52
<i>mean of 10 studies</i>	52±4
Banana, processed fruit fingers, Heinz Kidz™ (H J Heinz, Malvern, Vic, Australia)	61±11
Breadfruit (<i>Artocarpus altilis</i>), raw (Australia)6	68
Cherries, raw, NS8 (Canada)	22
Chico (<i>Zapota zapotilla coville</i>), raw (Philippines)6	40
Cranberry juice	
Cranberry juice cocktail (Ocean Spray, Melbourne, Vic, Australia)	52±3
Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)	68±3
Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4
Custard apple, raw, flesh only (Australia)	54±2
Dates, dried (Australia)	103±21
Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, NSW, Australia)	61±6
Fruit Cocktail, canned (Delmonte Canadian Cannery Ltd., Hamilton, Canada)	55
Grapefruit, raw (Canada)	25
Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48
Grapes, raw	
Grapes, NS8(Canada)	43
Grapes, NS8 (Italy)	49
<i>mean of two studies</i>	46±3
Grapes, black, Waltham Cross (Australia)	59
Kiwi fruit, raw	
Kiwi fruit, Hayward (New Zealand)6	47±4
Kiwi fruit (Australia)6	58±7
<i>mean of two studies</i>	53±6
Lychee, canned in syrup and drained, Narcissus brand (China)	79±8
Mango, raw	
Mango (<i>Mangifera indica</i>) (Philippines)6	41
Mango (<i>Mangifera indica</i>) (Australia)6	51±3
Mango, ripe (<i>Mangifera indica</i>) (India)11	60±16
<i>mean of three studies</i>	51±5
Mango, low-fat frozen fruit dessert, Frutia™ (Weis Frozen Foods, Toowong, Qld, Australia)	42±3
Marmalade, orange (Australia)	48±9
Oranges, raw	
Oranges, NS8 (Denmark)	31
Oranges, NS8 (South Africa)	33±6
Oranges, NS8 (Canada)	40±3
Oranges, NS8 (Italy)	48
Oranges (Sunkist, Van Nuys, CA, USA)	48
Oranges NS8 (Canada)	51
<i>mean of six studies</i>	42±3

Orange juice

Orange Juice (Canada)

46±6

Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd., Australia)

53±6

Orange juice, reconstituted from frozen concentrate (USA)

57±6

mean of three studies

52±3

Paw paw/papaya, raw

Paw paw (Carica papaya) (Australia)6

56±6

Paw paw (papaya), ripe (India)11

60±16

Papaya (Carica papaya) (Philippines)6

60

mean of three studies

59±1

Peaches

Peach, raw (Canada)

28

Peach, raw (Italy)

56

mean of two studies

42±14

Peach, canned in natural juice (Goulburn Valley, Ardmona Foods, Mooroopna, Vic, Australia)	30±4
Peach, canned in natural juice (SPC Ltd., Shepparton, Vic, Australia)	45±6
<i>mean of two studies</i>	38±8
Peach, canned in heavy syrup (Letona Foods, Hawthorn East, Vic, Australia)	58±11
Peach, canned in light syrup (Delmonte, Canadian Cannery Ltd.)	52
Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	62±9
Pears	
Pear, raw, NS8 (Canada)	33
Pear, Winter Nellis, raw (New Zealand)6	34±4
Pear, Bartlett, raw (Canada)	41
Pear, raw, NS8 (Italy)	42
<i>mean of four studies</i>	38±2
Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	25±6
Pear halves, canned in natural juice (SPC Ltd., Australia)	43±15
Pear, canned in pear juice, Bartlett (Delmonte, Canadian Cannery Ltd.)	44
Pineapple	
Pineapple, raw (Australia)6	66±7
Pineapple (Ananas comosus), raw (Philippines)6	51
<i>mean of two studies</i>	59±8
Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46
Plums	
Plum, raw, NS8 (Canada)	24
Plum, raw, NS8 (Italy)	53
<i>mean of two studies</i>	39±15
Prunes, pitted (Sunsweet Growers Inc., Yuba City, CA, USA)	29±4
Raisins (Canada)	64±11
Rockmelon/Cantaloupe, raw (Australia)6	65±9
Strawberries, fresh, raw (Sydney, NSW, Australia)6	40±7
Strawberry jam	51±10
Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12
Sultanas	56±11
Tomato juice, no added sugar (Berri Ltd., Berri, SA, Australia)6	38±4
Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	41±3
Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Sydney, NSW, Australia)	59±8
Watermelon, raw (Australia)6	72±13
Wild Berry Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	35±4
INFANT FORMULA AND WEANING FOODS	
Formula	
Infasoy™, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia)6	55±6
Karicare™ gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand)6	35±5
Nan-1™ infant formula with iron (Nestlé, Sydney, NSW, Australia)6	30±6
S-26™ infant formula (Wyeth Nutritionals, Australia)6	36±6
Weaning Foods	
Farex™ baby rice (Heinz Wattie's Ltd., Malvern, Vic, Australia)6	95±13
Robinsons First Tastes from 4 months (Nutricia, Wells, UK)	
Apple, apricot and banana cereal6	56±8
Creamed porridge6	59±8

