

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 2. Glycemic index (GI) values and glycemic load (GL) values determined in studies with method deviations from ISO 26642:2010 or values showing wide variability.

Explanatory note: Values included in Supplemental Table 2 were determined using a methodology that varied from the ISO Standard (26642:2010). Method deviations included studies conducted in adults with impaired glucose tolerance (including type-1 diabetes, type-2 diabetes, and gestational diabetes), studies which recruited 9 or fewer subjects, studies using an available carbohydrate portion other than 25 or 50 g, studies where the reference food was not repeated, or studies using blood samples collected at fewer timepoints than specified by ISO Standard (26642:2010). Values showing wide variability (as assessed by SEM>10 for low GI values or SEM>15 for medium or high GI foods) were also included in Supplemental Table 2. 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 2. Glycemic index (GI) values and glycemic load (GL) values determined in studies with method deviations from ISO 26642:2010 or values showing wide variability.

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	Rep ref food	Timepoints (min)	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														
2092	Angel food cake (Loblaw's, Toronto, Canada)	Canada	1984-1992	67±5	20	Type 1 & 2, 9	50	86	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2093	Banana cake, made with sugar	Australia	1994	47±8	14	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2094	Banana cake, made without sugar	Australia	1994	55±10	17	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2095	Carrot cake, prepared with wheat flour and coconut flour	Philippines	2002	39±3	12	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	2
2096	Cake, NS, sugar-to-flour ratio: 2.25 (Bakery School, Herk-de-Stad)	Belgium	2010*	51±12	15	Normal, 10	25	49	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	1
2097	Pound cake (Sara Lee Canada, Bramalea, Canada)	Canada	1984-1992	55±6	17	Type 1 & 2, 10	50	96.2	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2098	Sponge cake, plain	Canada	1981	46±6	14	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
Croissant														
2099	Croissant (Food City, Toronto, Canada)	Canada	1984-1992	68±4	20	Type 1 & 2, 13	50	103.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Muffins														
2100	Apple muffin, made with rolled oats and sugar	Australia	1994	44±6	13	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2101	Apple muffin, made rolled oats and without sugar	Australia	1994	48±10	14	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2102	Blueberry muffin (Culinar Inc., Canada)	Canada	1984-1992	60±6	18	Type 1 & 2, 10	50	97.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2103	Bran muffin (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	Canada	1984-1992	60±6	18	Type 1 & 2, 14	50	117.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2104	Carrot muffin (Culinar Inc., Canada)	Canada	1984-1992	62±9	19	Type 1 & 2, 11	50	88.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2105	Corn muffin, low-amylose (0-7%, Waxy-Amioca)	USA	1987	102	31	Type 2, 9	50	166	Glucose, 5h ⁶	NS	0,30,60,120,180,240,300	Venous, plasma/serum	Enzymatic	133

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2106	Corn muffin, high-amylose (65-75% Amylomaize VII)	USA	1987	49	15	Type 2, 9	50	166	Glucose, 5h ⁶	NS	0,30,60,120,180,240,300	Venous, plasma/serum	Enzymatic	133
2107	Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	Canada	1984-1992	70±11	21	Type 1 & 2, 9	50	72.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2108	Muffin, NS	Spain	2009	63±16	19	Normal, 10	50	110	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, whole blood ⁷	Enzymatic	8
2109	Muffin, plain, made from wheat flour	Spain	2007	46±8	14	Normal, 14	50	106.6	Bread, 2h	NS	0,15,30,45,60,90,120	NS, plasma	Enzymatic	134
2110	Muffin, reduced-fat, low-calorie, made from high-amylose corn starch and maltitol	Spain	2007	37±3	11	Normal, 14	50	101.8	Bread, 2h	NS	0,15,30,45,60,90,120	NS, plasma	Enzymatic	134
Pancakes														
2111	Pancakes, buckwheat, cooked in pan with 5 g oil on high heat for 4 min	South Korea	2018	50±8	15	Normal, 13	50	169.4	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2112	Pancakes, prepared with wheat flour and coconut flour	Philippines	2002	51±4	15	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	2
2113	Pancakes, wheat, cooked in pan with 1 g oil on high heat for 4 min	South Korea	2018	57±10	17	Normal, 14	50	102.8	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2114	Pancakes, homemade	Fiji	2004	66±9	20	Normal, 8	50	151.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	136
2115	Pancakes, nutritional	China	2005	66±2	20	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
Sweet roll														
2116	Sweet roll, made from Bengal gram flour, wheat flour, ghee, and cane sugar	India	2013	38	11	IGT, 10	25	NS	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	137
2117	Sweet roll, made from Bengal gram flour, wheat flour, ghee, and cane sugar	India	2013	65	20	Normal, 10	25	NS	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	137
2118	Sweet roll, made from Bengal gram flour, wheat flour, ghee, and honey	India	2013	38	11	IGT, 10	25	NS	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	137
2119	Sweet roll, made from Bengal gram flour, wheat flour, ghee, and honey	India	2013	45	14	Normal, 10	25	NS	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	137
2120	Sweet roll, made from Bengal gram flour, wheat flour, ghee, and jaggery	India	2013	38	11	IGT, 10	25	NS	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	137
2121	Sweet roll, made from Bengal gram flour, wheat flour, ghee, and jaggery	India	2013	62	19	Normal, 10	25	NS	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	137

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Other bakery products														
2122	Banana bread, made with 100% whole wheat flour	Canada	2009	54±11	16	Normal, 19	50	62.8	Bread, 2.5h	No	0,30,60,120,150	Capillary, whole blood	Glucometer	138
2123	Banana bread, made with 100% whole yellow pea flour (Best Cooking Pulses Inc, MB, Canada)	Canada	2009	36±6	11	Normal, 19	50	67.8	Bread, 2.5h	No	0,30,60,120,150	Capillary, whole blood	Glucometer	138
2124	Cinnamon bread, prepared with wheat flour and coconut flour	Philippines	2002	51±3	15	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	2
2125	Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	Canada	1984-1992	70±3	21	Type 1 & 2, 13	50	130	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2126	Doughnut, wheat dough, deep-fried	China	2005	75±7	23	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
2127	Doughnut, cake type (Loblaws, Canada)	Canada	1984-1992	77±7	23	Type 1 & 2, 10	50	102.4	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2128	Flan cake (Weston's Bakery, Toronto, Canada)	Canada	1984-1992	66±4	20	Type 1 & 2, 10	50	73.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2129	Lamingtons, sponge dipped in chocolate and coconut (Farmland, Grocery Holdings, Australia)	Australia	2000	87±17	26	Normal, 10	50	87.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
2130	Pan de sal (sweet bread roll), containing wheat flour and coconut flour	Philippines	2002	68±4	20	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	2
2131	Pastry	Canada	1981	59±6	18	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2132	Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	Canada	1984-1992	77±4	23	Type 1 & 2, 10	50	134	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
BEVERAGES														
<i>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.</i>														
Beer														
2133	Beer, Toohey's New (Tooheys Pty Limited, Australia)	Australia	2003	66±7	7	Normal, 9	10	322.6	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
Carbonated beverages/soft drinks														
2134	Coca-Cola® (Coca Cola, Atlanta, GA, USA)	USA	2000	63	16	Normal, 10	50	NS	Bread, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	YSI	139
2135	Coca-Cola® (Coca Cola, Atlanta, GA, USA)	USA	2019	77±9	19	Normal, 10	25	NS	Glucose, 2h	No	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	140

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2136 Cola, sucrose-sweetened, Pepsi® (Pepsi; Hartwell Ltd., Finland)	Finland	2012*	90±20	23	Normal, 11	50	NS	Glucose, 2h	NS	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	15
2137 Fanta®, orange soft drink (Coca Cola Amatil, Australia)	Australia	1994	68±6	17	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131
2138 Lucozade®, original (sparkling glucose drink) (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)	UK	1981	95±10	24	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
Fruit drinks													
2139 Fruit punch	USA	2000	67	17	Normal, 10	50	NS	Bread, 2h	NS	0,15,30,45, 60,90,120	Capillary, whole blood	YSI	139
2140 Cordial, orange, reconstituted (Berri Ltd, Berri, Australia)	Australia	1994	66±8	17	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131
Fermented drinks													
2141 Bilberry (<i>Vaccinium myrtillus</i>) drink, ProVita®, fermented with <i>Lactobacillus plantarum</i> 299v, containing 10% bilberry and 5% oatmeal (Skanemejerier, Malmo, Sweden)	Sweden	2010	67±7	17	Normal, 9	30	302	Bread, 2h	NS	0,15,30,45, 70,95,120	Capillary, plasma	Enzymatic	141
2142 Bilberry (<i>Vaccinium myrtillus</i>) drink, ProVita®, fermented with <i>Lactobacillus plantarum</i> 299v, containing 10% bilberry and 5% oatmeal (Skanemejerier, Malmo, Sweden)	Sweden	2010	67±11	17	Normal, 11	30	270.3	Bread, 2h	NS	0,15,30,45, 70,95,120	Capillary, plasma	Enzymatic	141
2143 Bilberry (<i>Vaccinium myrtillus</i>) drink, ProVita®, fermented with <i>Lactobacillus plantarum</i> 299v, containing 10% bilberry and 5% oatmeal, with added frozen, thawed and homogenized bilberries	Sweden	2010	56±12	14	Normal, 11	30	307.7	Bread, 2h	NS	0,15,30,45, 70,95,120	Capillary, plasma	Enzymatic	141
2144 Oatmeal drink, ProVita®, fermented with <i>Lactobacillus plantarum</i> 299v, with added glucose, sucrose and fructose (Skanemejerier, Malmo, Sweden)	Sweden	2010	67±13	17	Normal, 11	30	270.3	Bread, 2h	NS	0,15,30,45, 70,95,120	Capillary, plasma	Enzymatic	141
2145 Rosehip (<i>Rosa canina</i>) drink, ProVita®, fermented with <i>Lactobacillus plantarum</i> 299v, containing 10% rosehip and 5% oatmeal	Sweden	2010	62±6	16	Normal, 9	30	300	Bread, 2h	NS	0,15,30,45, 70,95,120	Capillary, plasma	Enzymatic	141
Soy drinks													
2146 Chocolate Daydream™ shake, sucralose (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) (70 g powder + 500 mL water)	USA	2004	25±4	6	Normal, 10	10	70	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	21
2147 Soy beverage (Grupo Leche Pascual, Aranda de Duero, Spain) ⁸	Spain	2015	17±4	4	Normal, 27	20.5	500	Glucose, 2h	No	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	142

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Sports drinks														
2148	Allsport®, orange (PepsiCo Inc., Somers, NY, USA)	USA	2002	53±4	13	Normal, 5	50	591	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	143
2149	Cytomax®, orange (Cytosport, Concordia, CA, USA)	USA	2002	62±7	16	Normal, 5	50	1183	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	143
2150	Gatorade®, orange flavor, US formula (Gatorade, Chicago, IL, USA)	USA	2002	89±12	22	Normal, 5	50	858	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	143
2151	GatorLode®, orange flavor (Gatorade, Chicago, IL, USA)	USA	2002	100±9	25	Normal, 5	50	243	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	143
2152	Poweraid®, orange (Coca-Cola Company, Atlanta, GA, USA)	USA	2002	65±5	16	Normal, 5	50	633	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	143
2153	XLR8®, orange flavor (Softpac Industries Inc., Plymouth, MN, USA)	USA	2002	68±7	17	Normal, 5	50	955	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	143
BREADS														
<i>Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category.</i>														
Bagel														
2154	Bagel, white	USA	2004	61	9	Normal, 12	50	NS	Glucose, 2h ⁹	No	0,10,20,30,40,50,60,75,90,120	Venous, plasma	Other	144
2155	Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	Canada	1984-1992	73±4	11	Type 1 & 2, 13	50	100.6	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2156	Bagel	South Korea	2018	77±12	12	Normal, 11	50	104.1	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
Baguette														
2157	Baguette, white, plain, industrially produced	France	1987	95±15	14	Type 2, 3	50	98	Glucose, 3h	No	0,30,60,90,120,150,180	Venous, plasma/serum	Enzymatic	145
2158	Classic French baguette (prepared with wheat flour, ascorbic acid, water, salt & 50 g yeast)	France	2005	83±6	12	Type 2, 8	50	83.5	Glucose, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	HemoCue	146
2159	Classic French baguette (prepared with wheat flour, ascorbic acid, water, salt & 50 g yeast)	France	2005	75±4	11	Type 2, 8	50	83.5	Glucose, 3h	No	0,15,30,45,60,90,120,180	Venous, plasma	Enzymatic	146

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2160	Classic French baguette (prepared with wheat flour, ascorbic acid, water, salt & 50 g yeast)	France	2005	78±17	12	Normal, 9	50	83.5	Glucose, 3h	No	0,15,30,45,60,90,120,180	Venous, plasma	Enzymatic	146
2161	French baguette, traditional (prepared with wheat flour, water, salt and 20 g yeast)	France	2005	57±9	9	Normal, 9	50	82.0	Glucose, 3h	No	0,15,30,45,60,90,120,180	Venous, plasma	Enzymatic	146
2162	French baguette, traditional (prepared with wheat flour, water, salt and 20 g yeast)	France	2005	69±5	10	Type 2, 8	50	82.0	Glucose, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	HemoCue	146
2163	French baguette, traditional (prepared with wheat flour, water, salt and 20 g yeast)	France	2005	70±4	11	Type 2, 8	50	82.0	Glucose, 3h	No	0,15,30,45,60,90,120,180	Venous, plasma	Enzymatic	146
2164	French bread loaf, fermented with leaven	France	2005	80±18	12	Normal, 9	50	91.5	Glucose, 3h	No	0,15,30,45,60,90,120,180	Venous, plasma	Enzymatic	146
2165	French bread loaf, fermented with yeast	France	2005	81±35	12	Normal, 9	50	96.3	Glucose, 3h	No	0,15,30,45,60,90,120,180	Venous, plasma	Enzymatic	146
Barley breads														
Barley flour breads														
2166	Barley flour bread, 100% barley flour	Canada	1988	68±4	10	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	147
2167	Barley flour bread, made from 50% wheat flour and 50% coarse sieved barley flour (containing 4.2% total 1-3, 1-4 β-glucan of which 2.8% soluble)	Italy	2001	74±15	11	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	148
2168	Barley flour bread, made from 80% wheat flour and 20% water-extracted barley flour (containing 6.3% total 1-3, 1-4 β-glucan of which 5.7% soluble)	Italy	2001	70±7	11	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	148
2169	Barley flour bread, whole-grain, made from 50% barley flour and 50% wheat flour (containing 2.4% total 1-3, 1-4 β-glucan of which 2.0% soluble)	Italy	2001	85±14	13	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	148
2170	Barley bread, 70% high-amylose barley flour and 30% white wheat flour, baked 20 h at low temperature of 120°C ¹⁰	Sweden	1997	50±6	8	Normal, 9	51.5	NS	Bread, 1.6h	NS	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	149
2171	Barley bread, 70% high-amylose barley flour & 30% white wheat flour, conventionally baked for 45 min at 200°C ¹⁰	Sweden	1997	71±9	11	Normal, 9	51.5	NS	Bread, 1.6h	NS	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	149

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2172	Barley bread, whole-wheat	Canada	75	11	Obese, 10	50	127	Bread, 3h ⁶	No	0,15,30,60,90,120,180	Venous, NS	YSI	150
2173	Sunflower and barley bread (Riga bakeries, Sydney, Australia)	Australia	57±6	9	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	151
Coarse barley kernel bread													
2174	Coarse barley kernel bread, 80% scalded intact kernels and 20% white wheat flour ¹¹	Sweden	34±7	5	Normal, 10	50	147	Bread, 2h	No	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	152
2175	Coarse barley kernel bread, 80% intact kernels and 20% white wheat flour ¹¹	Sweden	41±7	6	Normal, 10	50	156	Bread, 2h	No	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	152
2176	Coarse barley kernel bread, 75% barley kernels and 25% barley flour	Canada	28±5	4	Type 2, 5	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	147
2177	Barley kernel bread, 50% barley kernels and 50% barley flour	Canada	44±3	7	Type 2, 5	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	147
2178	Barley kernel bread, 50% kibbled barley and 50% wheat flour	Australia	49±5	7	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	153
Wholemeal barley breads													
				0									
2179	Wholemeal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fiber barley flour) ¹²	Sweden	50±8	8	Normal, 9	31.5	115.4	Bread, 2h	NS	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	154
2180	Wholemeal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fiber barley flour) ¹²	Sweden	43±5	6	Normal, 9	31.5	156.6	Bread, 2h	NS	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	154
2181	Wholemeal barley bread, 80% wholemeal barley flour and 20% white wheat flour ¹¹	Sweden	67±11	10	Normal, 10	50	147	Bread, 2h	No	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	152
2182	Wholemeal barley flour bread, 80% wholemeal barley flour and 20% white wheat flour with sourdough (lactic acid) ¹¹	Sweden	54	8	Normal, 11	50	160	Wholemeal barley bread ¹³ , 2h ⁹	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	155
2183	Wholemeal barley flour bread, 80% wholemeal barley flour and 20% white wheat flour with lactic acid ¹¹	Sweden	67	10	Normal, 11	50	160	Wholemeal barley bread ¹³ , 2h ⁹	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	155
2184	Wholemeal barley flour bread, 80% wholemeal barley flour and 20% white wheat flour with calcium lactate ¹¹	Sweden	60	9	Normal, 11	50	160	Wholemeal barley bread ¹³ , 2h ⁹	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	155
2185	Wholemeal barley flour bread, 80% wholemeal barley flour and 20% white wheat flour with sodium propionate ¹¹	Sweden	66	10	Normal, 11	50	160	Wholemeal barley bread ¹³ , 2h ⁹	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	155

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2186	Sweden	1994	58	9	Normal, 11	50	160	Wholemeal barley bread ¹³ , 2h ⁹	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	155
Barley tortilla													
2187	Canada	2010	52±12	8	Normal, 12	50	75.7	Glucose, 3h	No	0,15,30,45,60,120,180	Capillary, plasma	Enzymatic	156
2188	Canada	2010	57±14	9	Normal, 12	50	78.2	Glucose, 3h	No	0,15,30,45,60,120,180	Capillary, plasma	Enzymatic	156
2189	Canada	2010	23±11	3	Normal, 12	50	83.3	Glucose, 3h	No	0,15,30,45,60,120,180	Capillary, plasma	Enzymatic	156
2190	Canada	2010	41±11	6	Normal, 12	50	108.4	Glucose, 3h	No	0,15,30,45,60,120,180	Capillary, plasma	Enzymatic	156
2191	Canada	2010	39±14	6	Normal, 12	50	76.2	Glucose, 3h	No	0,15,30,45,60,120,180	Capillary, plasma	Enzymatic	156
Buckwheat bread													
2192	Sweden	2001	47±7	7	Normal, 10	50	NS	Bread, 3h ¹⁴	No	0,15,30,45,70,95,120,180	Capillary, NS	Enzymatic	157
2193	China	2005	67±2	10	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
Chapatti, unleavened bread													
2194	UK	2009	54	8	Normal, 8	50	134	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	158
2195	UK	2009	54	8	Normal, 8	50	139	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	158
2196	UK	2009	31	5	Normal, 8	50	142	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	158

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2197	UK	2009	45	7	Normal, 8	50	147	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	158
2198	UK	2009	29	4	Normal, 8	50	151	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	158
Chickpea flour bread													
2199	Australia	2004	55±9	8	Normal, 11	50	104	Bread, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	159
2200	Australia	2004	68±15	10	Normal, 11	50	114	Bread, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	159
English Muffin													
2201	Canada	1984-1992	61±4	9	Type 1 & 2, 8	50	117.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Fruit bread													
2202	Australia	1994	47±6	7	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
Gluten-free breads													
2203	Australia	2006	72±5	11	Normal, 8	50	139.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2204	Thailand	2020	69±4	10	Normal, 16	50	128.2	Glucose, 3h	Yes	0,30,60,90,120,150,180	Venous, plasma/serum	Enzymatic	160
2205	Thailand	2020	131±8	20	Normal, 16	50	115.7	Glucose, 3h	Yes	0,30,60,90,120,150,180	Venous, plasma/serum	Enzymatic	160
2206	UK	2000	72±16	11	Type 2, 8	50	119	Bread, 3h	No	0,30,60,120,150,180	Venous, plasma	Enzymatic	161
2207	UK	2000	81±15	12	Type 2, 8	50	101	Bread, 3h	No	0,30,60,120,150,180	Venous, plasma	Enzymatic	161
2208	UK	2000	70±9	11	Type 2, 8	50	119	Bread, 3h	No	0,30,60,120,150,180	Venous, plasma	Enzymatic	161
2209	UK	2000	77±9	12	Type 2, 8	50	119	Bread, 3h	No	0,30,60,120,150,180	Venous, plasma	Enzymatic	161