Rice pudding ⁶	59±6
Heinz for Baby from 4 months (Heinz Wattie's Ltd., Australia)	
Chicken and noodles with vegetables, strained ⁶	67±11
Sweetcorn and rice ⁶	65±13
LEGUMES AND NUTS	
Baked Beans	
Baked Beans, canned (Canada)	40±3
Baked Beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada)	56
<i>mean of two studies</i>	48±8
Beans, dried, boiled	
Beans, dried, type NS8 (Italy)	36
Beans, dried, type NS8 (Italy)	20
<i>mean of two studies</i>	29±9
Blackeyed beans/peas (Cowpeas), boiled	
Blackeyed beans (Canada)	50
Blackeyed beans (Canada)	33±4
<i>mean of two studies</i>	42±9
Butter Beans	
Butter beans (South Africa)	28±7
Butter beans, dried, cooked 1.25 h (South Africa)	29±8
Butter beans (Canada)	36±4
<i>mean of three studies</i>	31±3
Butter beans, dried, boiled + 5g sucrose (South Africa)	30±2
Butter beans, dried, boiled + 10g sucrose (South Africa)	31±2
Butter beans, dried, boiled + 15g sucrose (South Africa)	54±4
Chickpeas (Garbanzo beans, Bengal gram), boiled	
Chickpeas (Cicer arietinum Linn), dried, soaked, boiled 35 min (Philippines)	10
Chickpeas, dried, boiled (Canada)	31
Chickpeas (Canada)	33
Chickpeas (Canada)	36±5
<i>mean of four studies</i>	28±6
Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	42
Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	41
Haricot/Navy beans	
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	29
Haricot/Navy beans, dried, boiled (Canada)	30
Haricot/Navy beans, boiled (Canada)	31±6
Haricot/Navy beans (King Grains, Canada)	39
Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Canada)	59
<i>mean of five studies</i>	38±6
Kidney Beans	
Kidney/white bean (Phaseolus vulgaris Linn), soaked, boiled 17 min (Philippines)	13
Kidney beans (Phaseolus vulgaris) (India)	19
Kidney beans (USA) ⁵	23
Kidney beans, dried, boiled (France)	23±1
Kidney beans (Phaseolus vulgaris L.), red, soaked 20 min, boiled 70 min (Sweden)	25
Kidney beans (Canada)	29±8

Kidney beans, dried, boiled (Canada)	42
Kidney beans (Canada)	46
<i>mean of eight studies</i>	28±4
Kidney beans (Phaseolus vulgaris L.) - autoclaved	34
Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	52
Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India)11	70±11
Black bean (Phaseolus vulgaris Linn), soaked overnight, cooked 45 min (Philippines)	20
Lentils, type NS8	
Lentils, type NS (USA)	28
Lentils, type NS (Canada)	29±3
<i>mean of two studies</i>	29±1
Lentils, green	
Lentils, green, dried, boiled (Canada)	22
Lentils, green, dried, boiled (France)	30±15
Lentils, green, dried, boiled (Australia)	37±3
<i>mean of three studies</i>	30±4
Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	52
Lentils, red	
Lentils, red, dried, boiled (Canada)	18
Lentils, red, dried, boiled (Canada)	21
Lentils, red, dried, boiled (Canada)	31
Lentils, red, dried, boiled (Canada)	32
<i>mean of four studies</i>	26±4
Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	32
Marrowfat peas	
Marrowfat peas, dried, boiled (USA)	31
Marrowfat peas, dried, boiled (Canada)	47±3
<i>mean of two studies</i>	39±8
Mung beans	
Mung bean (Phaseolus aureus Roxb), soaked, boiled 20 min (Philippines)	31
Mung bean, fried (Australia)	53±8
Mung bean, germinated (Australia)	25±4
Mung bean, pressure cooked (Australia)	42±5
Peas, dried, boiled (Australia)	22
Pigeon Pea (Cajanus cajan Linn. Huth.), soaked, boiled 45 min (Philippines)	22
Pinto beans	
Pinto beans, dried, boiled (Canada)	39
Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	45
Romano beans (Canada)	46
Soya beans	
Soya beans, dried, boiled (Canada)	15±5
Soya beans, dried, boiled (Australia)	20±3
<i>mean of two studies</i>	18±3
Soya beans, canned (Canada)	14±2
Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada)	32
MEAL REPLACEMENT PRODUCTS	
Hazelnut & Apricot bar (Dietworks, South Yarra, Vic, Australia)	42±7

L.E.A.N™ products (Usana Inc., Salt Lake City, UT, US)

L.E.A.N Fibergy™ bar, Harvest Oat	45±4
Nutrimeal™, drink powder, Dutch Chocolate	26±3
L.E.A.N (Life long) NutriBar™, Peanut Crunch	30±4
L.E.A.N (Life long) NutriBar™, Chocolate Crunch	32±4
<i>mean of two Nutri bars</i>	31±1

Worldwide Sport Nutrition reduced-carbohydrate products (2000 formulations)**(Worldwide Sport Nutritional Supplements Inc., Largo, FL, US)**

Designer chocolate, sugar-free ⁶	14±3
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Burn-it™ bars

Chocolate deluxe ⁶	29±3
Peanut butter ⁶	23±3

Pure-protein™ bars

Chewy choc-chip ⁶	30±4
Chocolate deluxe ⁶	38±4
Peanut butter ⁶	22±4
Strawberry shortcake ⁶	43±4
White chocolate mousse ⁶	40±4

Pure-protein™ cookies

Choc-chip cookie dough ⁶	25±3
Coconut ⁶	42±5
Peanut butter ⁶	37±7

Ultra pure-protein™ shakes

Cappuccino	47±6
Frosty chocolate	37±6
Strawberry shortcake	42±4
Vanilla ice cream	32±5

MIXED MEALS AND CONVENIENCE FOODS

Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Toorong, Vic, Aust)	46±4
Fish Fingers (Canada)	38±6
Greek lentil stew with a bread roll, home made (Australia)	40±5
Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) (Israel)	65±6
Lean Cuisine™, French style chicken with rice, reheated (Nestlé, Sydney, NSW, Australia) ⁶	36±6
Pies, beef, party size (Farmland, Grocery Holdings, Australia)	45±6

Pizza

Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada)	60
Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy)	80
Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6
Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4
Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia) ⁶	49±6
Sausages, NS8 (Canada)	28±6
Sirloin chop with mixed vegetables and mashed potato, home made (Australia)	66±12
Spaghetti bolognese, home made (Australia)	52±9
Stirfried vegetables with chicken and boiled white rice, home made (Australia)	73±17

Sushi

Sushi, salmon (from 'I Love Sushi' chain store, Sydney, NSW, Australia) ⁶	48±8
Sushi, roasted sea algae, vinegar and rice (Japan)	55

<i>Mean of two studies</i>	52±4
White boiled rice, grilled beefburger, cheese, and butter (France)	27
White boiled rice, grilled beefburger, cheese and butter (France)	22
<i>Mean in two groups of subjects</i>	25±2
White bread with toppings	
White wheat flour bread, butter, cheese, regular cow's milk and fresh cucumber (Sweden)6	55
White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden)6	39
White bread with butter (Canada)	59
White bread with skim milk cheese (Canada)	55
White bread with butter and skim milk cheese (Canada)	62
White/wholemeal wheat bread with peanut butter (Canada)	51
White/wholemeal wheat bread with peanut butter (Canada)	67
<i>mean of two studies</i>	59±8
NUTRITIONAL SUPPORT PRODUCTS	
Choicedm™, vanilla (Mead Johnson Nutritionals, Evansville, IN, US)	23±4
Enercal Plus™, made from powder (Wyeth-Ayerst International Inc., Madison, NJ, US)	61±13
Ensure™ (Abbott Australasia, Kurnell, NSW, Australia)	50±8
Ensure™, vanilla (Abbott Australasia)	48±3
Ensure™ bar, chocolate fudge brownie (Abbott Australasia)	43±3
Ensure Plus™, vanilla (Abbott Australasia)	40±4
Ensure Pudding™, old fashioned vanilla (Abbott Laboratories Inc., Ashland, OH, USA)	36±4
Glucerna™, vanilla (Abbott Laboratories Inc., USA)6	31±2
Jevity™ (Abbott Australasia)	48±3
Resource Diabetic™, French vanilla (Novartis Nutrition Corp., Young America, MN, USA)6	34±3
Resource Diabetic™, Swiss chocolate (Novartis, Auckland, New Zealand)	16±4
Resource™ thickened orange juice, honey consistency (Novartis, New Zealand)	47±9
Resource™ thickened orange juice, nectar consistency (Novartis, New Zealand)	54±7
Resource™ fruit beverage, peach flavour (Novartis, New Zealand)	40±8
Sustagen™, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, NSW, Australia)	31±4
Sustagen™ Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia)	33±4
Sustagen™ Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia)	27±3
Ultracal™ with fiber (Mead Johnson, Evansville, IN, USA)	40
PASTA and NOODLES	
Capellini (Primo Foods Ltd., Toronto, Canada)	45
Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Vic, Australia)	78±10
Fettucine, egg	
Fettucine, egg	32±4
Fettucine, egg (Mother Earth Fine Foods, Rowville, Vic, Australia)	47±6
<i>mean of two studies</i>	40±8
Gluten-free pasta, maize starch, boiled 8 min (UK)	54
Gnocchi, NS8 (Latina, Pillsbury Australia Ltd., Mt. Waverley, Vic, Australia)	68±9
Instant noodles	
Instant 'two-minute' noodles, Maggi® (Nestlé, Sydney, NSW, Australia)	46±5
Instant 'two-minute' noodles, Maggi® (Nestlé, Auckland, New Zealand)	48±8
Instant noodles (Mr Noodle, Vancouver, Canada)	47
<i>mean of three studies</i>	47±1