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2210	Gluten free bread (rice flour and potato starch)	Brazil	2011	71±3	11	Normal, 10	25	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	162
2211	Gluten-free bread with 12% inulin-type fructans (rice flour and potato starch)	Brazil	2011	48±3	7	Normal, 10	25	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	162
Hamburger buns/Rolls														
2212	Hamburger bun (Loblaw's, Toronto, Canada)	Canada	1984-1992	62±4	9	Type 1 & 2, 12	50	100.6	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2213	Kaiser rolls (Loblaw's, Canada)	Canada	1984-1992	74±4	11	Type 1 & 2, 12	50	100.6	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2214	White bread roll, soft	South Korea	2018	56±11	8	Normal, 10	50	103.5	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
Oat breads														
2215	Oat bread ¹⁷	Finland	2012	32±8	5	Normal, 8	50	149.2	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	163
2216	Oat bread, with added lingonberry fiber (Kiantama Ltd, Suomussalmi, Finland) ¹⁷	Finland	2012	47±14	7	Normal, 6	50	138.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	163
2217	Oat and buckwheat bread ¹⁷	Finland	2012	58±15	9	Normal, 8	50	156.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	163
2218	Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour ¹¹	Sweden	1991	66±8	10	Normal, 10	50	159	Bread, 2h	No	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	152
2219	Bread, long oat (50% wholemeal wheat, 20% rye, 10% oatmeal, 20% white wheat)	New Zealand	2010*	68	10	Normal, 8	50	116	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	31
Oat bran bread														
2220	50% oat bran and 50% wheat flour bread	Australia	1992	45±7	7	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	153
2221	45% oat bran and 50% wheat flour bread	Sweden	1991	51±7	8	Normal, 10	50	NS	Bread, 1.5h	NS	NS	NS	NS	164
Rice bread														
2222	Rice bread	South Korea	2018	73±8	11	Normal, 11	50	116.5	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
Roti, finger millet														
2223	Roti, made from industrially-milled finger millet (<i>Eucenea coracana</i>) flour	Sri Lanka	2013	59±7	9	Normal, 11	50	101.4	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	165
2224	Roti, made from stone-ground finger millet (<i>Eucenea coracana</i>) flour	Sri Lanka	2013	44±5	7	Normal, 11	50	102.1	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	165

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Roti, maize flour														
2225	Roti, made from Azam maize (<i>Zea mays</i> L.) flour	Pakistan	2018	69±2	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
2226	Roti, made from Babar maize (<i>Zea mays</i> L.) flour	Pakistan	2018	63±3	9	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
2227	Roti, made from CHT1W maize (<i>Zea mays</i> L.) flour	Pakistan	2018	71±4	11	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
2228	Roti, made from CHT3W maize (<i>Zea mays</i> L.) flour	Pakistan	2018	62±3	9	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
2229	Roti, made from CZP132011 maize (<i>Zea mays</i> L.) flour	Pakistan	2018	64±3	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
2230	Roti, made from Iqbal maize (<i>Zea mays</i> L.) flour	Pakistan	2018	57±2	9	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
2231	Roti, made from Jalal maize (<i>Zea mays</i> L.) flour	Pakistan	2018	61±1	9	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
2232	Roti, made from Pahari maize (<i>Zea mays</i> L.) flour	Pakistan	2018	67±2	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
2233	Roti, made from Sarhad white maize (<i>Zea mays</i> L.) flour	Pakistan	2018	56±2	8	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
2234	Roti, made from ZM309 (<i>Zea mays</i> L.) flour	Pakistan	2018	66±2	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166
Roti, wheat flour														
2235	Roti, made from Amin 2008 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	65±3	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45,60,90,120,180	Capillary, whole blood	NS	166

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2236 Roti, made from Barsat 2010 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	65±2	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2237 Roti, made from Bathoor wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	67±1	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2238 Roti, made from Fakhr-e-Sarhadwheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	67±3	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2239 Roti, made from Faisalabad wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	69±2	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2240 Roti, made from Hashim wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	63±2	9	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2241 Roti, made from Insaf wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	71±3	11	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2242 Roti, made from KPK 2015 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	64±2	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2243 Roti, made from Millat wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	65±4	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2244 Roti, made from Pirsabaq 2004 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	66±2	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2245 Roti, made from Pirsabaq 2005 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	70±4	11	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2246 Roti, made from Pirsabaq 2008 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	65±4	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2247 Roti, made from Pirsabaq 2013 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	69±1	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166

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2248	Roti, made from Pirsabaq 2015 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	65±3	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2249	Roti, made from Saleem 2000 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	67±4	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2250	Roti, made from Shahkar 2013 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	70±2	11	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
2251	Roti, made from Tatar 96 wheat (<i>Triticum aestivum</i> L.) flour	Pakistan	2018	66±2	10	Normal, 5	50	NS	White wheat flour roti, 3h	No	0,15,30,45, 60,90,120, 180	Capillary, whole blood	NS	166
Roti, other														
2252	Roti/chapatti	Fiji	2004	59±5	9	Normal, 8	50	111.1	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	136
2253	Roti, made from 75% rice flour and 25% soy flour	Sri Lanka	2014	36±2	5	Normal, 13	50	244.1	Glucose, 2h	NS	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	167
2254	Sadha roti (leavened wheat-based bread)	Trinidad	2003	65±9	10	Normal, 8	50	117.3	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	116
Rye bread, kernel or pumpernickel														
2255	Rye kernel bread (Pumpernickel)	Germany	1980	41	6	Diabetic, number NS	25	NS	Glucose, time NS	NS	0,30,60,90, 120,150,180, 210,240	NS	NS	168
2256	Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour ¹¹	Sweden	1991	41±5	6	Normal, 10	50	146	Bread, 2h	No	0,30,45,70, 95,120,180	Capillary, whole blood	Enzymatic	152
2257	Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	Canada	1984-1992	47±5	7	Type 1 & 2, 9	50	132.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
2258	Wholemeal rye bread (75% rye flour with 25% cracked rye grains) (Schilstad bread, Aarhus, Denmark)	Denmark	1990	55±6	8	Type 1, 7	50	127	Bread, 3h	No	0,15,30,45, 60,90,120, 180	NS, Plasma	Enzymatic	169
2259	Rye kernel bread, Pumpernickel (80% kernels, 20% flour)	Canada	1985	55±2	8	Type 1, 5; Type 2, 9	50	110	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	170
2260	Pumpernickel bread, Cocktail, sliced (Kasselar Food Products, Toronto, Canada) ¹⁸	Canada	1985	56±2	8	Type 2, 9	50	110	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	171
2261	Pumpernickel bread, Cocktail, sliced (Kasselar Food Products, Canada)	Canada	1985	62±9	9	Type 1, 6	50	110	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	171

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2262	Pumpernickel bread	Canada	57	9	Type 2, ≤13	50	NS	Bread, 3h	NS	0,30,60,90,120,150,180	NS	NS	172	
2263	Pumpernickel Rye bread (Prunte Marken Pumpernickle, Northrine-Westphalia, Germany)	Germany	58	9	Type 2, 10	50	196	Bread, 4.5h ¹⁹	No	0,15,30,45,60,90,120,150,180,210,240,270	Capillary, whole blood	HemoCue	173	
2264	Whole-kernel rye bread, 60% whole rye kernels and 40% rye flour ²⁰	Finland	58	9	Normal, 20	50	135	Bread, 3h ⁶	Yes	0,15,30,45,60,90,120,150,180	Venous, plasma	Enzymatic	174	
Rye bread, wholemeal rye bread														
2265	Bread, rye, made from whole grain rye flour (Lantmännen R&D, Järna, Sweden) with lactic acid (88-92% extra purity, Riedel-de Haën, Morris Township, NJ, USA), frozen and thawed	Sweden	45±5	7	Normal, 10	50	158.4	Bread, 4.5h	No	0,15,30,45,60,90,120,180,240,270	Capillary, whole blood	HemoCue	175	
2266	Bread, rye, made from 75% whole grain rye flour (Lantmännen R&D, Järna, Sweden) and 25% wheat flour, frozen and thawed	Sweden	50±7	8	Normal, 11	40	123.4	Bread, 3h	No	0,7.5,15,30,45,70,95,120,180	Capillary, whole blood	HemoCue	176	
2267	Bread, rye, made from 75% whole grain rye flour (Lantmännen R&D, Järna, Sweden), 25% wheat flour and lactic acid (88-92% extra purity, Riedel-de Haën, Morris Township, NJ, USA), frozen and thawed	Sweden	53±7	8	Normal, 11	40	122.6	Bread, 3h	No	0,7.5,15,30,45,70,95,120,180	Capillary, whole blood	HemoCue	176	
2268	Bread, rye, made from whole grain rye flour (Lantmännen R&D, Järna, Sweden), frozen and thawed	Sweden	56±10	8	Normal, 9	50	163.4	Bread, 4.5h	No	0,15,30,45,60,90,120,180,240,270	Capillary, whole blood	HemoCue	175	
2269	Wholemeal rye bread	Germany	42	6	Type 2, number NS	50	NS	Glucose, time NS	NS	NS	NS	NS	177	
2270	Wholemeal rye bread, made from milled flour	Canada	63±4	9	Type 1, 5; Type 2, 9	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	170	
2271	Wholemeal rye bread	Canada	64±5	10	Type 2, 9	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171	
2272	Wholemeal rye bread	Canada	67±7	10	Type 1, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171	
2273	Wholemeal rye, Klosterbrot (Dimpflemeier Bakery Ltd., Canada)	Canada	1984-1992	67±4	10	Type 1 & 2, 10	50	113.5	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2274	Wholemeal rye bread, Volkornbrot (Dimpflemeier Bakery Ltd., Canada)	Canada	1984-1992	57±4	9	Type 1 & 2, 10	50	113.5	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130

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2275	Wholemeal rye bread (75% rye flour with 25% cracked rye grains), with dried figs (Schilstad bread, Aarhus, Denmark)	Denmark	1990	54±5	8	Type 1, 7	50	80	Bread, 3h	No	0,15,30,45, 60,90,120, 180	NS, Plasma	Enzymatic	169
Other specialty rye breads														
2276	Blackbread, Riga (Berzin's Specialty Bakery, Sydney, Australia)	Australia	1989	76±14	11	Normal, 7	50	124	Glucose, 2h	NS	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	178
2277	Bread, rye and whole wheat flours, enriched with 2% oat β-glucan	Greece	2015	27±4	4	Normal, 12	50	166	Bread, 2h	No	0,15,30,45, 60,90,120, 180	Venous, plasma/serum	Enzymatic	179
2278	Bread, rye, made from 75% endosperm rye flour (Lantmännen R&D, Järna, Sweden) and 25% wheat flour, frozen and thawed	Sweden	2005	45±5	7	Normal, 11	40	106.2	Bread, 3h	No	0,7.5,15,30, 45,70,95, 120,180	Capillary, whole blood	HemoCue	176
2279	Bread, rye, made from endosperm rye flour (Lantmännen R&D, Järna, Sweden) with lactic acid (88-92% extra purity, Riedel-de Haën, Morris Township, NJ, USA), frozen and thawed	Sweden	2007	45±6	7	Normal, 10	50	133.1	Bread, 4.5h	No	0,15,30,45, 60,90,120, 180,240,270	Capillary, whole blood	HemoCue	175
2280	Bread, rye made from endosperm rye flour (Lantmännen R&D, Järna, Sweden), frozen and thawed	Sweden	2007	55±6	8	Normal, 10	50	134.8	Bread, 4.5h	No	0,15,30,45, 60,90,120, 180,240,270	Capillary, whole blood	HemoCue	175
2281	Dark rye bread, Schinkenbrot, Riga, (Berzin's Specialty Bakery, Sydney, Australia)	Australia	1989	86±15	13	Normal, 7	50	124	Glucose, 2h	NS	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	178
2282	Dark/Swiss rye, Bùrger™ (Tip Top Bakeries, Australia)	Australia	2000	55±12	8	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Venous, plasma	Enzymatic	27
2283	Dark/Swiss rye, Bùrger™ (Tip Top Bakeries, Australia)	Australia	2000	74±6	11	Type 2, 14	50	NS	Glucose, 3h	Yes	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	27
2284	Light rye (Silverstein's Bakery, Toronto, Canada)	Canada	1984-1992	69±4	10	Type 1 & 2, 12	50	98.4	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
2285	Linseed rye bread (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	Canada	1984-1992	55±6	8	Type 1 & 2, 9	50	119.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
2286	Rye bread, Roggenbrot, Vogel's (Stevens & Co, Sydney, NSW, Australia)	Australia	1995	59±5	9	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	151
2287	Rye bread (50% rye flour + 50% wheat flour) ¹⁶	Turkey	1998	51±4	8	Normal, 10	50	108.7	Bread, 2h	Yes	0,30,60,90, 120	Capillary, whole blood	Enzymatic	180
2288	Rye bread (80% rye flour + 20% oat β-glucan concentrate) ²⁰	Finland	2000	67	10	Normal, 20	50	169	Bread, 3h ⁶	Yes	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	174

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2289 Rye bread, made from 65% wheat flour and 35% rye bran (Lantmännen R&D, Järna, Sweden)	Sweden	2005	62±5	9	Normal, 11	40	141.7	Bread, 3h	No	0,7,5,15,30,45,70,95,120,180	Capillary, whole blood	HemoCue	176
2290 Rye bread	South Korea	2018	65±18	10	Normal, 10	50	109.4	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2291 Sourdough rye bread	Canada	1984	59	9	Type 2, ≤13	50	NS	Bread, 3h	NS	0,30,60,90,120,150,180	NS	NS	172
2292 Wheat and rye bread (75% wheat flour + 10% rye flour + 15% wheat bran) ¹⁶	Turkey	1998	40±3	6	Normal, 10	50	104.2	Bread, 2h	Yes	0,30,60,90,120	Capillary, NS	Enzymatic	180
Wheat breads													
Cracked wheat kernel (bulgur) bread													
2293 50% cracked wheat kernel	Canada	1988	59±3	9	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	147
2294 75% cracked wheat kernels	Canada	1988	49±3	7	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	147
2295 Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour ¹¹	Sweden	1991	52±5	8	Normal, 10	50	143	Bread, 2h	No	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	152
White wheat flour bread													
2296 White bread	Canada	2011	63±11	9	Normal, 9	50	107	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181
2297 White bread	Spain	2009	64±10	10	Normal, 8	50	113	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, whole blood ⁷	Enzymatic	8
2298 White bread	China	2013	67±3	10	Normal, 10	50	125.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	182
2299 White bread, refined ¹⁶	India	2012	68	10	Normal, 10	50	90.7	Glucose, 2.5h	NS	0,30,60,90,120,150	Capillary, whole blood	Glucometer	183
2300 White bread ¹⁶	Thailand	2020	69±4	10	Normal, 16	50	128.1	Glucose, 3h	Yes	0,30,60,90,120,150,180	Venous, plasma/serum	Enzymatic	160
2301 White bread	Canada	1981	69±5	10	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	132
2302 White bread	Canada	2011	70±6	11	High fast insulin, 12	50	107	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181
2303 White bread	USA	1980	70	11	Type 2, 5; IGT, 6	50	102	Bread, 3h ⁶	NS	0,15,30,45,60,120,180	Venous, plasma	Enzymatic	184

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2304 White bread	Canada	2011	71±6	11	Type 2, 10	50	107	Glucose, 3h	Yes	0,30,60,90,120,180	Venous, plasma/serum	Enzymatic	181
2305 White bread (Dempster's Corporate Foods Ltd., Canada)	Canada	1984-1992	72±6	11	Type 1 & 2, 12	50	105.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2306 White bread	South Africa	1984	71±7	11	Normal young adult 17-18 y), 7	50	120	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
2307 White bread	South Korea	2018	71±11	11	Normal, 10	50	116.6	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2308 White bread	Canada	1983	72±4	11	Type 2, 6	50	170	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
2309 White bread	Italy	2006	72	11	Normal, 15	50	NS	Glucose, 2h	Yes	0,15,30,45,60,75,90,105,120	Capillary, NS	Enzymatic	187
2310 White bread	Italy	2007	76	11	Normal, 15	75	144	Glucose, 2h	No	0,15,30,45,60,75,90,120	Capillary, whole blood	Glucometer	188
2311 White bread, commercially-manufactured ¹⁶	Sri Lanka	2009	77±6	12	Normal, 10	50	114.2	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	189
2312 White bread	Israel	1988	78±5	12	GDM, 8	50	100	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	190
2313 White bread ¹⁶	Sri Lanka	2009	80±4	12	Normal, 10	50	119.6	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	189
2314 White bread (Hovis Classic, British Bakeries Ltd, UK) ¹⁶	UK	2006	87	13	Normal, 10	50	123.4	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	191
2315 White bread, homemade ¹⁶	UK	2006	89	13	Normal, 10	50	113.9	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	191
2316 White bread	Italy	2001	89±12	13	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	148
2317 White bread	Czech Republic	2007	93±7	14	Normal, 20	50	NS	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	192
2318 White bread	Nigeria	2017	94±0	14	Normal, 250	50	90	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	193
White bread, with added fat in the dough													
2319 White bread with butter incorporated into dough	Singapore	2015*	59	9	Normal, 15	50	115	Bread, 3h ⁶	NS	0,15,30,45,60,90,120,150,180	Capillary, whole blood	HemoCue	194

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2320	White bread with coconut oil incorporated into dough	Singapore	2015*	52	8	Normal, 15	50	110	Bread, 3h ⁶	NS	0,15,30,45, 60,90,120, 150,180	Capillary, whole blood	HemoCue	194
2321	White bread with grapeseed oil incorporated into dough	Singapore	2015*	59	9	Normal, 15	50	111	Bread, 3h ⁶	NS	0,15,30,45, 60,90,120, 150,180	Capillary, whole blood	HemoCue	194
2322	White bread with olive oil incorporated into dough	Singapore	2015*	55	8	Normal, 15	50	114	Bread, 3h ⁶	NS	0,15,30,45, 60,90,120, 150,180	Capillary, whole blood	HemoCue	194
White wheat flour bread, with different processing conditions														
2323	White bread, frozen and defrosted (British Bakeries Ltd, UK) ¹⁶	UK	2006	75	11	Normal, 10	50	123.4	Glucose, 2h ⁹	Yes	0,15,30,45, 60,90,120	Capillary	Glucometer	191
2324	White bread, homemade, frozen and defrosted ¹⁶	UK	2006	62	9	Normal, 10	50	113.9	Glucose, 2h ⁹	Yes	0,15,30,45, 60,90,120	Capillary	Glucometer	191
2325	Bread, made from 100% white wheat flour, frozen and thawed	Italy	2011	83±7	12	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	YSI	195
2326	White wheat bread, frozen, defrosted and toasted (British Bakeries Ltd, UK) ¹⁶	UK	2006	64	10	Normal, 10	50	123.4	Glucose, 2h ⁹	Yes	0,15,30,45, 60,90,120	Capillary	Glucometer	191
2327	White bread, homemade, frozen, defrosted and toasted ¹⁶	UK	2006	54	8	Normal, 10	50	113.9	Glucose, 2h ⁹	Yes	0,15,30,45, 60,90,120	Capillary	Glucometer	191
2328	Bread, made from wheat flour, steamed	China	2013	86±10	13	Normal, 10	50	119.7	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	182
2329	Bread, made from mixed white wheat flour (50% Shi4185 and 50% Shixin733 flours), steamed for 20 min	China	2012	93±3	14	Normal, 10	50	NS	Glucose, 2h	No	0,15,30,45, 60,120	Venous, plasma/serum	Enzymatic	196
2330	White bread, fresh, toasted (British Bakeries Ltd, UK) ¹⁶	UK	2006	63	9	Normal, 10	50	123.4	Glucose, 2h ⁹	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	191
2331	White bread, homemade, fresh, toasted ¹⁶	UK	2006	66	10	Normal, 10	50	113.9	Glucose, 2h ⁹	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	191
2332	White wheat flour bread, hard, toasted	Italy	1999	74±4	11	Type 2, 9	50	60	Bread, 3h	NS	0,30,60,90, 120,150,180	NS, plasma	Enzymatic	197
White bread with different added flours														
White bread with cassava flour														
2333	Bread, made from wheat flour and 10% cassava flour	Nigeria	2017	93±0	14	Normal, 250	50	87.9	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	193

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2334 Bread, made from wheat flour and 15% cassava flour	Nigeria	2017	91±0	14	Normal, 250	50	88.9	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	193
2335 Bread, made from wheat flour and 20% cassava flour	Nigeria	2017	92±0	14	Normal, 250	50	88.5	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	193
White bread enriched with Chia/ Salba (<i>Salvia Hispanica</i> L)													
2336 White bread containing 7 g whole Salba	Canada	2013	63	9	Normal, 13	50	110	Bread, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	198
2337 White bread containing 15 g whole Salba	Canada	2013	56	8	Normal, 13	50	117	Bread, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	198
2338 White bread containing 24 g whole Salba	Canada	2013	54	8	Normal, 13	50	126	Bread, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	198
2339 White bread containing 7 g ground Salba	Canada	2013	63	9	Normal, 13	50	110	Bread, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	198
2340 White bread containing 15 g ground Salba	Canada	2013	59	9	Normal, 13	50	117	Bread, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	198
2341 White bread containing 24 g ground Salba	Canada	2013	56	8	Normal, 13	50	126	Bread, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	198
White bread with jatobá-do-cerrado flour													
2342 Bread, made from 90% wheat flour and 10% jatobá-do-cerrado (<i>Hymenaea stigonocarpa</i> Mart.) flour	Brazil	2018	63±7	9	Normal, 11	42	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	199
2343 Bread, made from 80% wheat flour and 20% jatobá-do-cerrado (<i>Hymenaea stigonocarpa</i> Mart.) flour	Brazil	2018	54±3	8	Normal, 11	42	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	199
2344 Bread, made from 70% wheat flour and 30% jatobá-do-cerrado (<i>Hymenaea stigonocarpa</i> Mart.) flour	Brazil	2018	57±5	9	Normal, 11	42	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	199
White bread with millet flour													
2345 Bread made from 30% finger millet (VL-146) flour and 70% refined wheat flour ¹⁶	India	2012	41	6	Normal, 10	50	106.9	Glucose, 2.5h	NS	0,30,60,90,120,150	Capillary, whole blood	Glucometer	183
2346 Bread made from 30% finger millet (PRM-601) flour and 70% refined wheat flour ¹⁶	India	2012	43	6	Normal, 10	50	110.2	Glucose, 2.5h	NS	0,30,60,90,120,150	Capillary, whole blood	Glucometer	183
2347 Bread made from 30% foxtail millet flour and 70% refined wheat flour ¹⁶	India	2012	50	8	Normal, 10	50	112.6	Glucose, 2.5h	NS	0,30,60,90,120,150	Capillary, whole blood	Glucometer	183
White bread with enzyme inhibitors													
2348 White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor)	Switzerland	1990	48	7	Type 2, 6	75	NS	Bread, 4h ²¹	No	0,30,60,120,180,240	Venous, plasma	Enzymatic	200