Linguine

Thick, durum wheat, white, fresh (Sweden)	43
Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48
<i>mean of two studies</i>	46±3
Thin, durum wheat (Sweden)	49
Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61
Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45
Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden)	53
<i>mean of four studies</i>	52±3
Mung bean noodles	
Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26
Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)	39±9
<i>mean of two studies</i>	33±7
Macaroni	
Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45
Macaroni, plain, boiled (Turkey)	48
<i>mean of two studies</i>	47±2
Macaroni and Cheese, boxed (Kraft General Foods Canada Inc., Don Mills, Ontario)	64
Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1
Rice noodles/pasta	
Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6
Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4
Rice pasta, brown, boiled 16 min (Rice Grower's Co-op., Leeton, NSW, Australia)	92±8
Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Carrum Downs, Vic, Australia)	76±6
Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58
Spaghetti	
Spaghetti, gluten-free, rice and split pea, canned in tomato sauce (Orgran Foods, Australia)	68±9
Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27
Spaghetti, white, boiled 5 min	
Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32
Boiled 5 min (Canada)	34
Boiled 5 min (Canada)	40
Boiled 5 min (Middle East)	44
<i>mean of four studies</i>	38±3
Spaghetti, white or type NS, boiled 10-15 min	
White, durum wheat, boiled 10 min in salty water (Barilla, Parma, Italy)12	58
White, durum wheat flour, boiled 12 min (Starhushålls, Kungsörnen AB, Järna, Sweden)	47
White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53
Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32
Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36
Boiled 15 min (Canada)	41
White, boiled 15 min in salted water (Unico, Concord, Canada)	44±3
<i>mean of seven studies</i>	44±3
Spaghetti, white or type NS8, boiled 20 min	
White, durum wheat, boiled 20 min (Australia)	58±7
Durum wheat, boiled 20 min (USA)	64±15
<i>mean of two studies</i>	61±3
Spaghetti, white, boiled	

White (Denmark)	33
White, durum wheat (Catelli Ltd, Montreal, Canada)	34
White (Australia)	38
White (Canada)	42
White (Canada)	48
White (Vetta, Greens Foods, Glendenning, NSW, Australia)	49±7
White (Canada)	50±8
<i>mean of seven studies</i>	42±3
Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)	
Boiled in 0.7% salted water for 11 min	59±15
Boiled in 0.7% salted water for 16.5 min	65±15
Boiled in 0.7% salted water for 22 min	46±10
<i>mean of three cooking times</i>	57±6
Spaghetti, wholemeal, boiled	
Wholemeal (USA)	32
Wholemeal (Canada)	42±4
<i>mean of two studies</i>	37±5
Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia)	43±10
Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6
Star Pastina, white, boiled 5 minutes (Lancia-Bravo Foods Ltd., Canada)	38
Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50
Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia)6	62±8
Vermicelli, white, boiled (Australia)	35±7
SNACK FOODS AND CONFECTIONERY	
Burger Rings™, barbeque-flavored (Smith's Snack Food Co., Chatswood, NSW, Australia)	90±16
Chocolate, milk, plain	
Chocolate, milk, plain with sucrose (Belgium)6	34±5
Chocolate, milk (Cadbury's Confectionery, Ringwood, Vic, Australia)	49±6
Chocolate, milk, Dove® (Mars Confectionery, Ballarat, Vic, Australia)	45±8
Chocolate, milk (Nestlé, Sydney, NSW, Australia)	42±8
<i>mean of four studies</i>	43±3
Chocolate, milk, plain, low-sugar with maltitol (Belgium)6	35±16
Chocolate, white, Milky Bar® (Nestlé, Australia)	44±6
Corn chips	
Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia, 1998)	42±4
Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia, 1985)	72
Nachips™ (Old El Paso Foods Co., Canada)	74
<i>mean of three studies</i>	63±10
Fruit Bars	
Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry) (Mother Earth, Auckland, New Zealand)	50±8
Heinz Kidz™ Fruit Fingers, banana (HJ Heinz, Malvern, Vic, Australia)	61±11
Real Fruit Bars, strawberry (Uncle Toby's, Wahgunyah, Vic, Australia)	90±12
Roll-Ups®, processed fruit snack (Uncle Toby's, Australia)	99±12
Fruity Bitz™, vitamin and mineral enriched dried fruit snacks	
Fruity Bitz™, apricot (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3
Fruity Bitz™, berry (Blackmores Ltd., Australia)	35±4
Fruity Bitz™, tropical (Blackmores Ltd., Australia)	41±3

mean of three flavours

39±2

Jelly beans

Jelly beans, assorted colors (Allen's, Nestle, Sydney, NSW, Australia)

80±8

Jelly beans, assorted colors (Savings, Grocery Holdings, Tooronga, Vic, Australia)

76±6

mean of two studies

78±2

Kudos Whole Grain Bars, chocolate chip (M & M/Mars, Hackettstown, NJ, USA)

62±8

Life Savers®, peppermint candy (Nestlé, Australia)

70±6

M & M's®, peanut (Mars Confectionery, Australia)

33±3

Mars Bar®

Mars Bar® (Mars Confectionery, Australia)

62±8

Mars Bar® (M&M/Mars, USA)

68±12

mean of two studies

65±3

Muesli bar containing dried fruit (Uncle Toby's, Australia)

61±7

Nougat, Jijona (La Fama, Spain)

32

Nutella®, chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia)

33±4

Nuts

Cashew nuts, salted (Coles Supermarkets, Australia)6

22±5

Peanuts

Peanuts, crushed (South Africa)6

7±4

Peanuts (Canada)6

13±6

Peanuts (Mexico)6

23

mean of three studies

14±8

Popcorn

Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)

55±7

Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)

89

mean of two studies

72±17

Pop Tarts™, double choc (Kellogg's, Pagewood, NSW, Australia)

70±2

Potato crisps

Potato crisps, plain, salted (Arnott's, Homebush, NSW, Australia)

57

Potato crisps, plain, salted (Canada)

51±7

mean of two studies

54±3

Pretzels, oven-baked, traditional wheat flavour (Parker's, Smith's Snack Food Co., Australia)

83±9

Skittles® (Mars Confectionery, Australia)

70±5

Snack bars

Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)