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2349	White bread roll + 6 mg trestatin	Switzerland	1990	29	4	Type 2, 6	75	NS	Bread, 4h ²¹	No	0,30,60,120,180,240	Venous, plasma	Enzymatic	200
2350	White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor)	Switzerland	1990	40	6	Normal, 6	75	NS	Bread, 4h ²¹	No	0,30,60,120,180,240	Venous, plasma	Enzymatic	200
2351	White bread roll + 6 mg trestatin	Switzerland	1990	42	6	Normal, 6	75	NS	Bread, 4h ²¹	No	0,30,60,120,180,240	Venous, plasma	Enzymatic	200
White bread, enriched with fiber														
2352	White bread, enriched with 9 g lupin kernel fiber (viscous insoluble fiber) (Australasian Natural Ingredients Pty Ltd, Perth, Australia) ²²	Australia	2002	75±10	11	Normal, 21	50	146	Bread, 2h	No	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	201
2353	Wonderwhite™, resistant starch-enriched bread (Buttercup Bakeries, Australia)	Australia	1995	80±8	12	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	151
2354	White bread with added wheatgerm and fiber	UK	2006	49±12	7	Normal, 10	50	120.2	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	30
2355	Bread, made with 50% wheat flour, 6% added resistant starch (ActiStar 11700, Cargill, France) and 3% dextrins (Nutriose FB076, Roquette, France)	Spain	2009	60±7	9	Normal, 8	50	129	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, whole blood ⁷	Enzymatic	8
2356	White, high-fiber (Dempster's Corporate Foods Ltd., Canada)	Canada	1984-1992	68±4	10	Type 1 & 2, 13	50	119.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2357	White, high-fiber (Weston's Bakery, Toronto, Canada)	Canada	1984-1992	70±4	11	Type 1 & 2, 12	50	120.4	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2358	Bread, made from wheat flour and freeze-dried okara, a by-product of soy beans (<i>Glycine max L.</i>)	China	2013	49±8	7	Normal, 10	50	142.1	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	182
2359	Bread, steamed, made from wheat flour and freeze-dried okara, a soy bean by-product (<i>Glycine max L.</i>)	China	2013	54±2	8	Normal, 10	50	133.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	182
2360	Bread, white, enriched with fiber blend (70% inulin, 20% guar gum, 5% glucomannan and 5% wheat fiber)	Italy	2007	60	9	Normal, 15	75	157	Glucose, 2h	No	0,15,30,45,60,75,90,120	Capillary, whole blood	Glucometer	188
2361	Bread, made from wheat flour with 2.25 g oat β-glucan incorporated into the test portion (5 g oat β-glucan/100 g wheat flour), steamed	China	2016*	53	8	Normal, 10	25	NS	Bread, 2h ⁹	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	202
White bread, enriched with soluble fiber														
2362	White bread, enriched with 12 g Arabinoxylan fiber (soluble fiber), lightly toasted ¹⁵	Australia	1999	42±5	6	Normal, 14	75	147	Bread, 2h	No	0,15,30,45,60,75,90,120	Venous, plasma	Enzymatic	203
2363	White bread, enriched with 6 g Arabinoxylan fiber (soluble fiber), lightly toasted ¹⁵	Australia	1999	57±5	9	Normal, 14	75	123	Bread, 2h	No	0,15,30,45,60,75,90,120	Venous, plasma	Enzymatic	203

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2364	White bread + 15 g psyllium fiber (<i>Plantago psyllium</i>)	Mexico	1998	66±17	10	Normal, 10	50	90	Bread, 3h	No	0,30,60,90,120,150,180	Serum	NS	204
2365	White bread + 15 g psyllium fiber (<i>Plantago psyllium</i>)	Mexico	1998	42±7	6	Type 2, 12	50	90	Bread, 3h	No	0,30,60,90,120,150,180	Serum	NS	204
2366	Bread, made with 40% β-glucan-enriched barley flour (Priora hull-less, 11.2% β-glucan, high amylose) and 60% white wheat flour, frozen and thawed	Italy	2011	57±8	9	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	195
2367	Bread, made with 40% β-glucan-enriched barley waxy flour (CDC Alamo, hull-less and waxy, 15.6% β-glucan, low amylose) and 60% white wheat flour, frozen and thawed	Italy	2011	70±9	11	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	195
2368	Bread, white, wheat, enriched with barley dietary fiber (Lyckeby Starkelsen, Kristianstad, Sweden)	Sweden	2007	66±11	10	Normal, 12	50	95.3	Bread, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	205
2369	Bread, made from Hi-Maize® whole grain corn flour (Ingredion, Bridgewater, NJ, USA), white wheat flour and 3% added medium molecular weight guar gum (MEYPRODOR®50, Danisco A/S, Denmark), prepared in an automatic bread machine, frozen and thawed	Sweden	2010	62±8	9	Normal, 10	37	123.8	Bread, 3h ¹⁴	NS	0,15,30,45,60,90,120,180	Capillary, whole blood	HemoCue	206
2370	Bread, made from Hi-Maize® wholegrain corn flour (Ingredion, Bridgewater, NJ, USA), white wheat flour and 6% added medium molecular weight guar gum (MEYPRODOR®50, Danisco A/S, Denmark), prepared in an automatic bread machine, frozen and thawed	Sweden	2010	42±7	6	Normal, 10	37	150.0	Bread, 3h ¹⁴	NS	0,15,30,45,60,90,120,180	Capillary, whole blood	HemoCue	206
2371	Bread, made from Hi-Maize® wholegrain corn flour (Ingredion, Bridgewater, NJ, USA), white wheat flour and 9% added medium molecular weight guar gum (MEYPRODOR®50, Danisco A/S, Denmark), prepared in an automatic bread machine, frozen and thawed	Sweden	2010	48±7	7	Normal, 10	37	174.2	Bread, 3h ¹⁴	NS	0,15,30,45,60,90,120,180	Capillary, whole blood	HemoCue	206
2372	White bread with 3 g Sunfibre (Indian cluster guar beans), viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	Japan	2003	63±4	9	Normal, 11	50	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, serum	Enzymatic	207
2373	White bread with 5 g Sunfibre (Indian cluster guar beans), viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	Japan	2003	64±5	10	Normal, 11	50	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, serum	Enzymatic	207

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2374 White bread with 10 g Sunfibre (Indian cluster guar beans, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	Japan	2003	68±5	10	Normal, 11	50	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, serum	Enzymatic	207
2375 White bread with 15 g Sunfibre (Indian cluster guar beans, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	Japan	2003	56±1	8	Normal, 11	50	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, serum	Enzymatic	207
2376 White bread with 5 g Sunfibre (Indian cluster guar beans, viscosity 2 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	Japan	2003	55±2	8	Normal, 11	50	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, serum	Enzymatic	207
2377 White bread with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	Japan	2003	53±6	8	Type 2, 9	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	207
2378 White bread with 5 g Sunfibre (Indian cluster guar beans, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	Japan	2003	50±5	8	Type 2, 9	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	207
2379 White bread with 10 g Sunfibre (Indian cluster guar beans, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	Japan	2003	48±5	7	Type 2, 9	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	207
2380 White bread with 15 g Sunfibre (Indian cluster guar beans, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	Japan	2003	37±4	6	Type 2, 9	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	207
2381 White bread with 5 g Sunfibre (Indian cluster guar beans, viscosity 2 (Taiyo Kagaku Co., Ltd, Japan)	Japan	2003	39±4	6	Type 2, 9	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	207
Wholemeal (whole wheat) wheat flour bread													
2382 Wholemeal bread ¹⁸	Canada	1983	75±5	11	Type 2, 9	50	NS	Bread, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	YSI	208
2383 Wholemeal bread	Canada	1988	65±8	10	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	147
2384 Wholemeal bread	Germany	1980	66	10	Diabetic, number NS	25	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168
2385 Wholemeal bread	Canada	1985	67±5	10	Type 2, 11	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2386 Wholemeal bread	Canada	1985	68±4	10	Type 1, 4; Type 2, 11	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	170
2387 Wholemeal bread	Canada	1985	70±4	11	Type 1, 5	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2388	Wholemeal bread	Canada	70±4	11	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	209	
2389	Wholemeal bread, Helga's™ Traditional (Quality Bakers, Australia)	Australia	70±14	11	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵	
2390	Wholemeal flour bread	Canada	72±4	11	Type 2, 6	50	121	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186	
2391	Wholemeal bread	Denmark	72±6	11	Type 1, 7	50	110	Bread, 3h	No	0,15,30,45,60,90,120,180	NS, plasma	Enzymatic	169	
2392	Wholemeal flour/100% whole wheat bread	USA	73	11	Type 2, 8	50	120	Glucose, 5h ⁶	NS	0,30,60,120,180,240,300	Venous, plasma/serum	Enzymatic	133	
2393	Wholemeal bread	Australia	75	11	Normal, 7	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	210	
2394	Wholemeal bread (Barilla G.eR. Fratelli S.p.A., Parma, Italy) ²³	Italy	2009*	75	11	Normal, 10	50	146.3	Bread, 3h	No	0,15,30,45,60,90,120,150,180	Capillary, whole blood	HemoCue	211
2395	Wholemeal bread, tested in young adults (17-18 y)	South Africa	1984	75±9	11	Normal, 8	50	120	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
2396	Wholemeal bread, commercially-manufactured ¹⁶	Sri Lanka	2009	77±6	12	Normal, 10	50	128.5	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	189
2397	Wholemeal bread (Tip Top Bakeries, Australia)	Australia	1986	77±9	12	Normal, 8	50	156	Glucose, 2h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	212
2398	Wholemeal bread (Tip Top Bakeries, Australia)	Australia	1989	78±16	12	Normal, 7	50	137	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	178
2399	Wholemeal loaf, high fiber	France	2005	85±27	13	Normal, 9 men	50	98.6	Glucose, 3h	No	0,15,30,45,60,90,120,180	Venous, plasma	Enzymatic	146
2400	Wholemeal bread	Kenya	1996	88±29	13	Type 2, 9	50	NS	Bread, 2.5h ²⁴	Yes	0,30,60,90,120,150	Capillary, NS	Enzymatic	213
2401	White and wholemeal bread (ratio 1:1), fermented by sourdough lactobacilli (ΔpH 1.5) and fiber-enriched with oat fiber	Italy	2006	54	8	Normal, 15	50	NS	Glucose, 2h	Yes	0,15,30,45,60,75,90,105,120	Capillary, NS	Enzymatic	187
2402	Wholemeal stoneground bread (Dempster's, Corporate Foods Ltd, Etobicoke, Canada)	Canada	1984-1992	62±3	9	Type 1 & 2, 14	50	119.6	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2403	Whole wheat bread	Canada	2007	96	14	Obese, 10	50	138	Bread, 3h ⁶	No	0,15,30,60,90,120,180	Venous, NS	YSI	150
2404	Wheaten wholegrain bread, Brennans Wholegrain Sliced Loaf (Brennans Bakeries Ltd, Ireland)	Ireland	2013	75	11	Type 2, 10	50	140	Bread, 4.5h ¹⁹	No	0,15,30,45,60,90,120,150,180,210,240,270	Capillary, whole blood	HemoCue	173
Other specialty wheat breads														
2405	100% Whole Grain™ bread (Natural Ovens, USA)	USA	1999	51±11	8	Normal, 10	50	142.0	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
2406	Aproten® bread roll, protein-free, enriched with 4.56 g soluble fiber (50% psyllium and 50% inulin)	Italy	2016	83±5	12	Type 2, 14	50		Bread, 3h	Yes	0,30,60,90,120,180	Capillary, whole blood	Glucometer	214
2407	Biobread, made from whole wheat flour, wheat bran, rye flour, soy powder and linseed powder	UK	2007	50±6	8	Normal, 8	50	NS	Bread, 2h	Yes	0,30,60,90,120	Capillary, plasma/serum	Enzymatic	215
2408	Bread, made from Hi-Maize® whole grain corn flour (Ingredion, Bridgewater, NJ, USA) and white wheat flour, prepared in an automatic bread machine, frozen and thawed	Sweden	2010	76±11	11	Normal, 10	37	114.6	Bread, 3h ¹⁴	NS	0,15,30,45,60,90,120,180	Capillary, whole blood	HemoCue	206
2409	Bread, made from purple-grain wheat flour (Jizi439 wheat variety), steamed for 20 min	China	2012	75±3	11	Normal, 10	50	NS	Glucose, 2h	No	0,15,30,45,60,120	Venous, plasma/serum	Enzymatic	196
2410	Bread, made from purple-grain wheat flour (Chu20 wheat variety), steamed for 20 min	China	2012	84±3	13	Normal, 10	50	NS	Glucose, 2h	No	0,15,30,45,60,120	Venous, plasma/serum	Enzymatic	196
2411	Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	Canada	1984-1992	75±7	11	Type 1 & 2, 10	50	70.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2412	Bread, white wheat, with chromium-enriched yeast	Greece	2015	24±8	4	Normal, 12	50	100	Bread, 2h	No	0,15,30,45,60,90,120,180	Venous, plasma/serum	Enzymatic	179
2413	Bread, whole wheat, with chromium-enriched yeast	Greece	2015	44±8	7	Normal, 12	50	141	Bread, 2h	No	0,15,30,45,60,90,120,180	Venous, plasma/serum	Enzymatic	179
2414	Brioche	France	2002	70±18	11	Normal, 11-14	50	101	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	53
2415	Castella, bread enriched with egg and milk	South Korea	2018	60±13	9	Normal, 10	50	114.2	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2416	Fibread (Weston's Bakery, Toronto, Canada)	Canada	1984-1992	61±4	9	Type 1 & 2, 10	50	197.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2417	Flax bread, made from flax meal & wheat flour	Canada	2004	67	10	Normal, 11	50	125	Bread, 2h ⁹	Yes	0,15,30,60,90,120	Capillary, whole blood	Glucometer	216

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2418	Honey & Oats bread, Vogel's (Stevns & Co, Sydney, Australia)	Australia	1995	55±5	8	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	151
2419	Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	Canada	1984-1992	71±4	11	Type 1 & 2, 11	50	78.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
2420	Mixed Grain, Bürgen™ (Tip Top Bakeries, Chatswood, NSW, Australia)	Australia	2000	45±12	7	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Venous, plasma	Enzymatic	27
2421	Mixed Grain, Bürgen® (Tip Top Bakeries, Chatswood, NSW, Australia)	Australia	2000	69±6	10	Type 2, 13	50	NS	Glucose, 3h	Yes	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	27
2422	Mixed grain bread, Molenberg™ (Goodman Fielder, New Zealand)	New Zealand	2000	84±8	13	Type 2, 14	50	NS	Glucose, 3h	Yes	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	27
2423	Multigrain bread, 50% kibbled wheat grains and 50% wheat flour bread	Australia	1992	43±5	6	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	153
2424	Multigrain loaf, containing wheat flour and coconut flour	Philippines	2002	66±4	10	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, serum	Enzymatic	2
2425	Oat Bran & Honey Loaf with Barley, Bürgen™ (Tip Top Bakeries, Australia)	Australia	1995	31±3	5	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	151
2426	Wholegrain, Ploughman's™ original recipe (Quality Bakers, Australia)	Australia	1992	48±3	7	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	153
2427	Semolina bread ²⁵	Australia	1986	65±5	10	Type 2, 10	50	NS	Bread, 3h	NS	0,20,40,60, 90,120,180	Venous, whole blood	YSI	217
2428	Sourdough bread	Canada	2007	55	8	Obese, 10	50	109	Bread, 3h ⁶	No	0,15,30,60, 90,120,180	Venous, NS	YSI	150
2429	Stoneground wholewheat buttermilk/soda bread, McCambridge Stoneground Wholewheat (McCambridge Ltd, Ireland)	Ireland	2013	69	10	Type 2, 10	50	131	Bread, 4.5h ¹⁹	No	0,15,30,45, 60,90,120, 150,180,210, 240,270	Capillary, whole blood	HemoCue	173
2430	Turkish bread, white	Turkey	1998	87	13	Type 2, 52; Normal, 31	50	89	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	218
2431	Turkish bread, wholemeal	Turkey	1998	49	7	Type 2, 52; Normal, 31	50	92.5	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	218
2432	Wheat bread, Einkorn (<i>Triticum monococcum</i>) wheat, leavened with crushed whole grains	Denmark	2001	72±12	11	Normal, 11	50	129	Bread, 3h	No	0,15,30,45, 60,90,120, 180	Venous, plasma	Enzymatic	219

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2433	Wheat bread, Einkorn (<i>Triticum monococcum</i>) wheat, leavened with honey and salt	Denmark	2001	66±9	10	Normal, 11	50	127	Bread, 3h	No	0,15,30,45, 60,90,120, 180	Venous, plasma	Enzymatic	219
2434	Wheat bread, Einkorn (<i>Triticum monococcum</i>) wheat, leavened with yeast	Denmark	2001	67±9	10	Normal, 11	50	127	Bread, 3h	No	0,15,30,45, 60,90,120, 180	Venous, plasma	Enzymatic	219
2435	White bread containing Eurylon® high-amylose maize starch (65-75% amylose ¹⁵ (INRA, Nantes, France)	France	1998	43±5	6	Normal, 8	100	NS	Bread, 2.8h	No	0,15,30,45, 60,75,90,105 135, 165	Venous, plasma	Enzymatic	220
2436	White wheat flour bread, steamed	China	2005	88±7	13	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Venous, NS	NS	12
Unleavened Breads														
2437	Middle Eastern flatbread	Lebanon	1997	97±29	15	Normal, 12	50	85.8	Glucose ²⁶ , 2h	No	0,30,60,90, 120	Venous, serum	Enzymatic	221
2438	Pita bread, white, homemade	Canada	1984-1992	58±7	9	Type 1 & 2, 7	50	119.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
2439	Pita bread, white (Value, UK)	UK	2005	69±20	10	Normal, 10	50	97.7	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2440	Flatbread, made from wheat flour	Malaysia	2011	71±2	11	Type 2, 10	25	54	Glucose, 3h	Yes	0,30,60,90, 120,150,180	Capillary, plasma/serum	Enzymatic	222
2441	Wheat tortilla	Mexico	1999	30±5	5	Normal, 8	50	105.1	Bread, 3.5h	NS	0,15,30,60, 90,120,150, 180,210	Venous, plasma	Enzymatic	223
2442	Wheat tortilla, made from wheat white flour	Mexico	2000	38±5	6	Type 2, 7	50	105.1	Bread, 3.5h	NS	0,15,30,60, 90,120,150, 180,210	Venous, plasma	Enzymatic	224
2443	White wheat flour flatbread ¹²	Sweden	1995	80±9	12	Normal, 9	31.5	58.2	Bread, 2h	NS	0,30,45,70, 95,120,180	Capillary, whole blood	Enzymatic	154
BREAKFAST CEREALS														
<i>Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category.</i>														
All-Bran™ (high-fiber, extruded wheat bran cereal)														
2444	All-Bran™ (Kellogg's, Battle Creek, MI, USA)	USA	1981	38	8	Normal, 8	75	106	Glucose, 3h ⁶	NS	0,30,60,120, 180	NS	Enzymatic	225
2445	All-Bran™ (Kellogg's Inc., Canada) ²⁷	Canada	1981	51±5	10	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2446 All-Bran™ (Kellogg's Inc., South Korea)	South Korea	2018	51±11	10	Normal, 11	50	57.5	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2447 All-Bran™, high-fiber, extruded wheat bran cereal (Kellogg's Inc., Etobicoke, Canada)	Canada	1983	51±4	10	Type 2, 6	50	116	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
2448 All-Bran™ (Kellogg's, Battle Creek, MI, USA)	USA	2002	55±7	11	Normal, 6	50	119.2	Glucose, 3h	No	0,20,30,60,90,120,150,180	Venous, plasma	Other	226
Barley Flakes													
2449 Barley flakes	China	2005	69±3	14	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
Barley porridge													
2450 Barley flour porridge, made from milled high-amylose (covered) barley kernels (flour:water = 1:3), boiled for 2.5 min	Sweden	1993	39±4	8	Normal, 9	50	79.1	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	227
2451 Barley flour porridge, made from milled dehulled barley kernels (flour:water = 1:3) boiled for 2.5 min	Sweden	1993	46±6	9	Normal, 9	50	79.1	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	227
2452 Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes	Sweden	1999	62±4	12	Normal, 10	50	NS	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	228
2453 Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes	Sweden	1999	66±6	13	Normal, 10	50	NS	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	228
2454 Wholemeal high-fiber barley flour porridge (50% barley flour: 50% high-fiber barley flour) ²⁸	Sweden	1995	55±6	11	Normal, 8	35.5	32.7	Bread, 2h	NS	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	154
2455 Wholemeal barley flour porridge (100% regular barley) (flour:water = 1:3), boiled 2.5 min ²⁸	Sweden	1995	69±11	14	Normal, 8	35.5	48.3	Bread, 2h	NS	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	154
Bran Buds™													
2456 Bran Buds™ (Kellogg's Inc., Canada) ²⁹	Canada	1984-1992	59±8	12	Type 1 & 2, 8	50	110.4	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2457 Bran Buds with psyllium (Kellogg's Inc., Canada) ²⁹	Canada	1984-1992	48±3	10	Type 1 & 2, 13	50	123.5	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Cornflakes™													
2458 Cornflakes™ (Kellogg's Inc., South Korea)	South Korea	2018	52±11	10	Normal, 14	50	56.2	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2459 Cornflakes™ (Kellogg's, Auckland, New Zealand)	New Zealand	2000	72±16	14	Normal, 11	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27

Food Number and Item	Country of food production	Year of test ¹	GI ² ± SEM (GI = 100)	GL	Subjects (type & number)	Avail carb (Test portion)	Test portion ³ (g)	Reference food & time period	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2460 Cornflakes	China	2005	74±3	15	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
2461 Cornflakes	China	2005	79±4	16	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
2462 Cornflakes™ (Kellogg's, Australia)	Australia	1984	77	15	Normal, 6	50	59	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229
2463 Cornflakes™ (Kellogg's Inc., Canada) ²⁷	Canada	1981	80±6	16	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2464 Cornflakes™ (Kellogg's Inc., Canada)	Canada	1983	87±4	17	Type 2, 7	50	59	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
2465 Cornflakes	Nigeria	2015	88±14	18	Normal, 16	50	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	NS	230
2466 Cornflakes™ (Kellogg's, USA)	USA	1987	92	18	Type 2, 9	50	59	Glucose, 5h ⁶	NS	0,30,60,120,180,240,300	Venous, plasma/serum	Enzymatic	133
2467 Cornflakes (Kellogg's, France)	France	2002	93±16	19	Normal, 11-14	50	58	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	53
2468 Cornflakes (Kellogg's, MI, USA)	USA	2002	132±33	26	Normal, 6	50	60.9	Glucose, 3h	No	0,20,30,60,90,120,150,180	Venous, plasma	Other	226
2469 Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada) ²⁹	Canada	1984-1992	75±4	15	Type 1 & 2, 9	50	66.5	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Cream of Wheat™													
2470 Cream of Wheat™ (Nabisco Brands Ltd., Canada) ²⁹	Canada	1984-1992	67±3	13	Type 1 & 2, 9	50	69.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2471 Cream of Wheat™, Instant (Nabisco Brands Ltd., Canada) ²⁹	Canada	1984-1992	75±6	15	Type 1 & 2, 9	50	70.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Grapenuts™													
2472 Grapenuts™ (Post, Kraft General Foods Inc., Canada) ²⁹	Canada	1984-1992	68±6	14	Type 1 & 2, 11	50	66.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2473 Grapenuts™ Flakes (Post, Kraft General Foods Inc., Canada) ²⁹	Canada	1984-1992	81±6	16	Type 1 & 2, 10	50	71.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Muesli													
2474 Muesli, Lite (Sanitarium, New Zealand)	New Zealand	2000	54±12	11	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27
2475 Muesli, fruit and nut	UK	2005	59±11	12	Normal, 8	50	82.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2476 Muesli, No Name (Sunfresh Ltd., Toronto, Canada) ²⁹	Canada	1984-1992	60±9	12	Type 1 & 2, 9	50	83.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2477 Muesli ²⁷	Canada	1981	66±9	13	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
Oat bran													
2478 Oat bran, raw (Quaker Oats Co., Canada) ²⁹	Canada	1984-1992	51±4	10	Type 1 & 2, 11	50	147.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2479 Oat bran, raw	Canada	1984	60	12	Type 2, ≤13	50	NS	Bread, 3h	NS	0,30,60,90,120,150,180	NS	NS	172
2480 Oat Bran cereal (Quaker Oats Co, Peterborough, ON, Canada)	Canada	2000	61±4	12	Type 2, 16	50	84	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	231
2481 Oat bran crisp (Natureal® GI-crisp, Finn Cereal, Vantaa, Finland)	Finland	2004	79	16	Type 2, 12	12.5	29.1	Glucose, 2h ⁹	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	232
2482 Oat bran flour (Natureal® GI-flour, Finn Cereal, Vantaa, Finland), consumed mixed with cold water	Finland	2004	40	8	Type 2, 12	12.5	61.6	Glucose, 2h ⁹	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	232
Porridge, instant													
2483 Quick Oats (Quaker Oats Co., Canada)	Canada	1985	66	13	Type 2, 6	50	75.4	Bread, 3h ⁹	No	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	233
2484 One Minute Oats (Quaker Oats Co., Canada) ²⁹	Canada	1984-1992	67±7	13	Type 1 & 2, 7	50	80.5	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2485 Instant porridge	China	2005	69±3	14	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
2486 Instant oatmeal porridge, made from packet	China	2005	83±7	17	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
Porridge made from oat flakes													
2487 Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes	Sweden	1999	51±6	10	Normal, 10	50	NS	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	228
2488 Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes	Sweden	1999	54±6	11	Normal, 10	50	NS	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	228
2489 Oat porridge made from raw thick (1.0 mm) dehulled oat flakes	Sweden	1999	55±6	11	Normal, 10	50	NS	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	228
2490 Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes	Sweden	1999	70±7	14	Normal, 10	50	NS	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	228
2491 Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes	Sweden	1999	81±9	16	Normal, 10	50	NS	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	228

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Porridge made from rolled oats														
2492	Porridge, made from rolled oats cooked for 20 min ²⁷	Canada	1981	49±8	10	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2493	Porridge	China	2005	55±2	11	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
2494	Porridge	Australia	1991	58±4	12	Normal, 7	50	72.7	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2495	Porridge (Value, UK)	UK	2005	63±15	13	Normal, 8	50	82.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
2496	Porridge, organic	UK	2005	63±11	13	Normal, 8	50	86.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
2497	Porridge, oat	Germany	1980	62	12	Diabetic, number NS	25	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168
2498	Porridge, oatmeal	Germany	1977	64	13	Type 2, number NS	50	NS	Glucose, time NS	NS	NS	NS	NS	177
2499	Porridge, oat	Canada	1983	70±6	14	Type 2, 6	50	69	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
2500	Porridge, oat	USA	1987	76	15	Type 2, 8	50	69	Glucose, 5h ⁶	NS	0,30,60,120,180,240,300	Venous, plasma/serum	Enzymatic	133
Porridge, other														
2501	Buckwheat porridge, made from buckwheat flakes (Myllyn Paras, Hyvinkää, Finland) and water, cooked in microwave for 5 min ¹⁷	Finland	2012	71±19	14	Normal, 7	50	508.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	163
2502	Oat kernels, boiled in 100 mL water for 18 min, 0.5 g salt in water	Sweden	2007	60±9	12	Normal, 12	50	118.9	Bread, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	205
2503	Porridge, made from white wheat flour, cooked with 231.6 g water in microwave for 3 min, 0.5 g NaCl added	Sweden	2005	55±7	11	Normal, 11	40	57.9	Bread, 3h	No	0,7.5,15,30,45,70,95,120,180	Capillary, whole blood	HemoCue	176
2504	Porridge, made from 75% endosperm rye flour and 25% white wheat flour, cooked with 182 g water in microwave for 3 min, 0.5 g NaCl added	Sweden	2005	50±4	10	Normal, 11	40	60.6	Bread, 3h	No	0,7.5,15,30,45,70,95,120,180	Capillary, whole blood	HemoCue	176
2505	Porridge, made from 75% whole grain rye flour and 25% white wheat flour, cooked with 204.5 g water in microwave for 3 min, 0.6 g NaCl added	Sweden	2005	51±7	10	Normal, 10	40	68.1	Bread, 3h	No	0,7.5,15,30,45,70,95,120,180	Capillary, whole blood	HemoCue	176

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2506	Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min ²⁸	Sweden	1995	75±13	15	Normal, 8	35.5	52.8	Bread, 2h	NS	0,30,45,70,95,120,180	Capillary, whole blood	Enzymatic	154
Puffed Wheat														
2507	Puffed Wheat (Quaker Oats Co., Canada) ²⁹	Canada	1984-1992	68±5	14	Type 1 & 2, 10	50	80.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2508	Puffed Wheat (Sanitarium, Australia)	Australia	1986	80±11	16	Normal, 8	50	76	Glucose, 2h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	212
Rice Bubbles, puffed rice cereal														
2509	Rice Bubbles™ (Kellogg's, Australia)	Australia	1984	95	19	Normal, 6	50	57	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229
2510	Rice Krispies™ (Kellogg's Inc., Canada) ²⁹	Canada	1984-1992	83±4	17	Type 1 & 2, 12	50	57.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Shredded Wheat														
2511	Shredded Wheat ²⁷	Canada	1981	67±10	13	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2512	Shredded Wheat™ (Nabisco Brands Ltd., Canada) ²⁹	Canada	1984-1992	84±4	17	Type 1 & 2, 14	50	74.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Sultana Bran														
2513	Sultana Bran (Healthy Living, UK)	UK	2005	90±17	18	Normal, 10	50	86.1	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
Wheat biscuits (plain flaked wheat)														
2514	Weetabix™ (Weetabix of Canada Ltd., Canada) ²⁷	Canada	1981	75±10	15	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2515	Weetabix™, plain flaked wheat biscuits (Weetabix of Canada Ltd., Thornhill, Canada) ²⁹	Canada	1984-1992	75±6	15	Type 1 & 2, 11	50	71.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Other breakfast cereals														
2516	Bran Chex™ (Nabisco Brands Ltd., Toronto, Canada) ²⁹	Canada	1984-1992	59±4	12	Type 1 & 2, 10	50	81.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2517	Cheerios™ (General Mills Inc., Etobicoke, Canada) ²⁹	Canada	1984-1992	75±6	15	Type 1 & 2, 10	50	67.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2518	Corn Bran™ (Quaker Oats Co. of Canada, Peterborough, Canada) ²⁹	Canada	1984-1992	76±4	15	Type 1 & 2, 10	50	77.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2519	Corn Chex™ (Nabisco Brands Ltd., Canada) ²⁹	Canada	1984-1992	84±8	17	Type 1 & 2, 9	50	68.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2520	Crispix™ (Kellogg's Inc., Canada) ²⁹	Canada	1984-1992	88±4	18	Type 1 & 2, 12	50	57.6	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2521	Fruitful Lite™ (Hubbards, Auckland, New Zealand)	New Zealand	2000	61±20	12	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27
2522	Golden Grahams™ (General Mills Inc., Canada) ²⁹	Canada	1984-1992	72±9	14	Type 1 & 2, 9	50	59.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2523	Kashi Seven Whole Grain Puffs (Kashi Company, USA)	USA	2007	65±10	13	Normal, 8	50	63.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
2524	Life™ (Quaker Oats Co., Canada) ²⁹	Canada	1984-1992	67±6	13	Type 1 & 2, 9	50	75.5	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2525	Mini Wheats™ (Kellogg's, Australia)	Australia	1995	58±8	12	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	151
2526	Pro Stars™ (General Mills Inc., Canada) ²⁹	Canada	1984-1992	72±5	14	Type 1 & 2, 10	50	63.8	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2527	Red River Cereal (Maple Leaf Mills, Toronto, Canada) ²⁹	Canada	1984-1992	50±4	10	Type 1 & 2, 9	50	85.2	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2528	Rice Bran, extruded (Rice Growers Co-Operative Ltd., Australia)	Australia	1991	19±3	4	Normal, 8	25	52.8	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2529	Rice Chex™ (Nabisco Brands Ltd., Canada) ²⁹	Canada	1984-1992	90±4	18	Type 1 & 2, 11	50	60.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2530	Special K™ (Kellogg's, Australia)	Australia	1995	54±4	11	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	151
2531	Team™ (Nabisco Brands Ltd., Canada) ²⁹	Canada	1984-1992	83±6	17	Type 1 & 2, 10	50	61.2	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2532	Thank Goodness™ (Hubbards, New Zealand)	New Zealand	2000	65±18	13	Normal, 11	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27
2533	Total™ (General Mills Inc., Canada) ²⁹	Canada	1984-1992	77±4	15	Type 1 & 2, 10	50	73.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2534	Wheat-bites™ (Uncle Toby's, Australia)	Australia	1995	72±11	14	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	151
2535	Wheat flakes	France	2007	67±6	13	Normal, 11	50	70	Bread, 3h	No	0,15,30,45,60,90,120,150,180	Venous, plasma/serum	Enzymatic	235

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2536	Wheat flakes, enriched with extruded oat-bran concentrate (8.1% β-glucan)	Canada	37±4	7	Type 2, 16	50	90	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	231
2537	Wheat flakes, prepared with sourdough pre-fermentation step, suppressed steam cooking and reduced sucrose content	France	59±5	12	Normal, 11	50	77	Bread, 3h	No	0,15,30,45,60,90,120,150,180	Venous, plasma/serum	Enzymatic	235
Breakfast cereal bars													
2538	FibrePlus™ breakfast cereal bar (Uncle Toby's, Australia)	Australia	78±9	16	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	151
2539	Granola bar, containing wheat flour and coconut flour	Philippines	51±3	10	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	2
2540	Juicy cereal bar (stav nata tycinka FIT, Usovsko, Czech Republic)	Czech Republic	85±16	17	Normal, 11	50	75	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	46
2541	Muesli bar, crunchy, containing dried apricot (Uncle Toby's, Australia)	Australia	61±7	12	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2542	Oat bar, made from oat flour and bran starch	Canada	60	12	Normal, 10	50	104	Bread, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	236
2543	Wheat flake bar, containing fructose and extruded oat bran concentrate (6.5% β-glucan)	Canada	31±3	6	Type 2, 16	50	96	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	231
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)													
2544	Adlay (<i>Coix lachryma-jobi</i> Linn.), pre-soaked at 4°C for 12 h, steamed for 30 min	China	91±10	41	Normal, 10	50	75	Glucose, 2h	Yes	0,20,30,45,60,90,120	Capillary, whole blood	Glucometer	237
2545	Adlay (<i>Coix lachryma-jobi</i> Linn.), pre-soaked at 4°C for 12 h, steamed for 60 min	China	100±11	45	Normal, 10	50	75	Glucose, 2h	Yes	0,20,30,45,60,90,120	Capillary, whole blood	Glucometer	237
Barley													
Pearl Barley													
2546	Barley, pearled ¹⁸	Canada	23±2	10	Type 2, 12	50	60	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2547	Barley	Canada	22	10	Type 2, ≤13	50	NS	Bread, 3h	NS	0,30,60,90,120,150,180	NS	NS	172
2548	Barley	Canada	28±4	13	Type 2, 4	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	147

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2549 Barley, pearled ¹⁸	Canada	1985	29±7	13	Type 1, 7	50	60	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2550 Barley, pearled ¹⁸	Canada	1985	33±4	15	Type 2, 11	50	68	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2551 Barley, pearled ¹⁸	Canada	1985	33±7	15	Type 1, 7	50	68	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2552 Barley, pearled, boiled 60 min	UK	2005	35±4	16	Normal, 8	50	60.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
2553 Barley, pearled	Canada	2011	44±6	20	High fast insulin, 12	50	80.6	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181
2554 Barley, pearled	Canada	2011	47±5	21	Type 2, 10	50	80.6	Glucose, 3h	Yes	0,30,60,90,120,180	Venous, plasma/serum	Enzymatic	181
2555 Barley, pearled	Canada	2011	58±6	26	Normal, 9	50	80.6	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181
2556 Barley, cracked (Malthouth, Tunisia)	Tunisia	1984-1992	51±5	23	Type 1 & 2, 10	50	100.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2557 Barley grains, steamed	South Korea	2018	35±9	16	Normal, 9	50	173.1	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2558 Barley grains, puffed for 10 min	South Korea	2018	63±8	28	Normal, 9	50	57.4	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2559 Barley, pot, boiled 20 min (Goudas Food Products, Canada)	Canada	2004	38±4	17	Normal, 10	50	79.6	Bread, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	238
Barley kernels													
2560 Barley kernels, high-amylose (hull-less) boiled in water for 25 min (kernel:water = 1:2.5)	Sweden	1993	21±4	9	Normal, 10	50	90.6	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	227
2561 Barley kernels, waxy (hull-less), boiled in water for 25 min (kernel:water = 1:2.5)	Sweden	1993	22±4	10	Normal, 10	50	76.2	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	227
2562 Barley kernels, boiled in water for 25 min (kernel:water = 1:2)	Sweden	193	25±6	11	Normal, 10	50	76.2	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	227
2563 Barley kernels, high-amylose (covered), boiled in water for 25 min (kernel:water = 1:2)	Sweden	1993	26±5	12	Normal, 10	50	90.6	Bread, 3h ¹⁴	No	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	227
2564 Barley kernels, boiled in 110 mL water for 23 min, 0.5 g salt in water	Sweden	2007	35±5	16	Normal, 12	50	95.5	Bread, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	205
2565 Porridge, made from wholegrain barley flour, cooked in microwave for 5 min, stirred twice during cooking	Sweden	2007	80±18	36	Normal, 12	50	115.5	Bread, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	205

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2566	Barley flour, prepared with water and baked	South Korea	2018	70±7	32	Normal, 11	50	67	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2567	Barley, rolled	Australia	1991	66±5	30	Normal, 8	50	65.0	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2568	Barley, rolled, boiled	Japan	2008*	49	22	Normal, 9	75	450	Glucose, 4h ⁹	No	0,30,45,60,90,120,180,240	Venous, plasma	Enzymatic	239
Buckwheat														
2569	Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min	Sweden	2001	46±7	21	Normal, 10	50	NS	Bread, 2h ¹⁴	No	0,15,30,45,70,95,120,180	Capillary, NS	Enzymatic	157
2570	Buckwheat	Canada	1985	50±4	23	Type 2, 12	50	64	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2571	Buckwheat, boiled in water with 2 g salt	Canada	1981	51±10	23	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2572	Buckwheat	Canada	1985	64±6	29	Type 1, 6	50	64	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2573	Porridge, made from buckwheat flakes (Myllyn Paras, Hyvinkää, Finland) and water, cooked in microwave for 5 min ¹⁷	Finland	2012	71±19	32	Normal, 7	50	508.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	163
2574	Buckwheat powder	China	2005	54±1	24	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
Corn/Maize														
2575	Maize, ground, simmered with water for 20 min to make a gruel	South Korea	2018	92±20	41	Normal, 9	50	347.7	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2576	Maize meal porridge/gruel, prepared with water	Kenya	1996	111±11	50	Type 2, 13	50	NS	Bread, 2.5h	Yes	0,30,60,90,120,150	Capillary, NS	Enzymatic	213
2577	Maize meal porridge, unrefined, maize-meal:water = 1:3, cooked for 20-30 min, tested in young adults (17-18 y)	South Africa	1984	71±6	32	Normal, 8	50	70	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
2578	Maize meal porridge, refined, maize-meal:water = 1:3, cooked for 20-30 min, tested in young adults (17-18 y)	South Africa	1984	74±7	33	Normal, 8	50	62	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
2579	Maize, steamed for 40 min	South Korea	2018	73±10	33	Normal, 11	50	170.1	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
Cornmeal/Cornmeal products														
2580	Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada)	Canada	1984-1992	69±4	31	Type 1 & 2, 12	50	54.3	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2581	Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada) + 27.8 g margarine	Canada	1984-1992	70±7	32	Type 1 & 2, 12	50	54.3	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2582	Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	Canada	1984-1992	69±6	31	Type 1 & 2, 10	50	88.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Cornstarch														
2583	Waxy maize (Amioca) starch, 0.5% amylose (Ingredion, Bridgewater, NJ, USA), raw, suspended in 298 mL water	USA	2015	50	23	Normal, 10	50	NS	Glucose, 2h	No	0,30,45,60,90,120	Capillary, whole blood	YSI	240
2584	Crystalline short-chain α-glucan (CSCA) starch, made from waxy maize starch (Ingredion, Bridgewater, NJ, USA), suspended in 298 mL water	USA	2015	21	9	Normal, 10	50	NS	Glucose, 2h	No	0,30,45,60,90,120	Capillary, whole blood	YSI	240
2585	Modified cornstarch thickener (hydroxypropylamylosephosphate, E1443) (Thick & Easy, Hormel Health Labs, Inc., USA), consumed in 150 g water, pudding consistency	USA	2007	55	25	Type 2, 8	25	27.5	Bread, 3h	Yes	0,15,30,45,60,75,90,120,150,180	Capillary, NS	YSI	241
2586	Modified cornstarch thickener (hydroxypropylamylosephosphate, E1443) (Thick & Easy, Hormel Health Labs, Inc., USA), consumed in 300 g water, stew consistency	USA	2007	62	28	Type 2, 8	25	27.5	Bread, 3h	Yes	0,15,30,45,60,75,90,120,150,180	Capillary, NS	YSI	241
2587	Corn starch hydrolysate solution, 10% solution (M40, Grain Processing Corporation, IA, USA), tested by subjects with high AMY1 copy number	USA	2011	94±3	42	Normal, 7	50	NS	Glucose, 2h	No	0,3,6,9,12,15,30,45,60,75,90,105,120	Venous, plasma/serum	YSI	242
2588	Corn starch hydrolysate solution, 10% solution (M40, Grain Processing Corporation, IA, USA), tested by subjects with high AMY1 copy number	USA	2011	111±7	50	Normal, 7	50	NS	Glucose, 2h	No	0,3,6,9,12,15,30,45,60,75,90,105,120	Venous, plasma/serum	YSI	242
2589	Waxy maize starch (Tate & Lyle, Decatur, IL, USA), uncooked, suspended in 55.1 g water	USA	2009	63±11	28	Normal, 12	50	110	Bread, 4h	No	0,15,30,45,60,90,120,150,180,210,240	Venous, plasma/serum	Enzymatic	243
Sweet corn, canned														
2590	Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA) ⁵	USA	1981	47	21	Type 2, 20	50	279	Bread, 3h ⁶	No	0,15,30,45,60,120,180	NS, serum	Enzymatic	244
2591	Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	Canada	1984-1992	48±3	22	Type 1 & 2, 9	50	266.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2592 Sweet corn, canned, drained	USA	1977	60	27	Normal, 16	50	279	Bread, 3h	NS	0,30,45,60,120,180	Venous, plasma	Enzymatic	245
2593 Sweet corn, canned, drained	USA	1980	60	27	Type 2, 5; IGT, 6	50	270	Bread, 3h ⁶	NS	0,15,30,45,60,120,180	Venous, plasma	Enzymatic	184
Sweet corn, fresh													
2594 Sweet corn, 'Honey & Pearl' variety	New Zealand	2000	37±12	17	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27
2595 Sweet corn, on the cob, boiled 20 min	Australia	1984	48	22	Normal, 6	50	215	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229
2596 Sweet corn, cooked	Israel	1988	52±7	23	GDM, 8	25	120	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	190
2597 Sweet corn, boiled in water with 2 g salt	Canada	1981	59±11	27	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2598 Sweet corn, boiled in water for 30 min with 2 g salt, tested in young adults (17-18 y)	South Africa	1984	62±5	28	Normal, 7	50	229	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
2599 Corn, fresh, roasted	Nigeria	2015	77±15	35	Normal, 16	50	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	NS	230
2600 Corn, fresh, boiled	Nigeria	2015	82±15	37	Normal, 16	50	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	NS	230
Couscous													
2601 Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA)	USA	1984-1992	62±5	28	Type 1 & 2, 9	50	69.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2602 Couscous, boiled 5 min	Tunisia	1984-1992	70±4	32	Type 1 & 2, 9	50	69.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Millet													
2603 Millet porridge	China	2005	62±3	28	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
2604 Millet/Ragi (<i>Eleusine coracana</i>), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h	India	1991*	68±10	31	Normal, 12-15	75	103	Glucose, 3h	NS	0,60,120,180	Venous, plasma	Enzymatic	246
2605 Millet, NS, boiled in water with 2 g salt	Canada	1981	71±10	32	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2606 Foxtail millet (<i>Setaria italica</i>), pre-soaked at 4°C for 12 h, steamed for 60 min	China	2019	89±6	40	Normal, 10	50	72.3	Glucose, 2h	Yes	0,20,30,45,60,90,120	Capillary, whole blood	Glucometer	237