40±8

Snack bar, Peanut Butter & Choc-Chip (Con Agra Inc., USA)

37±6

Snickers Bar®

Snickers Bar® (Mars Confectionery, Australia)

41±5

Snickers Bar® (M&M/Mars, USA)

68

mean of two studies

55±14

Twisties™, cheese-flavoured, extruded snack, rice and corn (Smith's Snackfood Co., Australia)

74±5

Twix® Cookie Bar, caramel (M&M/Mars, USA)

44±6

SPORTS BARS

Power Bar®

Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA)

58±5

Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA)

53

mean of two studies

56±3

Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA)	39
SOUPS	
Black Bean (Wil-Pack Foods, San Pedro, CA, USA)	64
Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	66
Lentil, canned (Unico, Concord, Canada)	44
Minestrone, Traditional, Country Ladle™ (Campbell's Soups, Homebush, NSW, Australia)6	39±3
Noodle soup (traditional Turkish soup with stock and noodles)	1
Split Pea (Wil-Pak Foods, USA)	60
Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers)	20
Tomato soup (Canada)	38±9
SUGARS AND SUGAR ALCOHOLS	
Blue Agave cactus nectar, high-fructose	
Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA)6	11±1
Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA)6	10±1
Fructose	
25g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)6	11
50g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)	12
50g portion	20±5
50g portion	21
50g portion (Sigma Chemical Company, St. Louis, MO, USA)	24
25g portion, fed with oats28	25
<i>mean of six studies</i>	19±2
Glucose	
50 g portion (dextrose)	85
25g portion, fed with oats28	92
50 g portion	93
50 g portion (dextrose)	96
50 g portion	96
50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	96
50 g portion	100
50 g portion (Glucodin™ glucose tablets, Boots, North Ryde, NSW, Australia)	102±9
25 g portion (Bio-Health, Canada)6	103
50 g portion (dextrose)	111
100 g portion (Bio-Health, Canada)12	114
<i>mean of 11 studies</i>	99±3
Glucose consumed with American ginseng (Panax quinquefolius L.)	
25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng5	78
25 g glucose (Glucodex) 40 min after 3 g dried ginseng5	80
25 g glucose (Glucodex) 40 min before 3 g dried ginseng5	76
<i>mean in two groups of subjects</i>	78±2
Glucose consumed with gum/fiber	
46 g Glucose + 15 g apple and orange fiber extract (FITA, Chatswood, NSW, Australia) (total carbohydrate co	79±3
50 g Glucose + 14.5 g guar gum	62
50 g Glucose + 14.5 g oat gum (78% oat β-glucan)	57
100 g Glucose + 20 g acacia gum7	85
Glucose consumed with a mixed meal	
30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate)	55

30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate)	57
<i>mean in two groups of subjects</i>	56±1
Honey	
Locust honey (Romania)6	32
Yellow box (46% fructose) (Australia)6	35±4
Stringy Bark (52% fructose) (Australia)6	44±4
Red Gum (35% fructose) (Australia)6	46±3
Iron Bark (34% fructose) (Australia)6	48±3
Yapunya (42 % fructose) (Australia)6	52±5
Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6
Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia)6	62±3
Salvation Jane (32% fructose) (Australia)6	64±5
Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia)6	72±6
Honey, NS8 (Canada)6	87±8
<i>mean of 11 types of honey</i>	55±5
Lactose	
50 g lactose (Sigma Chemical Company, USA)	43
25 g lactose (BDH, Poole, UK)6	48
25 g lactose28	48
<i>mean of three studies</i>	46±2
50 g maltose	105±12
Sucrose	
50 g sucrose (Sigma Chemical Company, USA)	58
50 g sucrose (Redpath Sugars, Toronto, Canada)	58
50 g sucrose	59±10
50 g sucrose	60
25 g sucrose (Redpath Sugars, Canada)6	60
25 g sucrose28	64
50 g sucrose	65±9
100 g sucrose (Redpath Sugars, Canada)12	65
30 g sucrose29	82
25 g sucrose6	110±21
<i>mean of 10 studies</i>	68±5
Sugar alcohols and sugar-replacement compounds	
Lactitol	
25 g lactitol30	-1±7
25 g lactitol MC (Danisco sweeteners, Redhill, Surrey, UK)30	3±1
<i>mean of two studies</i>	2±3
Litesse	
25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK)30	7±2
25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK)30	4±2
Maltitol-based sweeteners or bulking agents	
25 g Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium)30	30±12
25 g Maltidex 100 (> 72% maltitol) (Cerestar, Vilvoorde, Belgium)30	44±11
25 g Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium)30	73±29
25 g Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium)30	89±28
Xylitol	

25 g xylitol ³⁰	7±7
25 g Xylitol C (Danisco Sweeteners, UK) ³⁰	8±2
<i>mean of two studies</i>	8±1

VEGETABLES

Green peas

Pea, frozen, boiled (Canada) ⁶	39
Pea, frozen, boiled (Canada) ⁶	51±6
Pea, green (Pisum Sativum) (India) ¹¹	54±14
<i>mean of three studies</i>	48±5
Pumpkin (South Africa)	75±9

Sweet corn

Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12
Sweet corn on the cob, boiled 20 min (Sydney, Australia)	48
Sweet corn (Canada)	59±11
Sweet corn, boiled (USA)	60
Sweet corn, boiled (USA)	60
Sweet corn (South Africa)	62±5
<i>mean of six studies</i>	54±4
Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA)	46
Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto, Canada)	47