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2607	Foxtail millet (<i>Setaria italica</i>), pre-soaked at 4°C for 12 h, steamed for 30 min	China	2019	93±8	42	Normal, 10	50	72.3	Glucose, 2h	Yes	0,20,30,45, 60,90,120	Capillary, whole blood	Glucometer	237
2608	Millet flour porridge, prepared with water	Kenya	1996	109±10	49	Type 2, 13	50	NS	Bread, 2.5h	Yes	0,30,60,90, 120,150	Capillary, NS	Enzymatic	213
Rice														
Rice, Basmati, white, boiled														
2609	Basmati, white, boiled 12 min (Value, UK)	UK	2005	52±11	23	Normal, 8	50	63.0	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2610	Basmati, white, organic, boiled 10 min	UK	2005	57±10	26	Normal, 8	50	65.7	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2611	Basmati, white, boiled 8 min	UK	2005	69±6	31	Normal, 8	50	65.7	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2612	Basmati rice, white, cooked by absorption method	Qatar	2010	84±2	38	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60, 90,120	Capillary, NS	NS	247
2613	Basmati, easy cook, boiled 9 min	UK	2005	67±11	30	Normal, 8	50	62.7	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
Rice, black														
2614	Rice, black Adan	Indonesia	2019	64	29	Normal, 10	NS	NS	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	248
2615	Rice, black waxy (<i>Oryza sativa</i> Linn. spp.), pre-soaked at 4°C for 12 h, steamed for 30 min	China	2019	100±10	45	Normal, 10	50	66.1	Glucose, 2h	Yes	0,20,30,45, 60,90,120	Capillary, whole blood	Glucometer	237
2616	Rice, black waxy (<i>Oryza sativa</i> Linn. spp.), pre-soaked at 4°C for 12 h, steamed for 60 min	China	2019	109±12	49	Normal, 10	50	66.1	Glucose, 2h	Yes	0,20,30,45, 60,90,120	Capillary, whole blood	Glucometer	237
Rice, brown														
2617	Rice, brown, polished, boiled for 15 min	Germany	1980	52	23	Diabetic, number NS	25	NS	Glucose, time NS	NS	0,30,60,90, 120,150,180, 210,240	NS	NS	168
2618	Brown (<i>Oryza Sativa</i>), boiled	India	1991*	50±19	23	Normal, 12-15	75	96	Glucose, 3h ¹²	NS	0,60,120,180	Venous, plasma	Enzymatic	246
2619	Brown, high amylose (IR42) rice, boiled 30 min	Philippines	2006	59±8	27	Normal, 10	50	NS	Bread, 1h	NS	0,15,30,45, 60	Capillary, whole blood	YSI	249
2620	Brown, high amylose (IR42) rice, boiled 30 min	Philippines	2006	40±9	18	Type 2, 9	50	NS	Bread, 3h	NS	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	249
2621	Brown rice	Canada	1981	66±5	30	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2622	Brown, steamed	USA	50	23	Normal, 8	75	97	Glucose, 3h ⁶	NS	0,30,60,120,180	NS	Enzymatic	225
2623	Calrose brown (Rice Growers Co-op, Australia)	Australia	87±8	39	Normal, 8	50	66.1	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2624	Brown rice (Carolina Natural whole grain brown rice), prepared in rice cooker	USA	95	43	Normal, 12	50	262.5	Bread, 2h	No	0,10,30,60,120	Venous, plasma/serum	NS	250
2625	Doongara brown rice, high amylose	Australia	66±7	30	Normal, 8	50	67.5	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2626	Pelde brown rice (Rice Growers Co-op, Australia)	Australia	76±6	34	Normal, 8	50	66.3	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2627	Rice, brown (cross between wild rice <i>O. sativa rufipogon</i> Griff. And <i>O. sativa</i> L. subsp. <i>indica</i> cv. MR219), cooked in an electronic rice cooker with 2 mL water/g rice	Malaysia	51±8	23	Normal, 9	50	NS	Glucose, 3h	Yes	0,15,30,45,60,90,120,180	Venous, plasma/serum	Enzymatic	251
2628	Rice, brown, polished, cooked in an electronic rice cooker with 2 mL water/g rice	Malaysia	79±14	36	Normal, 9	50	NS	Glucose, 3h	Yes	0,15,30,45,60,90,120,180	Venous, plasma/serum	Enzymatic	251
2629	Sunbrown Quick™ (Rice Growers Co-op, Australia)	Australia	80±7	36	Normal, 8	50	64.6	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
Rice, Doongara, white													
2630	Doongara, white, (SunRice CleverRice™ brand, Rice Growers Co-Op., Australia)	Australia	50±6	23	Normal, 8	50	185	Bread, 2h	Yes	0,15,30,45,60,75,90,105,120	Capillary, plasma	Enzymatic	70
2631	Doongara, white, (SunRice CleverRice™ brand, Rice Growers Co-Op., Australia)	Australia	64±9	29	Normal, 8	50	64.5	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2632	Doongara, parboiled, high-amylose (28%) (SunRice CleverRice™ brand, Rice Growers Co-Op., Australia)	Australia	50±6	23	Normal, 8	50	178	Bread, 2h	Yes	0,15,30,45,60,75,90,105,120	Capillary, plasma	Enzymatic	70
Rice, Instant/puffed													
2633	Instant rice, white, boiled 1 min	Canada	46	21	Type 2, 13	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	252
2634	Rice, white, puffed for 10 min	South Korea	72±7	32	Normal, 10	50	56.2	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2635	Instant rice, white, cooked 6 min (Trice brand, Australia)	Australia	87±7	39	Normal, 6	50	180	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229
Rice, white, NS, boiled													
2636	White rice, NS, boiled	Turkey	17	8	Type 2, 52; Normal, 31	50	60	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	218

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2637	White rice, NS, boiled	France	43	19	Type 2, 14	50	250	Glucose, 3h	No	0,30,60,120,180	NS	Enzymatic	253
2638	White rice, NS	India	43	19	Normal, 6	50	64	Glucose, 2h ⁹	No	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	254
2639	White rice, NS, boiled	France	47	21	Type 2, 16	50	250	Glucose, 3h	No	0,30,60,120,180	NS	Enzymatic	253
2640	White rice, NS	Malaysia	48±6	22	Type 2, 10	25	32	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	222
2641	White rice, NS	France	52±6	23	Normal, 12	50	208	Bread, 3h	No	0,30,60,120,180	NS	NS	255
2642	White rice, NS	Canada	57±4	26	Type 2, 6	50	58	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
2643	White rice, NS ³⁰	Pakistan	70	32	Type 2, 22	50	62	Wheat chapatti ⁴⁵ , 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	256
2644	White rice, NS	Canada	72±9	32	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2645	Rice, NS, boiled in water for 15 min, 76.9% starch gelatinization	South Korea	72	32	Normal, 12	50	148	Dextrose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	257
2646	White rice, NS, boiled in water with 1 g salt	India	73	33	Normal, 8	50	64	Bread, 3h	Yes	0,30,60,90,120,180	Venous, plasma	Enzymatic	258
2647	Rice (<i>Oryza sativa</i>), white	China	77±35	35	Normal, 16	40	NS	Glucose, 4h	No	0,15,30,45,60,90,120,180,240	Venous, plasma/serum	Enzymatic	259
2648	Rice, white, polished (Cap Rambutan, Malaysia), cooked in an electronic rice cooker with 2 mL water/g rice	Malaysia	86±14	39	Normal, 9	50	NS	Glucose, 3h	Yes	0,15,30,45,60,90,120,180	Venous, plasma/serum	Enzymatic	251
2649	Rice, white, NS, boiled 13 min in salted water	Italy	89	40	Normal, 14	70	90	Glucose, 3h ¹⁴	No	0,30,60,90,120,180	Venous, Plasma	Enzymatic	260
2650	White rice, NS, boiled	Japan	92	41	Normal, 9	75	375	Glucose, 4h ⁹	No	0,30,45,60,90,120,180,240	Venous, plasma	Enzymatic	239
2651	White rice, NS, boiled in salted water	Kenya	114±24	51	Type 2, 10	50	NS	Bread, 2.5h	Yes	0,30,60,90,120,150	Capillary, NS	Enzymatic	213
Rice, white high-amylose													
2652	Bangladeshi rice variety BR16 (28% amylose), boiled in salted water for 17 min	Bangladesh	38±5	17	Type 2, 12	50	66.8	Bread, 3h	No	0,15,30,45,60,90,120,150,180	Venous, plasma	Enzymatic	261

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2653	Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled in salted water for 17.5 min	Bangladesh	1999	39±4	18	Type 2, 9	50	64	Bread, 3h	No	0,15,30,45, 60,90,120, 150,180	Venous, plasma	YSI	262
2654	Rice (<i>Oryza sativa</i> L. cv. Te-Qing), high amylose, enriched with resistant starch	China	2009	48±22	22	Normal, 16	40	NS	Glucose, 4h	No	0,15,30,45, 60,90,120, 180,240	Venous, plasma/serum	Enzymatic	259
Rice, white high-amylose, milled														
2655	Milled (white), high amylose (IR42) rice, boiled 22 min	Philippines	1992	60±5	27	Type 2, 10	50	NS	Bread, 3h	NS	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	263
2656	Milled (white), high amylose (IR42) rice, boiled 22 min	Philippines	1992	62±8	28	Type 2, 7	50	NS	Bread, 3h	NS	0,30,60,90, 120,150,180	Capillary, whole blood	Other	263
2657	Milled (white), high amylose (IR42) rice, boiled 22 min	Philippines	2006	62±8	28	Type 2, 9	50	NS	Bread, 3h	NS	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	249
2658	Milled (white), high amylose (IR42) rice, boiled 22 min	Philippines	2006	67±8	30	Normal, 10	50	NS	Bread, 1h	NS	0,15,30,45, 60	Capillary, whole blood	YSI	249
2659	Milled (white), high amylose (IR42) rice, boiled 22 min	Philippines	1992	65±9	29	Normal, 7	50	NS	Bread, 1h	NS	0,15,30,45, 60	Capillary, whole blood	YSI	263
2660	Milled (white), high amylose (IR42) rice, boiled 22 min ¹⁶	Philippines	1991	65±9	29	Normal, 11	50	65.5	Bread, 1h	Yes	0,15,30,45, 60	Capillary, whole blood	YSI	264
2661	Milled (white), high amylose (IR62) rice, boiled 22 min ¹⁶	Philippines	1991	43±6	19	Normal, 11	50	66.2	Bread, 1h	Yes	0,15,30,45, 60	Capillary, whole blood	YSI	264
2662	Milled (white), high amylose (IR36) rice, boiled 22 min ¹⁶	Philippines	1991	51±7	23	Normal, 11	50	65.1	Bread, 1h	Yes	0,15,30,45, 60	Capillary, whole blood	YSI	264
2663	Milled (white), high amylose (IR62) rice, cooked in rice cooker 20 min ¹⁶	Philippines	1991	53±3	24	Normal, 11	50	66.2	Bread, 1h	Yes	0,15,30,45, 60	Capillary, whole blood	YSI	264
2664	Milled (white), high amylose (IR36) rice, cooked in rice cooker 19 min ¹⁶	Philippines	1991	55±4	25	Normal, 11	50	65.1	Bread, 1h	Yes	0,15,30,45, 60	Capillary, whole blood	YSI	264
2665	Milled (white), high amylose (IR42) rice, cooked in rice cooker 14 min ¹⁶	Philippines	1991	58±4	26	Normal, 11	50	65.5	Bread, 1h	Yes	0,15,30,45, 60	Capillary, whole blood	YSI	264
Rice, Japonica/Koshihikari														
2666	Japonica, short-grain brown rice, cooked in electric rice cooker	Japan	2005	62±5	28	Normal, 19	50	178	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	265
2667	Japonica short-grain brown rice, pre-germinated, cooked in electric rice cooker	Japan	2005	54±5	24	Normal, 13	50	185	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	265
2668	Japonica short-grain brown rice, pre-germinated, cooked in electric rice cooker	Japan	2005	57±3	26	Normal, 19	50	185	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	265

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2669	Koshihikari (Japonica), white, short-grain, boiled 15 min, then steamed 10 min	Japan	48±8	22	Normal, 8	50	66	Glucose, 3h	No	0,30,60,90,120,150,180	Venous, plasma	Enzymatic	266	
2670	Japonica, short-grain white rice, cooked in electric rice cooker	Japan	76±7	34	Normal, 19	50	161	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	265	
2671	Japonica, short-grain white rice, cooked in electric rice cooker	Japan	75±6	34	Normal, 13	50	161	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	265	
2672	Japonica white rice and pre-germinated Japonica brown rice (ratio 1:2), cooked in electric rice cooker	Japan	64±5	29	Normal, 13	50	169	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	265	
2673	Japonica white rice and pre-germinated Japonica brown rice (ratio 2:1), cooked in electric rice cooker	Japan	67±3	30	Normal, 13	50	177	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	265	
2674	Japonica rice (<i>Oryza sativa</i> spp. <i>japonica</i>), white, steamed for 30 min	China	83±9	37	Normal, 10	50	66.1	Glucose, 2h	Yes	0,20,30,45,60,90,120	Capillary, whole blood	Glucometer	237	
2675	Japonica rice (Matsusakabeikoku Incorporated Ltd, Matsusaka Mie, Japan), boiled in water	Japan	88±8	40	Normal, 11	50	62.3	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, serum	Enzymatic	207	
2676	Japonica rice (Matsusakabeikoku Incorporated Ltd, Matsusaka Mie, Japan), boiled in water	Japan	63±7	28	Type 2, 9	50	62.3	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	207	
2677	Japonica, white rice (Koshihikari)	Japan	2010*	89	40	Normal, 15	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	267
Rice, Japonica enriched with Sunfibre (<i>Cyamopsis tetragonolobus</i>) (soluble fiber)														
2678	Japonica rice (Matsusakabeikoku Incorporated Ltd, Matsusaka Mie, Japan), boiled in water with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	Japan	2003	68±6	31	Normal, 11	50	62.3	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, serum	Enzymatic	207
2679	Japonica rice (Matsusakabeikoku Incorporated Ltd, Matsusaka Mie, Japan), boiled in water with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	Japan	2003	66±6	30	Normal, 11	50	62.3	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, serum	Enzymatic	207
2680	Japonica rice (Matsusakabeikoku Incorporated Ltd, Matsusaka Mie, Japan), boiled in water with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	Japan	2003	54±6	24	Type 2, 9	50	62.3	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	207
2681	Japonica rice (Matsusakabeikoku Incorporated Ltd, Matsusaka Mie, Japan), boiled in water with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	Japan	2003	55±6	25	Type 2, 9	50	62.3	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	207
Rice, Long grain														
2682	Long grain, boiled 5 min	Canada	1986	41±3	18	Type 2, 13	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	252
2683	Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, Australia)	Australia	1984	50	23	Normal, 6	50	175	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2684 Long grain, Gem (Dainty Food Inc., Toronto, Canada)	Canada	1985	52±4	23	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Venous, plasma	NS	268
2685 Long grain, boiled 25 min	Suriname	1987	56±2	25	Type 2, 3	50	62	Glucose, 3h	No	0,30,60,90,120,150,180	Venous, plasma/serum	Enzymatic	145
2686 Long grain, Gem (Dainty Food Inc., Canada)	Canada	1985	58±6	26	Type 1, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Venous, plasma	NS	268
2687 Long grain, boiled 15 min	Canada	1986	59±3	27	Type 1, 5; Type 2, 13	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	252
2688 Long grain, Gem (Dainty Food Inc., Canada)	Canada	1985	61±4	27	Type 2, 13	50	58	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2689 Long grain, Gem (Dainty Food Inc., Canada)	Canada	1985	61±8	27	Type 1, 6	50	58	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2690 Long grain rice (Indica rice)	Japan	2010*	60	27	Normal, 15	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	267
2691 Long grain, non-glutinous (non-waxy) rice variety RD 21/23 (low amylose), boiled for 20 min	Thailand	1989	71	32	Type 2, 8	50	NS	Glucose, 3h	NS	0,30,60,120,180	NS, plasma	Enzymatic	269
2692 Long-grain white, fragrant, steamed for 40 min	China	2018	91±9	41	Normal, 16	50	66.1	Glucose, 4h	Yes	0,30,45,60,90,120,150,180,210,240	Capillary, whole blood	Glucometer	270
Rice, white low-amylose													
2693 Glutinous (waxy) rice, low-amylose, boiled for 20 min	Thailand	1989	75	34	Type 2, 8	50	NS	Glucose, 3h	NS	0,30,60,120,180	NS, plasma	Enzymatic	269
2694 Glutinous rice, steamed	South Korea	2018	76±11	34	Normal, 10	50	111.1	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2695 Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	Australia	1991	83±13	37	Normal, 8	50	62.6	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2696 Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	Australia	1991	87±7	39	Normal, 8	50	63.0	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2697 Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	Australia	1991	88±11	40	Normal, 7	50	64.8	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
2698 Pelde, white (Rice Growers Co-op., Australia)	Australia	1991	93±11	42	Normal, 7	50	62.8	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234
Rice, Parboiled													
2699 Parboiled (converted), white, boiled 20-30 min, Uncle Ben's® (Masterfoods, USA)	USA	1977	38	17	Normal, 16	50	61	Bread, 3h	NS	0,30,45,60,120,180	Venous, plasma	Enzymatic	245