VEGETABLES, ROOT

Beetroot (Canada) ⁶	64±16
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Carrots

Carrots, raw (Romania) ^{5,6}	16
Carrots, peeled, boiled (Sydney, NSW, Australia) ⁶	32±5
Carrots, peeled, boiled (Sydney, NSW, Australia) ⁶	49±2
Carrots, NS8 (Canada) ⁶	92±20
<i>mean of four studies</i>	47±16
Cassava, boiled, with salt (Kenya, Africa)	46
Parsnips (Canada) ⁶	97±19

Potato

Baked potato

Ontario, white, baked in skin (Canada)	60
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Baked Potato, Russet Burbank potatoes

Russet, baked without fat (Canada)	56
Russet, baked without fat, 45-60 min (USA)	78
Russet, baked without fat (USA)	94
Russet, baked without fat (USA)	111
<i>mean of four studies</i>	85±12

Boiled potato

Desiree, peeled, boiled 35 min (Australia)	101±15
Nardine (New Zealand)	70±17
Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada)	58
Pontiac, peeled, boiled whole for 30 min (Australia)	56
Pontiac, peeled, boiled 35 min (Australia)	88±9
Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada)	63
Sebago, peeled, boiled 35 min (Australia)	87±7

Boiled/cooked potato, white/Type NS8

Type NS (Kenya, Africa)	24
White, cooked (Romania)5	41
White, boiled (Canada)	54
Type NS, boiled (Australia)	56
Type NS, boiled in salted water (India)	76
<i>mean of five studies</i>	50±9
Type NS, boiled in salted water, refrigerated, reheated (India)	23

Canned potatoes

Prince Edward Island, canned, heated in microwave (Avon, Cobi Foods Inc., Port Williams, Canada)	61
New, canned, heated in microwave 3 min (Mint Tiny Taters™, Edgell's, Cheltenham, Vic, Australia)	65±9
<i>mean of two studies</i>	63±2

French Fries

French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	75
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Instant Mashed potato

Instant (France)	74±12
Instant (Canada)	80±13
Instant (Edgell's Potato Whip, Edgell's, Australia)	86
Instant (Carnation Foods Co. Ltd., Manitoba, Canada)	86
Instant (Canada)	88
Instant mashed potato (Idahoan Foods, Lewisville, ID, USA)	97±6
<i>mean of six studies</i>	85±3

Mashed potato

Type NS8 (Canada)	67
Type NS8 (South Africa)	71±10
Type NS8 (France)	83
<i>mean of three studies</i>	74±5
Prince Edward Island, peeled, cubed, boiled 15 min, mashed (Canada)	73
Pontiac, peeled, cubed, boiled 15 min, mashed (Australia)	91±9

Microwaved potato

Pontiac, peeled and microwave on high for 6-7.5 min (Australia)	79±9
Type NS8, microwaved (USA)	82

New Potato

New (Canada)	47
New (Canada)	54
New (Canada)	70±8
<i>mean of three studies</i>	57±7
New, unpeeled and boiled 20 min (Australia)	78±12

Steamed potato

Potato, peeled, steamed 1 h (Solanum Tuberosum) (India)11	65±11
Potato dumplings (white wheat flour, white potatoes, boiled in salted water (Italy))	52

Sweet potato

Sweet potato, Ipomoea batatas (Australia)	44
Sweet potato, NS8 (Canada)	48±6
Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada)	59
Sweet potato, kumara (New Zealand)	77±12
Sweet potato, kumara (New Zealand)	78±6

<i>mean of five studies</i>	61±7
Swede	
Swede (rutabaga) (Canada)6	72±8
Tapioca	
Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	81
Tapioca (Manihot Utilissima), steamed 1 h (India)11	70±10
Taro	
Taro (Colocasia esculenta) peeled, boiled (Australia)	54
Taro, peeled, boiled (New Zealand)	56±12
<i>mean of two studies</i>	55±1
Yam	
Yam, peeled, boiled (New Zealand)	25±4
Yam, peeled, boiled (New Zealand)	35±5
Yam (Canada)	51±12
<i>mean of three studies</i>	37±8
INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS	
AFRICAN	
Brown beans (South Africa)	24±8
Cassava, boiled, with salt (Kenya)	46
Ga kenkey, prepared from fermented cornmeal (Zea mays) (Ghana)31	12±1
Gari, roasted cassava dough (Manihot utilisima) (Ghana)31	56±3
Gram dhal (South Africa)	5±3
Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa)	71±6
Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa)	74±7
Maize meal porridge/gruel (Kenya)	109
M'fino/Morogo, wild greens (South Africa)	68±8
Millet flour porridge/gruel (Kenya)	107
Unripe plantain (Musa paradisiaca) (Ghana)31	40±4
Yam (Dioscorea species) (Ghana)31	66
ARABIC AND TURKISH	
Hoummous (chickpea salad dip)	6±4
Kibbeh saynieh (made with lamb and burghul)	61±16
Lebanese bread (white, unleaved), hoummous, falafel and tabbouleh	86±12
Majadra (Syrian, lentils and rice)	24±5
Moroccan Couscous (stew of semolina, chickpeas, vegetables)	58±9
Stuffed Grapevine Leaves (rice and lamb stuffing with tomato sauce)	30±11
Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	20
Turkish bread, white wheat flour	87
Turkish bread, whole wheat	49
Turkish noodle soup	1
ASIAN	
Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)	86±10
Butter rice, warm white rice and butter (Japan)	79
Curry rice (Japan)	67
Curry rice with cheese (Japan)	55
Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)	98±7
Glutinous rice NS8 (Esubi Shokuhin, Japan)	86