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2700	Parboiled rice (Uncle Ben's Converted rice, Effem Foods Ltd., Rexdale, Ontario, Canada)	Canada	1985	48±4	22	Type 2, 13	50	58	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2701	Parboiled rice	USA	1980	72	32	Type 2, 5; IGT, 6	50	61	Bread, 3h ⁶	NS	0,15,30,45,60,120,180	Venous, plasma	Enzymatic	184
2702	Parboiled rice (Uncle Ben's Converted rice, Effem Foods Ltd., Rexdale, Ontario, Canada)	Canada	1985	45±5	20	Type 1, 5	50	58	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2703	Parboiled (converted), white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)	USA	1981	51	23	Type 2, 20	50	61	Bread, 3h ⁶	No	0,15,30,45,60,120,180	NS, serum	Enzymatic	244
2704	Parboiled white rice, boiled 12 min	Denmark	1990	39±7	18	Type 2, 7	25	30	Bread, 4h	No	0,15,30,45,60,90,120,180,240	Venous, plasma	Enzymatic	271
2705	Parboiled white rice, boiled 12 min	Denmark	1990	43±6	19	Type 2, 7	50	60	Bread, 4h	No	0,15,30,45,60,90,120,180,240	Venous, plasma	Enzymatic	271
2706	Parboiled white rice, boiled 12 min	Denmark	1991	44±6	20	Type 2, 11	50	60	Bread, 5h	No	0,15,30,45,60,90,120,180,240,300	Venous, plasma	Enzymatic	272
2707	Parboiled white rice, boiled 12 min	Denmark	1991	47±4	21	Type 2, 12	50	60	Bread, 5h	No	0,15,30,45,60,90,120,180,240,300	Venous, plasma	Enzymatic	272
2708	Long grain, parboiled, boiled 5 min	Canada	1986	38±3	17	Type 2, 13	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	252
2709	Long grain, boiled, 10 min	USA	1987	61	27	Type 2, 8	50	58	Glucose, 5h ⁶	NS	0,30,60,120,180,240,300	Venous, plasma/serum	Enzymatic	133
2710	Long grain, parboiled, boiled 15 min	Canada	1986	48±3	22	Type 1, 5, Type 2, 13	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	252
2711	Long grain, parboiled, boiled 25 min	Canada	1986	47±3	21	Type 2, 13	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	252
Rice, Parboiled, high-amylose														
2712	Bangladeshi rice variety BR16, parboiled (28% amylose), boiled in salted water for 22 min	Bangladesh	1995	36±5	16	Type 2, 12	50	66.4	Bread, 3h	No	0,15,30,45,60,90,120,150,180	Venous, plasma	Enzymatic	261
2713	Bangladeshi rice variety BR16, traditionally parboiled (27% amylose), boiled in salted water for 21 min	Bangladesh	1999	33±6	15	Type 2, 9	50	65	Bread, 3h	No	0,15,30,45,60,90,120,150,180	Venous, plasma	YSI	262

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2714	Bangladeshi rice variety BR16, pressure parboiled (27% amylose), boiled in salted water for 21 min	Bangladesh	1999	28±4	13	Type 2, 9	50	64	Bread, 3h	No	0,15,30,45, 60,90,120, 150,180	Venous, plasma	YSI	262
2715	Bangladeshi rice variety BR4, parboiled (27% amylose), boiled in salted water for 21 min	Bangladesh	1995	33±3	15	Type 2, 12	50	65.2	Bread, 3h	No	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	261
Rice, Parboiled, low-amylose														
2716	Bangladeshi rice variety BR2, parboiled (12% amylose), boiled in salted water for 20.5 min	Bangladesh	1995	52±5	23	Type 2, 12	50	65.3	Bread, 3h	No	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	261
2717	Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op, Australia)	Australia	1991	87±7	39	Normal, 8	50	63.0	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	234
Rice, polished														
2718	Polished rice	Canada	2011	61±7	27	Normal, 9	50	62.5	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Venous, plasma/serum	Enzymatic	181
2719	Polished rice	Canada	2011	70±10	32	Type 2, 10	50	62.5	Glucose, 3h	Yes	0,30,60,90, 120,180	Venous, plasma/serum	Enzymatic	181
2720	Polished rice	Canada	2011	72±7	32	High fast insulin, 12	50	62.5	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Venous, plasma/serum	Enzymatic	181
2721	Polished rice	China	2019*	82±6	37	Normal, 18	50	176.0	Glucose, 4h	NS	0,15,30,45, 60,90,120, 150,180, 210,240	Capillary, plasma	Glucometer	273
Rice powder														
2722	Rice powder (80 mm mesh), raw, 3.5% starch gelatinization	South Korea	2009	50	23	Normal, 12	50	65	Glucose, 2h	No	0,30,60,90, 120	Venous, plasma/serum	Enzymatic	257
2723	Rice powder (80 mm mesh), raw, freeze-dried for 24 h at -50°C pressure <1 mbar, 5.4% gelatinization	South Korea	2009	60	27	Normal, 12	50	59	Glucose, 2h	No	0,30,60,90, 120	Venous, plasma/serum	Enzymatic	257
2724	Rice, boiled in water for 15 min, 76.9% starch gelatinization	South Korea	2009	72	32	Normal, 12	50	148	Glucose, 2h	No	0,30,60,90, 120	Venous, plasma/serum	Enzymatic	257
Rice, red														
2725	Rice, red Adan	Indonesia	2019	69	31	Normal, 10	NS	NS	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	248
2726	Rice (<i>Oryza sativa</i> L.), red Mayas	Indonesia	2019	68	31	Normal, 10	NS	NS	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	248

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Other white rice														
2727	Jasmine rice, Della, cooked in rice cooker (Specialty Rice Inc., USA)	USA	2014*	96±17	43	Normal, 12	50	60.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	73
2728	Rice, white Adan	Indonesia	2019	72	32	Normal, 10	NS	NS	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	248
2729	Rice (<i>Oryza sativa</i> L.), white Mayas	Indonesia	2019	74	33	Normal, 10	NS	NS	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	248
2730	White rice, NS, boiled in water with 1 g salt, refrigerated 16-20 h, reheated	India	1998	54	24	Normal, 8	50	64	Bread, 3h	Yes	0,30,60,90,120,180	Venous, plasma	Enzymatic	258
2731	White rice, NS, boiled 13 min, then baked 10 min at 160°C	Italy	1986	94	42	Normal, 14	70	90	Glucose, 3h ¹⁴	No	0,30,60,90,120,180	Venous, Plasma	Enzymatic	260
2732	White rice, steamed	South Korea	2018	70±6	32	Normal, 8	50	143.3	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2733	Rice, white, containing PPB-R-203 resistant starch (Pharma Power Biotec, Taipei, Taiwan)	Taiwan	2009	38±4	17	Normal, 8	50	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	274
2734	Rice, white, gruel, simmered over low heat with water for 45 min	South Korea	2018	93±9	42	Normal, 10	50	447.7	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2735	Rice cakes, white, prepared by steaming white rice flour over high heat for 30 min	South Korea	2018	81±9	36	Normal, 10	50	93.8	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2736	Rice cakes, rounded, prepared by steaming white rice flour over high heat for 30 min and then forming into cylindrical rice cakes	South Korea	2018	51±7	23	Normal, 9	50	81.3	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
Rice, specialty rice														
2737	Cajun Style, Uncle Ben's® (Effem Foods Ltd., Bolton, Canada)	Canada	1984-1992	51±9	23	Type 1 & 2, 8	50	78.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2738	Garden Style, Uncle Ben's® (Effem Foods Ltd., Canada)	Canada	1984-1992	56±4	25	Type 1 & 2, 11	50	70.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2739	Glutinous rice balls, boiled rice cake balls in water for 15 min	South Korea	2018	97±15	44	Normal, 10	50	100.0	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
2740	Long Grain and Wild, Uncle Ben's® (Effem Foods Ltd., Canada)	Canada	1984-1992	55±6	25	Type 1 & 2, 8	50	76.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2741	Mexican Fast and Fancy, Uncle Ben's® (Effem Foods Ltd., Canada)	Canada	1984-1992	59±5	27	Type 1 & 2, 11	50	79.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2742	Saskatchewan wild rice	Canada	1984-1992	58±6	26	Type 1 & 2, 9	50	79.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2743	Rice, long grain, high resistant starch (4.4 g RS/50 g avCHO), prepared in rice cooker, refrigerated	USA	2013*	84±7	38	Normal, 21	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	NS	Glucometer	275
2744	Rice, short grain, low resistant starch (0.4 g RS/50 g avCHO), prepared in pressure cooker, refrigerated	USA	2013*	78±11	35	Normal, 21	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	NS	Glucometer	275
Rye, whole kernels														
2745	Rye, whole kernels	Canada	1985	30±5	14	Type 2, 9	50	66	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2746	Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water	Canada	1985	33±4	15	Type 1, 5; Type 2, 9	50	66	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	170
2747	Rye, whole kernels	Canada	1985	40±9	18	Type 1, 7	50	66	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2748	Rye kernels (Lantmännen R&D, Järna, Sweden), boiled in 189.5 g water for 35 min, 0.5 g NaCl added	Sweden	2007	52±6	23	Normal, 10	50	226.6	Bread, 4.5h	No	0,15,30,45,60,90,120,180,240,270	Capillary, whole blood	HemoCue	175
2749	Rye kernels (Nord Mills AB, Malmo, Sweden), boiled in 110 mL water for 35 min, 0.5 g salt in water	Sweden	2007	52±13	23	Normal, 12	50	93	Bread, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	205
Sago starch														
2750	Sago starch (<i>Metroxylon</i> spp.), prepared as a rice analogue by extrusion and drying at 50°C for 12 h	Indonesia	2016	41	18	Normal, 20	50	110	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	276
2751	Sago starch (<i>Metroxylon</i> spp.) with the addition of 5% red bean (<i>Phaseolus vulgaris</i>) flour, prepared as a rice analogue by extrusion and drying at 50°C for 12 h	Indonesia	2016	48	22	Normal, 20	50	111	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	276
2752	Sago starch (<i>Metroxylon</i> spp.) with the addition of 10% red bean (<i>Phaseolus vulgaris</i>) flour, prepared as a rice analogue by extrusion and drying at 50°C for 12 h	Indonesia	2016	50	23	Normal, 20	50	125	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	276
2753	Sago starch (<i>Metroxylon</i> spp.) with the addition of 15% red bean (<i>Phaseolus vulgaris</i>) flour, prepared as a rice analogue by extrusion and drying at 50°C for 12 h	Indonesia	2016	69	31	Normal, 20	50	128	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	276
2754	Sago starch (<i>Metroxylon</i> spp.) with the addition of 20% red bean (<i>Phaseolus vulgaris</i>) flour, prepared as a rice analogue by extrusion and drying at 50°C for 12 h	Indonesia	2016	70	32	Normal, 20	50	132	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	276
2755	Sago starch (<i>Metroxylon</i> spp.) with the addition of 25% red bean (<i>Phaseolus vulgaris</i>) flour, prepared as a rice analogue by extrusion and drying at 50°C for 12 h	Indonesia	2016	77	35	Normal, 20	50	133	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	276

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Wheat														
Cracked wheat (bulgur)														
2756	Bulgur, boiled	Canada	1988	47±3	21	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	147
2757	Bulgur, boiled in 800 mL water 20 min	Canada	1985	46±3	21	Type 1, 5; Type 2, 12	50	67	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	170
2758	Bulgur, boiled	Canada	1984	46	21	Type 2, ≤13	50	NS	Bread, 3h	NS	0,30,60,90,120,150,180	NS	NS	172
2759	Bulgur, boiled 20 min	Canada	1985	46±4	21	Type 2, 12	50	67	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2760	Bulgur, boiled 20 min	Canada	1985	53±9	24	Type 1, 6	50	67	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
Semolina (<i>Triticum aestivum</i>)														
2761	Semolina, roasted at 105°C then gelatinized with water, with 5 g groundnut oil	India	1991	76±6	34	Type 2, 6	50	67	Glucose, 2h	No	0,60,120	NS	Other	277
2762	Semolina, steamed and gelatinized, with 5 g groundnut oil	India	1991	55±9	25	Type 2, 6	50	67	Glucose, 2h	No	0,60,120	NS	Other	277
Wheat, whole kernels														
2763	Wheat, whole kernels (<i>Triticum aestivum</i>), soaked 12 h, stored moist 24 h, steamed 1 h	India	1991*	30±9	14	Normal, 12-15	75	100	Glucose, 3h	NS	0,60,120,180	Venous, plasma	Enzymatic	246
2764	Wheat, whole kernels	Canada	1985	43±6	19	Type 2, 11	50	76	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2765	Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water	Canada	1985	45±4	20	Type 1, 6; Type 2, 11	50	76	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	170
2766	Wheat kernels (BFEL, Germany), boiled in 156.4 g water for 40 min, 0.5 g NaCl added	Germany	2007	48±6	22	Normal, 10	50	171.9	Bread, 4.5h	No	0,15,30,45,60,90,120,180,240,270	Capillary, whole blood	HemoCue	175
2767	Wheat, whole kernels	Canada	1985	49±5	22	Type 1, 7	50	76	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
2768	Wheat kernels (Nord Mills AB, Malmo, Sweden), boiled in 100 mL water for 30 min, 0.5 g salt in water	Sweden	2007	56±9	25	Normal, 12	50	90.5	Bread, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	205
2769	Wheat, NS	India	1981	63	28	Normal, 5	50	72	Glucose, 2h ⁹	No	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	254
2770	Wheat, quick cooking (White Wings, Sydney, Australia)	Australia	1986	54±11	24	Normal, 8	50	161	Glucose, 2h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	212

Food Number and Item	Country of food production	Year of test ¹	GI ² ± SEM (GI = 100)	GL	Subjects (type & number)	Avail carb (Test portion)	Test portion ³ (g)	Reference food & time period	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
COOKIES													
<i>Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category.</i>													
2771	Indonesia	2019	48	10	Normal, 10	25	36.8	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	NS	278
2772	Canada	1984-1992	64±3	13	Type 1 & 2, 13	50	62.4	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2773	Canada	1984-1992	62±5	12	Type 1 & 2, 9	50	69.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2774	Australia	1994	69±7	14	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2775	Canada	2009	45±5	9	Normal, 19	50	79.8	Bread, 2.5h	No	0,30,60,120,150	Capillary, whole blood	Glucometer	138
2776	Canada	2009	32±6	6	Normal, 19	50	86.0	Bread, 2.5h	No	0,30,60,120,150	Capillary, whole blood	Glucometer	138
2777	Italy	2008	67±6	13	Type 2, 9	50	69	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	279
2778	Italy	2008	72±20	14	Normal, 10	50	69	Bread, 1.5h	Yes	0,15,30,45,60,90	Capillary, whole blood	YSI	279
2779	Italy	2008	26±4	5	Type 2, 9	50	82	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	279
2780	Italy	2008	18±4	4	Normal, 10	50	82	Bread, 1.5h	Yes	0,15,30,45,60,90	Capillary, whole blood	YSI	279
2781	Nigeria	2019	80±1	16	Type 2, 10	50	80	Glucose, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	280
2782	Nigeria	2019	60±0.4	12	Type 2, 10	50	NS	Glucose, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	280
2783	Nigeria	2019	41±0.3	8	Type 2, 10	50	NS	Glucose, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	280
2784	Nigeria	2019	45±1	9	Type 2, 10	50	NS	Glucose, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	280

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2785 Biscuit, made from 50% pigeon pea (<i>Cajanus cajan fabaceae</i>) flour and 50% wheat flour, flavored with ginger	Nigeria	2019	51±1	10	Type 2, 10	50	NS	Glucose, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	280
2786 Biscuit, made from 25% pigeon pea (<i>Cajanus cajan fabaceae</i>) flour and 75% wheat flour, flavored with ginger	Nigeria	2019	56±1	11	Type 2, 10	50	NS	Glucose, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	280
2787 Biscuit, NS	China	2005	70±3	14	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
2788 Biscuits, plain, sweet	Italy	2007	44	9	Normal, 15	75	130	Glucose, 2h	No	0,15,30,45,60,75,90,120	Capillary, whole blood	Glucometer	188
2789 Biscuits, plain, sweet, enriched with fiber blend (70% inulin, 20% guar gum, 5% glucomannan and 5% wheat fiber)	Italy	2007	26	5	Normal, 15	75	136	Glucose, 2h	No	0,15,30,45,60,75,90,120	Capillary, whole blood	Glucometer	188
2790 Chocolate chip cookies, containing wheat flour and coconut flour	Philippines	2002	51±5	10	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	2
2791 Cookie, increased GI variant (sugar-to-flour ratio: 1.84)	Belgium	2010*	63±17	13	Normal, 10	25	58.1	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	1
2792 Digestives	Canada	1983	56±6	11	Type 2, 6	50	76	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
2793 Digestives	Canada	1981	59±7	12	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2794 Digestives, Peak Frean's (Nabisco Ltd., Toronto, Canada)	Canada	1984-1992	62±5	12	Type 1 & 2, 13	50	75.8	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2795 Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	UK	2000	59±10	12	Type 2, 8	50	73	Bread, 3h	No	0,30,60,120,150,180	Venous, plasma	Enzymatic	161
2796 Fette Biscottate Le malto d'orzo (Mulino Bianco, Barilla)	Italy	2007	84±16	17	Normal, 9	50	68	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	YSI	UO ³¹
2797 Golden Fruit biscuit (Griffin's Foods Ltd., Auckland, New Zealand)	New Zealand	2000	77±25	15	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27
2798 Graham Wafers (Christie Brown & Co., Toronto, Canada)	Canada	1984-1992	75±6	15	Type 1 & 2, 9	50	68.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2799 Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland)	UK	1984-1992	58±4	12	Type 1 & 2, 12	50	86.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2800 Highland Oatmeal™ (Westons Biscuits, Australia)	Australia	1994	55±8	11	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2801 Macaroons, prepared with wheat flour and coconut flour	Philippines	2002	33±3	7	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2802 Morning Coffee™ (Arnotts, Australia)	Australia	1994	79±6	16	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2803 Oatmeal biscuit	Canada	1981	54±4	11	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2804 Oro (Saiwa, Italy)	Italy	1998	67±17	13	Normal, 13	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ³²
2805 Prince Meganana Chocolate (LU, Spain)	Spain	1996-2000	49±12	10	Normal, 11	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ³³
2806 Rich Tea (Canada)	Canada	1981	55±4	11	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2807 Shortbread (Arnotts, Australia)	Australia	1986	64±8	13	Normal, 8	50	85	Glucose, 2h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	212
2808 Shredded Wheatmeal™ (Arnotts, Australia)	Australia	1994	62±4	12	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2809 Vanilla Wafers (Christie Brown & Co., Canada)	Canada	1984-1992	78±3	16	Type 1 & 2, 8	50	70.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
CRACKERS													
<i>Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category.</i>													
2810 Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	Canada	1984-1992	68±3	10	Type 1 & 2, 10	50	88.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2811 Crackers, enriched with 1.9% β-glucan	Italy	2009	75	11	Normal, 12	50	72	Bread, 3h	NS	0,30,60,90,120,180	NS	NS	281
2812 Jatz™, plain salted cracker biscuits (Arnotts, Australia)	Australia	1994	55±5	8	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2813 Kavli™ Norwegian Crispbread (Players Biscuits, Sydney, Australia)	Australia	1995	71±7	11	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	151
2814 Lees Cabin Crackers	Fiji	2004	60±5	9	Normal, 8	50	65.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	136
2815 Premium Soda Crackers (Christie Brown & Co., Canada)	Canada	1984-1992	75±4	11	Type 1 & 2, 10	50	75.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
2816 Puffed Crispbread (Westons, Australia)	Australia	1986	81±9	12	Normal, 8	50	71	Glucose, 2h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	212

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2817	Puffed rice cakes, white (Rice Growers Co-op, Australia)	Australia	1991	82±11	12	Normal, 6	50	61.3	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	234
2818	Rice cake	China	2005	82±3	12	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Venous, NS	NS	12
2819	Rye crispbread	Germany	1980	64	10	Type 2, number NS	25	NS	Glucose, time NS	NS	0,30,60,90, 120,150,180, 210,240	NS	NS	168
2820	Rye crispbread (Ryvita Company Ltd., UK)	UK	1984-1992	64±3	10	Type 1 & 2, 12	50	70.8	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
2821	Ryvita, High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	UK	1984-1992	60±5	9	Type 1 & 2, 9	50	82.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
2822	Ryvita®	Canada	1981	69±10	10	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
2823	Ryvita, whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	UK	1984-1992	75±6	11	Type 1 & 2, 11	50	69.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
2824	Sao™, plain square crackers (Arnotts, Australia)	Australia	1994	70±9	11	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131
2825	Stoned Wheat Thins (Christie Brown & Co., Canada)	Canada	1984-1992	68±3	10	Type 1 & 2, 11	50	72.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
2826	Water cracker	Canada	1981	63±9	9	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
2827	Water cracker (Arnotts, Australia)	Australia	1986	78±11	12	Normal, 8	50	71	Glucose, 2h	Yes	0,15,30,60, 90,120,150, 180	Capillary, plasma	Enzymatic	212
DAIRY PRODUCTS AND ALTERNATIVES														
<i>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.</i>														
2828	Custard, home made from milk, egg, wheat starch, and sugar	Australia	1986	43±10	9	Normal, 8	50	303	Glucose, 2h	Yes	0,15,30,60, 90,120,150, 180	Capillary, plasma	Enzymatic	212
Fromage Frais														
2829	Fromage Frais, yellow fruit: mango and papaya (Healthy Living, UK)	UK	2005	25±7	7	Normal, 8	25	428.6	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2830	Fromage Frais, yellow fruit: passionfruit and pineapple (Healthy Living, UK)	UK	2005	18±5	4	Normal, 8	25	428.6	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2831	Fromage Frais, yellow fruit: peach and apricot (Healthy Living, UK)	UK	2005	22±5	4	Normal, 8	25	441.2	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Ice cream, Regular/NS														
2832	Ice cream, NS	Canada	1981	36±8	7	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2833	Ice cream (half vanilla, half chocolate)	Italy	1989	58	12	Normal, 7	30	158	Bread, 2h	No	0,30,60,90,120	Venous, NS	Enzymatic	282
2834	Ice cream, NS	USA	1986	62	12	Type 2, 7	50	NS	Glucose, 5h ³⁴	NS	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	283
2835	Ice cream, chocolate flavored	USA	1989	68±15	14	Type 2, 12	50	NS	Glucose, 3h	No	0,30,45,60,75,90,120,150,180	Venous, plasma	Enzymatic	284
2836	Ice cream (half vanilla, half chocolate)	Italy	1989	81	16	Type 2, 14	30	158	Bread, 2h	No	0,30,60,90,120	Venous, NS	Enzymatic	282
Other ice cream														
2837	Ice cream, low carbohydrate, chocolate	Australia	2004	32±7	3	Normal, 10	10	217.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2838	Ice cream, low carbohydrate, vanilla	Australia	2004	7±2	1	Normal, 10	10	212.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2839	Ice cream, low fat (Light™ Peters, Nestle Australia)	Australia	1994	50±8	10	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
Milk, full-fat														
2840	Milk, NS, tested in young adults (17-18 y)	South Africa	1984	3±1	0.3	Normal, 7	50	1000	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
2841	Full-fat milk	Italy	1989	11	1	Normal, 7	30	600	Bread, 2h	No	0,30,60,90,120	Venous, NS	Enzymatic	282
2842	Full-fat (3% fat, Skånemejerier, Malmö, Sweden)	Sweden	2000	21±3	2	Normal, 10	25	NS	Bread, 2h	No	0,15,30,45,70,95,120	Capillary, NS	Enzymatic	285
2843	Full-fat	Italy	1989	24	2	Type 2, 14	30	600	Bread, 2h	No	0,30,60,90,120	Venous, NS	Enzymatic	282
2844	Full-fat (Dairy Farmers Ltd, Sydney, Australia)	Australia	2003	31±2	3	Normal, 10	20	425.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2845	Full-fat milk	Canada	1981	34±6	3	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2846	Full-fat	USA	2004	41±2	4	Normal, 9	25	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	286