<i>Mean of two studies</i>	92±6
Glutinous rice ball with cut glutinous cake (mochi) (Japan)	48
Glutinous rice cake with dried sea algae (Japan)	83
Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan)	65
Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10
Low-protein white rice with dried sea algae (Japan)	70
Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26
Lychee, canned in syrup, drained (Narcissus brand, China)	79±8
Mung bean noodles, dried, boiled (China)	39±9
Non-glutaminous rice flour, served warm with drink (Yamato Nousan, Japan)	68
Rice cracker, plain (Sakada, Japan)	91
Rice gruel with dried algae (Satou Co Ltd., Japan)	81
Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6
Rice noodles, fresh, boiled (Sydney, NSW, Australia)	40±4
Rice vermicelli, Kongmoon (National Cereals, China)	58
Roasted rice ball (Satou Co Ltd., Japan)	77
Salted rice ball (Satou Co Ltd., Japan)	80
Soba noodles, instant, reheated in hot water, served with soup (Japan)	46
Stirfried vegetables, chicken and rice, home made (Australia)	73±17
Sushi, salmon ('I Love Sushi' chain store, Sydney, NSW, Australia)6	48±8
Sushi, roasted sea algae, vinegar and rice (Japan)	55
<i>Mean of two studies</i>	52±4
Udon noodles, fresh, reheated (Fantastic, Windsor Gardens, SA, Australia)6	62±8
Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48
<i>Mean of two studies</i>	55±7
White rice, dried sea algae and milk, eaten together (Japan)	57
White rice, dried sea algae and milk (milk eaten before rice) (Japan)	56
White rice, dried sea algae and milk (milk eaten after rice) (Japan)	55
<i>Mean of three types</i>	56±1
White rice with dried fish strip (okaka) (Japan)	79
White rice with fermented soybean (natto) (Japan)	56
White rice with instant miso soup (soybean paste soup) (Japan)	61
White rice with low-fat milk (Japan)	69
White rice and non-sugar yoghurt (yoghurt eaten before rice) (Japan)	59
White rice and non-sugar yoghurt eaten together (Japan)	58
<i>Mean of two types</i>	59±1
White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan)	63
White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan)	61
<i>Mean of two types</i>	62±1
White rice topped with raw egg and soy sauce (Japan)	72
White rice with roasted ground soybean (Japan)	56
White rice with salted dried plum (umeboshi) (Japan)	80
White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77
ASIAN INDIAN	
Amaranth, Amaranthus esculentum, popped, eaten with milk and non-nutritive sweetener	97±19
Bajra (Pennisetum typhoideum), eaten as roasted bread made from bajra flour	55±13
Bajra (Pennisetum typhoideum)	49
Bajra (Pennisetum typhoideum)	67

<i>Mean of three studies</i>	57±5
Banana, (<i>Musa sapientum</i>), Nendra variety, unripe, steamed 1 h 11	70±11
Barley (<i>Hordeum vulgare</i>)	48
Barley (<i>Hordeum vulgare</i>)	37
<i>Mean in two groups of subjects</i>	43±6
Bengal gram dhal, chickpea	11
Black gram, (<i>Phaseolus mungo</i>), soaked 12 h, stored moist 24 h, steamed 1 h 11	43±10
Chapatti	
Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	66±10
Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd and tomato curry	76±20
Chapatti, baisen	27
Chapatti, bajra	67
Chapatti, bajra	49
<i>Mean in two groups of subjects</i>	58±9
Chapatti, barley	37
Chapatti, barley	48
<i>Mean in two groups of subjects</i>	42±5
Chapatti, maize, (<i>Zea mays</i>)	64
Chapatti, maize, (<i>Zea mays</i>)	59
<i>Mean in two groups of subjects</i>	62±3
Chapatti, wheat, served with bottle gourd and tomato curry	66±9
Chapatti, flour from malted wheat, moth bean (<i>Phaseolus aconitifolius</i>) and bengal gram (<i>Cicer arietinum</i>)	66±9
Chapatti, flour made from popped wheat, moth bean and bengal gram	40±8
Chapatti, flour from roller dried wheat, moth bean and bengal gram	60±9
Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	81±4
Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	44±3
<i>Mean in two groups of subjects</i>	63±19
Cheela (thin savoury pancake made from legume flour batter)	
Cheela, bengal gram (<i>Cicer arietinum</i>)	42±1
Cheela, bengal gram (<i>Cicer arietinum</i>), fermented batter	36±1
Cheela, green gram (<i>Phaseolus aureus</i>)	45±1
Cheela, green gram (<i>Phaseolus aureus</i>), fermented batter	38±1
Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35±4
Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31±6
<i>Mean in two groups of subjects</i>	33±2
Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	77±3
Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	55±2
<i>Mean in two groups of subjects</i>	66±11
Green gram, (<i>Phaseolus aureus</i>), soaked 12 h, stored moist 24 h, steamed 1 h 11	38±14
Green gram, whole with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked	57±6
Green gram dhal with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked	78±12
Horse gram, (<i>Dolichos biflorus</i>) soaked 12 h, stored moist 24 h, steamed 1 h 11	51±11
Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	77±2
Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	60±2
<i>Mean in two groups of subjects</i>	69±9
Jowar, roasted bread made from Jowar flour (<i>Sorghum vulgare</i>)	77±8
Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	24±4
Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	29±4