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Other full-fat milks														
2847	Fermented cow's milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden)	Sweden	2000	11±2	1	Normal, 10	25	NS	Bread, 2h	No	0,15,30,45,70,95,120	Capillary, NS	Enzymatic	285
2848	Fermented cow's milk (filmjök, 3% fat) (Skånemejerier, Malmö, Sweden)	Sweden	2000	11±2	1	Normal, 10	25	NS	Bread, 2h	No	0,15,30,45,70,95,120	Capillary, NS	Enzymatic	285
Milk, reduced-fat, low fat or skim														
2849	Milk, reduced fat with added omega 3 (Take Care™, Dairy Farmers Ltd, Australia)	Australia	2003	23±3	2	Normal, 10	20	350.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2850	Milk, semi-skimmed, British (Dairycrest, UK)	UK	2005	25±6	3	Normal, 8	25	500	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
2851	Milk, reduced fat (98% fat free) with added omega 3 (Farmers Best™, Dairy Farmers Ltd, Australia)	Australia	2003	27±6	3	Normal, 10	20	281.7	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2852	Milk, reduced fat (1.4%) (Lite White™, Dairy Farmers Ltd, Australia)	Australia	2003	30±6	3	Normal, 10	20	377.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2853	Milk, reduced-fat (1.5% fat w/v)	Sweden	2012	31	3	Normal, 9	25	510	Bread, 2h	No	0,7.5,15,30,45,60,75,90,105,120	Venous, whole blood	Enzymatic	287
2854	Reconstituted bovine casein drink, 1.5% fat w/v, with added lactose	Sweden	2012	31	3	Normal, 9	25	510	Bread, 2h	No	0,7.5,15,30,45,60,75,90,105,120	Venous, whole blood	Enzymatic	287
2855	Reconstituted bovine whey drink, 1.5% fat w/v, with added lactose	Sweden	2012	43	4	Normal, 9	25	490	Bread, 2h	No	0,7.5,15,30,45,60,75,90,105,120	Venous, whole blood	Enzymatic	287
2856	Milk, skim, made from powder (Arla Foods, Sweden)	Sweden	2004	27±4	3	Normal, 12	25	550	Bread, 2h	No	0,7.5,15,30,45,60,75,90,105,120	Venous, whole blood	HemoCue	288
2857	Milk, skim	Canada	1981	32±5	3	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2858	Milk, skim (Dairy Farmers Ltd, Australia)	Australia	2003	32±6	3	Normal, 10	20	408.2	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2859	Milk, skim, Shape™ fat free (Dairy Farmers Ltd, Australia)	Australia	2003	34±3	3	Normal, 10	20	312.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2860	Milk, skim	USA	2004	37±3	4	Normal, 8	25	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	286
2861	Milk, skim	USA	1986	40	4	Type 2, 7	50	NS	Glucose, 5h ³⁴	NS	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	283

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2862 Milk, skimmed, pasteurized, British (Dairycrest, UK)	UK	2005	48±15	5	Normal, 10	25	500	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
Milk, reduced-fat, low fat or skim, flavored													
2863 Milk, low-fat, chocolate, with aspartame, Lite White™ (Dairy Farmers Ltd, Australia)	Australia	1994	24±6	5	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131
2864 Milk, low-fat, chocolate, with sugar, Lite White™ (Dairy Farmers Ltd, Australia)	Australia	1994	34±4	7	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131
Yoghurt													
2865 Yoghurt, champagne rhubarb (Finest, UK)	UK	2005	49±12	10	Normal, 10	25	297.6	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2866 Yoghurt, Jalna Bush Honey Bio Dynamic (Jalna Dairy Foods, VIC, Australia)	Australia	2004	26±3	5	Normal, 10	20	156.3	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2867 Yoghurt, NS	Canada	1981	36±4	7	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
2868 Yoghurt, orange blossom (Finest, UK)	UK	2005	42±11	8	Normal, 10	25	248.8	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2869 Yoghurt, red fruit: raspberry and cranberry (Healthy Living Light, UK)	UK	2005	42±12	8	Normal, 9	25	476.2	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2870 Yoghurt, Strawberry	Czech Republic	2010	38±5	8	Normal, 20	50	312.5	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	289
2871 Yoghurt, Strawberry (Healthy Living Light, UK)	UK	2005	45±16	9	Normal, 9	25	316.5	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2872 Yoghurt, Strawberry	Czech Republic	2010	51±8	10	Type 2, 16	50	312.5	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	289
2873 Yoghurt, toffee (Healthy Living Light, UK)	UK	2005	41±11	8	Normal, 10	25	333.3	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2874 Yoghurt, vanilla (Healthy Living Light, UK)	UK	2005	47±13	9	Normal, 10	25	357.1	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
2875 Yoghurt, white peach (Finest, UK)	UK	2005	54±21	11	Normal, 10	25	310.6	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
Yoghurt, low-fat, reduced fat, or non-fat													
2876 Low-fat, fruit, aspartame, Ski™ (Dairy Farmers, Australia)	Australia	1994	14±4	3	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131
2877 Low-fat, fruit, sugar, Ski™ (Dairy Farmers, Australia)	Australia	1994	33±7	7	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2878	Yoghurt, low-fat, toffee	UK	2005	51±18	10	Normal, 10	25	287.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
2879	Reduced-fat, strawberry	Czech Republic	2005	38±5	8	Normal, 20	50	312.5	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial fluid	CGMS	84
Natural yoghurt														
2880	Fat-Free Natural yoghurt (Jalna Dairy Foods, Australia)	Australia	2004	19±5	2	Normal, 10	20	270.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2881	Greek Style yoghurt, Premium blend (Jalna Dairy Foods, Australia)	Australia	2004	12±4	1	Normal, 10	20	241.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
2882	Leben European Style yoghurt (Jalna Dairy Foods, Australia)	Australia	2004	11±5	1	Normal, 10	20	294.1	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
Probiotic yoghurt or yoghurt drinks														
2883	Yoghurt, probiotic, strawberry	UK	2005	52±14	10	Normal, 10	25	349.7	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
2884	Probiotic drink, pink grapefruit	UK	2005	60±18	12	Normal, 10	25	381.7	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
Other dairy products														
2885	Whey protein, consumed with 19.4 g lactose in water	Sweden	2004	31±4	3	Normal, 12	25	NS	Bread, 2h	No	0,7.5,15,30,45,60,75,90,105,120	Venous, whole blood	HemoCue	288
Soy-based dairy product alternatives														
2886	Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup	USA	1989	115±14	23	Type 2, 12	50	NS	Glucose, 3h	No	0,30,45,60,75,90,120,150,180	Venous, plasma	Enzymatic	284
FRUIT AND FRUIT PRODUCTS														
<i>Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category.</i>														
Apples, raw														
2887	Apple, NS	Denmark	1991	28±8	4	Type 2, 8	25	227	Bread, 4h	No	0,15,30,45,60,90,120,180,240	NS	Enzymatic	290
2888	Apple, Braeburn	New Zealand	1991	32±4	5	Type 2 & IGT, 15	25	NS	Glucose, 3h	NS	0,15,30,45,60,75,90,105,120,135,150,165,180	Venous, plasma	Enzymatic	291

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2889 Apple, Golden Delicious	Canada	1981	39±3	6	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2890 Apple, Golab, raw	Iran	2009	39±5	6	Normal, 8	25	182	Glucose, 2h	NS	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	292
2891 Apple, NS	Romania	1982	41	6	Type 2, 8	25	180	Glucose, 2h ⁹	No	0,15,30,60,90,120	Venous, whole blood	Other	293
2892 Apple, Green, raw	Iran	2009	41±6	6	Normal, 8	25	165	Glucose, 2h	NS	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	292
2893 Apple, NS	Germany	1980	34	5	Type 2, number NS	25	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168
2894 Apple, NS	USA	1986	40	6	Type 2, 7	50	NS	Glucose, 5h ³⁴	NS	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	283
2895 Apple, NS	Italy	1995	45±6	7	Type 2, 7	50	NS	Bread, 3h	No	0,30,60,90,120,180	NS	Enzymatic	294
Apricots, raw or canned													
2896 Apricots, NS	Iran	2009	50±6	8	Normal, 8	25	195.3	Glucose, 2h	NS	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	292
2897 Apricots, NS	Italy	1995	58±6	9	Type 2, 7	50	NS	Bread, 3h	No	0,30,60,90,120,180,	NS	Enzymatic	294
2898 Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	Canada	1993	65±4	10	Type 2, 9	50	319	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
Apricots, dried													
2899 Apricots, dried	Australia	1994	30±7	5	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2900 Apricots, dried, ready to eat	UK	2005	31±6	5	Normal, 8	50	138.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
2901 Apricots, dried (Wasco foods, Montreal, Canada)	Canada	1993	33±5	5	Type 2, 9	50	99	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
Banana, raw													
2902 Banana Chapa kola variety (<i>Musa sp.</i>) ¹⁶	Bangladesh	2011	30±5	5	Normal, 14	25	116.5	Glucose, 2h	Yes	0,30,60,90,120	Venous, plasma/serum	Enzymatic	296
2903 Banana, under-ripe (yellow with some green skin)	Denmark	1992	31±7	5	Type 2, 10	20	120	Bread, 4h	NS	0,15,30,45,60,90,120,180,240	Venous, NS	Enzymatic	297

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2904 Banana, NS	Taiwan	2010	35±6	5	Normal, 20	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
2905 Banana, NS	Taiwan	2010	41±4	6	Type 2, 17	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
2906 Banana, slightly under-ripe (yellow with green tips)	USA	1992	41	6	Type 2, 7	50	260	Glucose, 5h ³⁴	Yes	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	299
2907 Banana, slightly under-ripe (yellow with green sections)	USA	1992	42	6	Type 2, 7	50	260	Glucose, 5h ³⁴	Yes	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	299
2908 Banana (<i>Musa</i> spp.), <i>Kolikuttu</i> -Silk AAB variety, ripe, raw ¹⁶	Sri Lanka	2011	43±4	6	Normal, 10	50	188.7	Bread, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	300
2909 Banana (<i>Musa</i> spp.), <i>embul</i> -Mysore AAB variety, ripe, raw ¹⁶	Sri Lanka	2011	43±4	6	Normal, 10	50	216.5	Bread, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	300
2910 Banana (<i>Musa paradisiaca</i>)	Nigeria	2002	44	7	Type 2, 9	50	357	Glucose, 2h ⁹	NS	0,30,60,90,120	Venous, plasma	Enzymatic	301
2911 Banana, NS	Germany	1980	47	7	Diabetic, number NS	25	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168
2912 Banana (<i>Musa</i> spp.), <i>anamalu</i> -Gros Michel AAA variety, ripe, raw ¹⁶	Sri Lanka	2011	48±5	7	Normal, 10	50	279.3	Bread, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	300
2913 Banana, over-ripe (yellow flecked with brown)	USA	1992	48	7	Type 2, 7	50	260	Glucose, 5h ³⁴	Yes	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	299
2914 Banana (<i>Musa</i> spp.), <i>seeni kesel</i> -Pisang Awak ABB variety, ripe, raw ¹⁶	Sri Lanka	2011	49±6	7	Normal, 10	50	221.2	Bread, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	300
2915 Banana, NS	Israel	1988	49±6	7	GDM, 9	50	240	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	190
2916 Banana, ripe (all yellow)	USA	1992	51	8	Type 2, 7	50	260	Glucose, 5h ³⁴	Yes	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	299
2917 Banana, over-ripe (yellow with 1-2 mm brown spots)	Denmark	1992	53±6	8	Type 2, 10	20	120	Bread, 4h	NS	0,15,30,45,60,90,120,180,240	Venous, NS	Enzymatic	297
2918 Banana, NS	Italy	1995	59±6	9	Type 2, 8	50	NS	Bread, 3h	No	0,30,60,90,120,180,	NS	Enzymatic	294
2919 Banana, NS	Canada	1983	59±5	9	Type 2, 6	50	260	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
2920 Banana	Canada	1981	62±9	9	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2921 Banana, NS	South Africa	1984	70±5	11	Normal young adult 17-18 y), 8	50	260	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
2922 Banana (<i>Musa paradisiaca</i>), yellow skin without green or brown discoloration	Nigeria	2010	75±22	11	Normal, 10	50	357	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma/serum	Enzymatic	301
Blueberries													
2923 Blueberries (sour cherry), raw	Iran	2009	28±6	4	Normal, 8	25	172	Glucose, 2h	NS	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	292
Breadfruit (<i>Artocarpus altilis</i>)													
2924 Breadfruit, peeled, boiled 26 min	Jamaica	2005	60±9	9	Normal, 8	50	276.6	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	88
2925 Breadfruit (<i>Artocarpus altilis</i>), peeled, boiled 26 min, frozen, thawed and reheated for 1 min	Trinidad	2003	60±9	9	Normal, 8	50	216	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	116
2926 Breadfruit, raw	Australia	1986	68	10	Normal, 7	25	NS	Potato ³⁵ , 3h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	302
Cherries													
2927 Cherries, raw	Iran	2009	29±4	4	Normal, 8	25	143	Glucose, 2h	NS	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	292
2928 Cherries, raw, sour	Germany	1977	22	3	Type 2, number NS	25	NS	Glucose, time NS	NS	NS	NS	NS	177
2929 Cherries, dark, raw, pitted	Australia	2003	63±6	9	Normal, 10	20	168.1	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
Chico													
2930 Chico (<i>Zapota zapotilla coville</i>), raw ¹⁶	Philippines	2000	40	6	Type 2, 10	25	102.0	Bread, 3h	NS	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	303
Dates													
2931 Dates, Barhi variety, dried and vacuum packed	Saudi Arabia	2000-2001	50±6	8	Normal, 8	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	304
2932 Dates, Bo ma'an variety, dried and vacuum packed	Saudi Arabia	2000-2001	31±5	5	Normal, 8	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	304
2933 Dates, Bo ma'an, Tamer stage (Al Saad Date factory, Al Ain, UAE)	UAE	2010	52±7	8	Type 2, 10	50	72.7	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	89
2934 Dates, Dabbas, Tamer stage (Al Saad Date factory, Al Ain, UAE)	UAE	2010	50±4	8	Type 2, 10	50	76.2	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
2935	Dates, Fardh variety, from A'Dhahira	Oman	2008	48	7	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2936	Dates, Fardh variety, from A'Dakhliya	Oman	2008	57	9	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2937	Dates, Fardh variety, from Al Batinah	Oman	2008	51	8	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2938	Dates, Fardh variety, mean of 3 regions	Oman	2008	52	8	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2939	Dates, Fara'd, Tamer stage (Al Saad Date factory, Al Ain, UAE)	UAE	2010	46±6	7	Type 2, 10	50	72.5	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	89
2940	Dates, Khalas variety, from A'Dhahira	Oman	2008	50	8	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2941	Dates, Khalas variety, from A'Dakhliya	Oman	2008	51	8	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2942	Dates, Khalas variety, from Al Batinah	Oman	2008	56	8	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2943	Dates, Khalas variety, mean of 3 regions	Oman	2008	52	8	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2944	Dates, Khalas, Tamer stage (Al Saad Date factory, Al Ain, UAE)	UAE	2010	53±6	8	Type 2, 10	50	72.6	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	89
2945	Dates, Khsab variety, from A'Dhahira	Oman	2008	52	8	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2946	Dates, Khsab variety, from A'Dakhliya	Oman	2008	58	9	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2947	Dates, Khsab variety, from Al Batinah	Oman	2008	55	8	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2948	Dates, Khsab variety, mean of 3 regions	Oman	2008	55	8	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	305
2949	Dates, Lulu, Tamer stage (Al Saad Date factory, Al Ain, UAE)	UAE	2010	44±8	7	Type 2, 10	50	73.6	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	89
2950	Dates, NS	Israel	1988	62±4	9	GDM, 7	50	90	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	190
2951	Dates, Sabaka cultivar	Saudi Arabia	2016*	55±12	8	Normal, 10	50	70	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	93
2952	Dates, Sabaka, Tamer stage	Saudi Arabia	2016	55±12	8	Normal, 10	50	69.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Durian														
2953	Durian (<i>Durio zibethinus</i>)	Malaysia	2008*	49±5	7	Normal, 8	50	207	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	95
Grapefruit														
2954	Grapefruit, raw	Germany	1977	26	4	Type 2, number NS	50	NS	Glucose, time NS	NS	NS	NS	NS	177
Grapes, raw														
2955	Grapes, NS	Germany	1977	43	6	Type 2, number NS	50	NS	Glucose, time NS	NS	NS	NS	NS	177
2956	Grapes, Golden no-seed, raw	Iran	2009	48±6	7	Normal, 8	25	115	Glucose, 2h	NS	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	292
2957	Grapes, NS	Taiwan	2010	49±5	7	Type 2, 17	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
2958	Grapes, NS	Taiwan	2010	49±7	7	Normal, 20	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
2959	Grapes, NS	Italy	1995	50±5	8	Type 2, 9	50	NS	Bread, 3h	No	0,30,60,90,120,180,	NS	Enzymatic	294
Guava, raw														
2960	Guava, raw, cut into bite size pieces	Singapore	2016	31±4	5	Normal, elderly, 9	25	280	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	94
2961	Guava, raw	Taiwan	2010	31±5	5	Normal, 20	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
2962	Guava, raw	Taiwan	2010	33±5	5	Type 2, 17	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
2963	Guava, raw, puree	Singapore	2016	49±4	7	Normal, elderly, 9	25	280	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	94
2964	Guava (<i>Psidium guajava</i>), raw ¹⁶	Jamaica	2019	54±15	8	Normal, 10	50	339.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	NS	NS	306
Kiwi fruit, raw														
2965	Kiwi fruit, Hayward	New Zealand	1991	47±4	7	Type 2 & IGT, 15	25	NS	Glucose, 3h	NS	0,15,30,45,60,75,90,105,120,135,150,165,180	Venous, plasma	Enzymatic	291
2966	Kiwifruit, Golden, raw	Taiwan	2010	47±7	7	Type 2, 17	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2967 Kiwifruit, Golden, raw	Taiwan	2010	47±12	7	Normal, 20	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
2968 Kiwi fruit, NS	Australia	1994	58±7	9	Normal, 7	25	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
Lychee, raw													
2969 Lychee, NS	Taiwan	2010	48±7	7	Normal, 20	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
2970 Lychee, NS	Taiwan	2010	60±8	9	Type 2, 17	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
Mango, raw													
2971 Mango, frozen and thawed	UK	2017	31±8	5	Normal, 9	25	181	Glucose, 2h	NS	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	307
2972 Mango (<i>Magnifera inidica</i>)	Nigeria	2002	34	5	Type 2, 6	50	333	Glucose, 2h ⁹	NS	0,30,60,90,120	Venous, plasma	Enzymatic	301
2973 Mango (<i>Mangifera indica</i>) ¹⁶	Philippines	2000	42	6	Type 2, 10	25	152.4	Bread, 3h	NS	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	303
2974 Mango (<i>Mangifera indica</i>)	Australia	1994	51±3	8	Normal, 7	25	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2975 Mango, ripe (<i>Mangifera indica</i>)	India	1991*	60±16	9	Normal, 12-15	75	600	Glucose, 3h ¹²	NS	0,60,120,180	Venous, plasma	Enzymatic	246
2976 Mango puree, unprocessed	Mexico	2015*	43±3	6	Normal, 38	50	287.6	Glucose, 2h	Yes	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	308
2977 Mango puree, high hydrostatic pressure processed	Mexico	2015*	33±2	5	Normal, 38	50	276	Glucose, 2h	Yes	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	308
Oranges, raw													
2978 Oranges, NS	Denmark	1991	31±9	5	Type 2, 8	25	280	Bread, 4h	No	0,15,30,45,60,90,120,180,240	NS	Enzymatic	290
2979 Oranges, NS, tested in young adults (17-18 y)	South Africa	1984	33±6	5	Normal, 6	50	600	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
2980 Oranges (<i>Citrus sinensis</i>)	Nigeria	2002	36	5	Type 2, 9	50	385	Glucose, 2h ⁹	NS	0,30,60,90,120	Venous, plasma	Enzymatic	301