<i>Mean in two groups of subjects</i>	27±3
Lentil and cauliflower curry with rice (Australia)	60±10
Millet/Ragi, (<i>Eleusine coracana</i>), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h 11	68±10
Millet/Ragi (<i>Eleusine coracana</i>) ¹¹	84
Millet/Ragi (<i>Eleusine coracana</i>) flour eaten as roasted bread	104±13
<i>mean of two studies</i>	94±10
Pongal (rice and roasted green gram dhal, pressure cooked)	90±3
Pongal (rice and roasted green gram dhal, pressure cooked)	45±2
<i>Mean in two groups of subjects</i>	68±23
Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	82±2
Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	57±1
<i>Mean in two groups of subjects</i>	70±13
Rajmah, <i>Phaseolus vulgaris</i>	19
Rice, (<i>Oryza Sativa</i>) boiled served with bottle gourd and tomato curry	69±15
Semolina	
Semolina (<i>Triticum aestivum</i>), steamed	55±9
Semolina (<i>Triticum aestivum</i>), pre-roasted	76±6
Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>)	46±12
Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>)	62±20
Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietum</i>)	54±7
Tapioca (<i>Manihot utilissima</i>), steamed 1h11	70±10
Varagu (<i>Paspalum scorbiculatum</i>), pressure cooked 15lb 12-15 min	68±8
Upittu (roasted semolina and onions, cooked in water)	67±3
Upittu (roasted semolina and onions, cooked in water)	69±4
<i>Mean in two groups of subjects</i>	68±1
Uppuma kedgeree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3
Uppuma kedgeree (millet, legumes, fenugreek seeds; roasted and cooked in water)	19±3
<i>Mean in two groups of subjects</i>	18±1
AUSTRALIAN ABORIGINAL	
<i>Acacia aneura, mulga seed, roasted, wet ground to paste</i> ⁶	8
<i>Acacia coriacea, desert oak, seed bread</i> ⁶	46
<i>Araucaria bidwillii, bunya tree nut, baked 10 min</i> ⁶	47
Bush honey, sugar bag ⁶	43
<i>Castanospermum australe, blackbean seed, sliced, soaked 1 wk, pounded and baked</i> ⁶	8
<i>Dioscorea bulbifera, cheeky yam, peeled, sliced, soaked 2 d, baked 15 min</i> ⁶	34
<i>Macrozamia communis, cycad palm seed, sliced, soaked 1 wk, pounded, baked</i> ⁶	40±2
PACIFIC ISLANDERS	
Breadfruit (<i>Artocarpus altilis</i>) (Australia) ⁶	68
Banana/plantain, green	
Green banana, boiled (New Zealand)	38±10
Sweet Potato	
Sweet potato, <i>Ipomoea batatas</i> (Australia)	44
Sweet potato, kumara (New Zealand)	77±12
Sweet potato, kumara (New Zealand)	78±6
<i>mean of three studies</i>	66±11
Taro	
Taro (<i>Colocasia esculenta</i>) peeled, boiled (Australia)	54

Taro, peeled, boiled (New Zealand)

56±12

mean of two studies

55±1

Yam

Yam, peeled, boiled (New Zealand)

25±4

Yam, peeled, boiled (New Zealand)

35±5

mean of two groups of subjects

30±5

ISRAELI

Melawach (dough made from white wheat flour and butter, fried)

61±10

Melawach

71±7

mean of two studies

66±5

Melawach + 15 g locust bean (*Ceratonia siliqua*) fiber (soluble)

31±6

Melawach + 15 g maize cob fiber (insoluble)

59±10

Melawach + 15 g lupin (*Lupinus albus*) fiber

72±10

PIMA INDIAN

Acorns, stewed with venison (*Quercus emoryi*)⁶

16±1

Cactus jam (*Stenocereus thurberi*)

91

Corn hominy (*Zea mays*)⁶

40±5

Fruit Leather (*Stenocereus thurberi*)

70

Lima beans broth (*Phaseolus lunatus*)⁶

36±3

Mesquite cakes (*Prosopis velutina*)⁶

25±3

Tortilla (*Zea mays* and *Olneya tesota*)

38

White teparies broth (*Phaseolus acutifolius*)⁶

31±3

Yellow teparies broth (*Phaseolus acutifolius*)⁶

29±3

SOUTH AMERICAN

Arepa, corn bread cake, made with corn flour (Mexico)

72

Arepa, made from ordinary dehulled dent corn flour (25% amylose) 9, 34

81

Arepa, made from dehulled high-amylose (70%) corn flour 9, 34

44

Black Beans

30

Brown Beans

38

Corn tortilla (Mexican)

52

Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexican)

39

Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexican)

78

Nopal (prickly pear cactus)

7

Pinto beans, boiled in salted water

14

Wheat tortilla (Mexican)

30

Wheat tortilla, served with refried pinto beans and tomato sauce (Mexican)

28