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2981 Oranges, NS	Canada	1981	40±3	6	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
2982 Oranges, NS	Israel	1988	47±5	7	GDM, 8	50	520	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	190
2983 Oranges, NS	Italy	1995	48±5	7	Type 2, 8	50	NS	Bread, 3h	No	0,30,60,90,120,180	NS	Enzymatic	294
2984 Oranges (Sunkist, Van Nuys, CA, USA)	USA	1993	49±8	7	Type 2, 10	50	588	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
2985 Oranges NS	Germany	1980	52	8	Type 2, number NS	25	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168
Papaya/Paw paw, raw													
2986 Papaya/paw paw, raw, cut into bite size pieces	Singapore	2016	39±2	6	Normal, elderly, 9	25	274	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	94
2987 Papaya/Paw paw (<i>Carica papaya</i>)	Nigeria	2002	42	6	Type 2, 5	50	556	Glucose, 2h ⁹	NS	0,30,60,90,120	Venous, plasma	Enzymatic	301
2988 Papaya (<i>Carica papaya</i>), raw	Jamaica	2019	46±6	7	Normal, 10	25	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	NS	NS	306
2989 Papaya/paw paw, raw, puree	Singapore	2016	46±9	7	Normal, elderly, 9	25	274	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	94
2990 Paw paw (<i>Carica papaya</i>)	Australia	1994	56±6	8	Normal, 7	25	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2991 Papaya (<i>Carica papaya</i>)	Malaysia	2008*	58±8	9	Normal, 8	50	943	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	95
2992 Papaya/Paw paw, raw (<i>Carica papaya</i>) ¹⁶	Philippines	2000	61	9	Type 2, 10	25	206.6	Bread, 3h ⁶	NS	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	303
2993 Paw paw (papaya), ripe	India	1991*	60±16	9	Normal, 12-15	75	310	Glucose, 3h ¹²	NS	0,60,120,180	Venous, plasma	Enzymatic	246
2994 Paw paw (<i>Carica papaya</i>), raw	Nigeria	2010	86±27	13	Normal, 9	50	556	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma/serum	Enzymatic	301
Peach, raw or canned													
2995 Peach, raw	Germany	1977	28	4	Type 2, number NS	NS	NS	Glucose, time NS	NS	NS	NS	NS	177
2996 Peach, raw	Italy	1995	57±5	9	Type 2, 7	50	NS	Bread, 3h	No	0,30,60,90,120,180	NS	Enzymatic	294

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
2997	Peach, canned in natural juice (Goulburn Valley brand, Ardmona Foods, Mooroopna, Australia)	Australia	1994	30±4	5	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
2998	Peach, canned in light syrup (Delmonte, Canadian Cannery Ltd., Canada)	Canada	1993	53±5	8	Type 2, 11	50	341	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
2999	Peach, canned in heavy syrup (Letona Foods, Hawthorn East, VIC, Australia)	Australia	1994	58±11	9	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
Peach, dried														
3000	Peach, dried	UK	2005	35±5	5	Normal, 8	50	135.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
Peach palm fruit														
3001	Peach palm fruit (<i>Bactris gasipaes</i>), red-orange peel, boiled at 96°C for 30 min, frozen, thawed at room temperature, peeled and deseeded	Costa Rica	2012	35±6	5	Normal, 8	25	80	Bread, 2h	NS	0,30,60,90,120	Venous, plasma/serum	Enzymatic	309
3002	Peach palm (<i>Bactris gasipaes</i>), chips made from pulp, water and salt, then baked at 125°C for 25 min	Costa Rica	2012	60±7	9	Normal, 8	25	80	Bread, 2h	NS	0,30,60,90,120	Venous, plasma/serum	Enzymatic	309
Pears, raw or canned														
3003	Pear, Asian, raw	Taiwan	2010	18±5	3	Normal, 20	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
3004	Pear, Asian, raw	Taiwan	2010	26±3	4	Type 2, 17	25	NS	Glucose, 2h	NS	0,30,45,60,90,120	Venous, plasma/serum	Enzymatic	298
3005	Pear, raw, NS	Germany	1977	33	5	Type 2, number NS	NS	NS	Glucose, time NS	NS	NS	NS	NS	177
3006	Pear, Winter Nellis, raw	New Zealand	1991	34±4	5	Type 2 & IGT, 15	25	NS	Glucose, 3h	NS	0,15,30,45,60,75,90,105,120,135,150,165,180	Venous, plasma	Enzymatic	291
3007	Pear, Bartlett, raw	Canada	1993	41±5	6	Type 2, 13	50	658	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
3008	Pear, raw, NS	Italy	1995	43±3	6	Type 2, 8	50	NS	Bread, 3h	No	0,30,60,90,120,180	NS	Enzymatic	294
3009	Pear halves, canned in natural juice (SPC Ltd, Australia)	Australia	1997	43±15	6	Normal, 7-10	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	103
3010	Pear, canned in pear juice, Bartlett (Delmonte, Canadian Cannery Ltd., Canada)	Canada	1993	45±4	7	Type 2, 10	50	550	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
Pear dried														
3011	Pear, dried	UK	2005	43±15	6	Normal, 8	50	111.1	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Phalsa														
3012	Phalsa/Falsa (<i>Grewia asiatica</i>) extract	Pakistan	2013	5	1	Normal, 15	1 g/kg BW	NS	Glucose, 2h	No	0,30,90,120	Capillary, whole blood	Glucometer	310
Pineapple, raw														
3013	Pineapple (<i>Ananas comosus</i>), raw	Nigeria	2002	39	6	Type 2, 10	50	357	Glucose, 2h ⁹	NS	0,30,60,90,120	Venous, plasma	Enzymatic	301
3014	Pineapple (<i>Ananas comosus</i>), raw ¹⁶	Philippines	2000	51	8	Type 2, 10	25	192.3	Bread, 3h	NS	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	303
3015	Pineapple (<i>Ananas comosus</i>), raw	Nigeria	2010	65±11	10	Normal, 10	50	357	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma/serum	Enzymatic	301
3016	Pineapple, raw	Australia	1994	66±7	10	Normal, 8	25	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
Pitahaya/Dragon fruit														
3017	Pitahaya (<i>Hylocereus spp.</i>), pulp, raw, frozen, thawed	Costa Rica	2012	48±11	7	Normal, 8	25	240	Bread, 2h	NS	0,30,60,90,120	Venous, plasma/serum	Enzymatic	309
Plum, raw														
3018	Plum, NS	Germany	1977	24	4	Type 2, number NS	NS	NS	Glucose, time NS	NS	NS	NS	NS	177
3019	Plum, Bau Kul variety (<i>Zizyphus mauritiana</i>), raw ¹⁶	Bangladesh	2011	32±4	5	Normal, 14	25	142.3	Glucose, 2h	Yes	0,30,60,90,120	Venous, plasma/serum	Enzymatic	296
3020	Plum, NS	Italy	1995	53±6	8	Type 2, 7	50	NS	Bread, 3h	No	0,30,60,90,120,180	NS	Enzymatic	294
Pomelo														
3021	Pomelo, Majia variety (<i>Citrus grandis</i> cv. Majiayou), fresh	China	2013	72±2	11	Type 2, 20	50	850	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	enzymatic	311
3022	Pomelo, Majia variety (<i>Citrus grandis</i> cv. Majiayou), fresh	China	2013	78±2	12	Normal, 20	50	850	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	enzymatic	311
Prunes														
3023	Prunes	Iran	2009	34±7	5	Normal, 8	25	143	Glucose, 2h	NS	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	292
Raisins														
3024	Raisins (Sun-Maid, Kingsburg, CA, USA)	USA	2008	49±7	7	Normal, 10	50	69	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	312

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3025 Raisins (Sun-Maid, Kingsburg, CA, USA)	USA	2008	50±5	8	Pre-diabetes, 10	50	69	Glucose, 3h	No	0,15,30,45, 60,90,120, 150,180	Capillary, plasma/serum	YSI	312
3026 Raisins, Corinthian (Agricultural Cooperatives Union-Aeghion, Greece)	Greece	2013	51±7	8	Type 2, 15	50	74	Glucose, 3h	NS	0,30,60,90, 120,150,180	Venous, plasma/serum	Enzymatic	313
3027 Raisins (Sun-Maid, Kingsburg, CA, USA)	USA	2008	62±11	9	Normal athletes, 11	50	69	Glucose, 2h	No	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	312
3028 Raisins, Corinthian (Agricultural Cooperatives Union-Aeghion, Greece)	Greece	2013	66±3	10	Normal, 15	50	74	Glucose, 3h	NS	0,30,60,90, 120,150,180	Venous, plasma/serum	Enzymatic	313
3029 Raisins, NS	Canada	1981	64±11	10	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
3030 Raisins, NS	Israel	1988	66±6	10	GDM, 9	50	70	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	190
Rockmelon/Cantaloupe													
3031 Rockmelon/Cantaloupe, raw	Australia	1994	65±9	10	Normal, 8	25	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131
3032 Rockmelon/Cantaloupe, raw	Australia	2003	70	11	Normal, 10	10	212.8	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	UO ⁵
Sultanas													
3033 Sultanas, red	Iran	2009	49±7	7	Normal, 8	25	33	Glucose, 2h	NS	0,15,30,45, 60,90,120	Venous, plasma/serum	Enzymatic	292
3034 Sultanas	Australia	1994	56±11	8	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131
3035 Sultanas	UK	2005	58±11	9	Normal, 8	50	72.0	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
Tomato													
3036 Tomato (<i>Solanum lycopersicum</i>), raw ¹⁶	Jamaica	2019	23±11	3	Normal, 10	25	595.2	Glucose, 2h	Yes	0,15,30,45, 60,90,120	NS	NS	306
Watermelon													
3037 Watermelon (<i>Citrullus vulgaris</i>), raw ¹⁶	Jamaica	2019	50±6	8	Normal, 10	25	332.9	Glucose, 2h	Yes	0,15,30,45, 60,90,120	NS	NS	306
3038 Watermelon, raw	Australia	1994	72±13	11	Normal, 8	25	NS	Bread, 2h	Yes	0,15,30,60, 90,120	Capillary, plasma	Enzymatic	131
3039 Watermelon, raw	Australia	2003	80±3	12	Normal, 8	10	200	Glucose, 2h	Yes	0,15,30,45, 60,90,120	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Other fruit products														
3040	Fruit Cocktail, canned (Delmonte Canadian Cannery Ltd., Hamilton, Canada)	Canada	1993	56±4	8	Type 2, 8	50	382	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
3041	Mixed fruit, fresh, containing banana (10%), mango (10%), passion fruit (20%), pineapple (20%), kiwi (20%) and raspberries (20%), frozen and thawed	UK	2017	33±9	5	Normal, 19	25	250	Glucose, 2h	NS	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	307
3042	Vitari, frozen fruit dessert, non-dairy (Nestlé, Australia)	Australia	1994	28±6	4	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
Fruit and Vegetable juices														
<i>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 vegetable juice where 10 g was used.</i>														
Apple juice														
3043	Apple juice, unsweetened	USA	1986	41	8	Type 2, 7	50	NS	Glucose, 5h ³⁴	NS	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	283
3044	Apple juice, unsweetened (Allens, Toronto, Canada)	Canada	1993	42±6	8	Type 2, 6	50	440	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
Grapefruit juice														
3045	Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	Canada	1993	49±3	10	Type 2, 13	50	633	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
Mango juice														
3046	Mango, processed in a blender for 30 sec with 125 mL water, frozen and thawed, consumed as a nutrient-extracted juice	UK	2017	38±8	8	Normal, 9	25	181	Glucose, 2h	NS	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	307
Orange juice														
3047	Orange juice	Canada	1981	46±6	9	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3048	Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd, Australia)	Australia	1994	53±6	11	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
3049	Orange juice, reconstituted from frozen concentrate	USA	1986	57±6	11	Type 2, 7	50	NS	Glucose, 5h ³⁴	NS	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	283
Pineapple juice														
3050	Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	Canada	1993	47±2	9	Type 2, 13	50	373	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary. Whole blood	YSI	295
Tomato juice														
3051	Tomato juice, no added sugar (Campbell's Soup Company, Camden, USA)	USA	2002	33±3	3	Normal, 9	10	303.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
Other juices													
3052	UK	2017	66±8	13	Normal, 19	25	250	Glucose, 2h	NS	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	307
3053	UK	2020	40±6	8	Normal, 15	25	401.2	Glucose, 2h	No	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	314
3054	UK	2020	25±5	5	Obese, 11	25	401.2	Glucose, 2h	No	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	314
3055	UK	2020	31±4	6	Normal, 10	25	389.2	Glucose, 2h	No	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	314
3056	UK	2020	26±8	5	Obese, 11	25	389.2	Glucose, 2h	No	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	314
3057	USA	2002	43±4	4	Normal, 9	10	303.0	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	UO ⁵
INFANT FORMULA AND WEANING FOODS													
<i>Average available carbohydrate portion = 10 g, this value was used to determine the nominal GL for each item in this category.</i>													
3058	Sweden	2012	40	4	Normal, 9 (adults)	25	379	Bread, 2h	No	0,7.5,15,30, 45,60,75,90, 105,120	Venous, whole blood	Enzymatic	287
Weaning foods													
3059	Czech Republic	2010	28±6	3	Type 2, 16 (adults)	50	277.8	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	289
3060	Czech Republic	2010	54±8	5	Normal, 20 (adults)	50	277.8	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	289
3061	Czech Republic	2005	54±8	5	Normal, 20 (adults)	50	277.8	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	84
3062	Sweden	2000	34±8	3	Normal, 9 (adults)	30	NS	Bread, 2h	NS	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	315

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3063	Sweden	2013	27±3	3	Normal, 21 (adults)	35	309	Bread, 4h	NS	0,15,30,45, 60,90,120, 180,240	Capillary, whole blood	HemoCue	315
3064	Sweden	2000	56±9	6	Normal, 9 (adults)	30	NS	Bread, 2h	NS	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	315
3065	Sweden	2013	56±9	6	Normal, 21 (adults)	35	467	Bread, 4h	NS	0,15,30,45, 60,90,120, 180,240	Capillary, whole blood	HemoCue	315
3066	Sweden	2013	43±4	4	Normal, 21 (adults)	35	479	Bread, 4h	NS	0,15,30,45, 60,90,120, 180,240	Capillary, whole blood	HemoCue	315
Porridge/Gruel													
3067	Sweden	2004	48±5	5	Normal, 10 (adults)	30	NS	Bread, 2h	NS	0,15,30,45, 70,95,120, 180	Capillary, whole blood	Enzymatic	316
3068	Sweden	2004	47±6	5	Normal, 10 (adults)	30	NS	Bread, 2h	NS	0,15,30,45, 70,95,120, 180	Capillary, whole blood	Enzymatic	316
3069	Sweden	2004	52±8	5	Normal, 10 (adults)	30	NS	Bread, 2h	NS	0,15,30,45, 70,95,120, 180	Capillary, whole blood	Enzymatic	316
3070	Sweden	2004	55±4	6	Normal, 10 (adults)	30	NS	Bread, 2h	NS	0,15,30,45, 70,95,120, 180	Capillary, whole blood	Enzymatic	316
3071	Sweden	2004	52±6	5	Normal, 10 (adults)	30	NS	Bread, 2h	NS	0,15,30,45, 70,95,120, 180	Capillary, whole blood	Enzymatic	316
LEGUMES													
<i>Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category.</i>													
Adzuki beans													
3072	China	2019	21±4	3	Normal, 10	50	83.1	Glucose, 2h	Yes	0,20,30,45, 60,90,120	Capillary, whole blood	Glucometer	237
3073	China	2019	29±4	4	Normal, 10	50	83.1	Glucose, 2h	Yes	0,20,30,45, 60,90,120	Capillary, whole blood	Glucometer	237

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Baked Beans														
3074	Haricot beans, home-cooked, soaked overnight, boiled 1h in water, baked in tomato sauce 2 h (HJ Heinz, Australia)	Australia	1985	23	3	Normal, 6	50	NS	Glucose, 3h ⁶	No	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	317
3075	Baked Beans, canned	Canada	1981	40±3	6	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
3076	Baked Beans, Heinz Vegetarian baked haricot beans (HJ Heinz Company, Dandenong, VIC, Australia)	Australia	1985	40	6	Normal, 6	50	NS	Glucose, 3h ⁶	No	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	317
3077	Baked Beans in Mild Curry sauce (HJ Heinz, Australia)	Australia	2006	49±5	7	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	UO ³⁶
3078	Baked beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada)	Canada	1986	57±6	9	Type 2, 7	50	485	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	318
Beans														
3079	Beans, dried, boiled, NS	Italy	1989	20	3	Type 2, 14	30	50	Bread, 2h	No	0,30,60,90, 120	Venous, NS	Enzymatic	282
3080	Beans, dried, boiled, NS	Italy	1989	37	6	Normal, 7	30	50	Bread, 2h	No	0,30,60,90, 120	Venous, NS	Enzymatic	282
3081	Beans (<i>Vigna unguiculata</i> L. Walp), <i>oloyin</i> variety, boiled for 2 h ^{17,37}	Nigeria	2012	12±3	2	Normal, 12	50	160	Glucose, 2h	No	0,30,60,90, 120	Venous, plasma/serum	Enzymatic	319
3082	Beans (<i>Vigna unguiculata</i> L. Walp), <i>drum</i> variety, boiled for 2 h ^{17,37}	Nigeria	2012	18±10	3	Normal, 12	50	154	Glucose, 2h	No	0,30,60,90, 120	Venous, plasma/serum	Enzymatic	319
3083	Beans (<i>Vigna unguiculata</i> L. Walp), <i>Sokoto white</i> variety, boiled for 2 h ^{17,37}	Nigeria	2012	12±6	2	Normal, 12	50	154	Glucose, 2h	No	0,30,60,90, 120	Venous, plasma/serum	Enzymatic	319
Black beans														
3084	Black bean (<i>Phaseolus vulgaris</i> Linn), soaked overnight, cooked 40 min	Philippines	1995	20±3	3	Normal, 11	50	99.5	Bread, 1h	NS	0,15,30,45, 60	Capillary, plasma	Enzymatic	320
3085	Black Beans	Mexico	1991	31±12	5	Type 2, 27; Normal, 21	50	90	Bread, 3h	Yes	0,30,60,90, 120,150,180	Venous, Serum	NS	321
Blackeyed beans/peas (Cowpeas), boiled														
3086	Blackeyed beans, boiled in water with 2 g salt	Canada	1981	33±4	5	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
3087	Blackeyed peas (<i>Vigna unguiculata</i>), boiled, consumed with 4.24 g salt	Nigeria	1989	38	6	Normal, 10	75	122	Glucose, 3h ⁶	Yes	0,15,30,60, 90,120,180	Venous, plasma	Enzymatic	322

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3088	Blackeyed beans/peas (Cowpeas), boiled	Canada	50±4	8	Type 2, 6	50	83.3	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186	
3089	Blackeyed peas (<i>Vigna unguiculata</i>), boiled	Nigeria	52	8	Normal, 10	75	122	Glucose, 3h ⁶	Yes	0,15,30,60,90,120,180	Venous, plasma	Enzymatic	322	
3090	Cowpeas (<i>Vigna unguiculata</i> L. Walp.), soaked overnight, boiled, cooled overnight, microwaved	Philippines	7±1	1	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	323	
3091	Cowpeas (<i>Vigna unguiculata</i> L. Walp.), soaked overnight, boiled, cooled overnight, microwaved	Philippines	11±1	2	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	323	
Brown Beans														
3092	Brown beans, dried, soaked overnight, cooked in water with 2 g salt, tested in young adults (17-18 y)	South Africa	24±8	4	Normal, 7	50	100	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185	
3093	Brown beans	Mexico	38±11	6	Type 2, 27; Normal, 21	50	85	Bread, 3h	Yes	0,30,60,90,120,150,180	Venous, Serum	NS	321	
Butter Beans														
3094	Butter beans, dried, soaked overnight, boiled 50 min	UK	26±7	4	Normal, 8	50	100.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26	
3095	Butter beans, dried, soaked overnight, cooked in water with 2 g salt, tested in young adults (17-18 y)	South Africa	28±7	4	Normal, 8	50	100	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185	
3096	Butter beans, dried, soaked, cooked 1.25 h	South Africa	29±2	4	Normal, 11	50	100	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, whole blood	Glucometer	324	
3097	Butter beans, boiled in water with 2 g salt	Canada	36±4	5	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132	
3098	Butter beans, dried, boiled + 5 g sucrose	South Africa	30±4	5	Normal, 11	50	90	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, whole blood	Glucometer	324	
3099	Butter beans, dried, boiled + 10 g sucrose	South Africa	31±4	5	Normal, 11	50	80	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, whole blood	Glucometer	324	
3100	Butter beans, dried, boiled + 15 g sucrose	South Africa	54±6	8	Type 2, 21; Type 1, 8; Normal, 11	50	70	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, whole blood	Glucometer	324	
Chickpeas (Garbanzo beans, Bengal gram), and chickpea products														
3101	Chickpeas, canned, drained, heated in microwave for 90 sec (Giant Chickpeas with Chilies, Al-Daniah, Kuwait) ³⁸	Kuwait	2019*	51	8	Normal, 14	50	342	Bread, 2h ⁹	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	325

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3102 Chickpeas (<i>Cicer arietinum</i>), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	5±1	1	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	323
3103 Chickpeas (<i>Cicer arietinum</i>), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	6±1	1	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	323
3104 Chickpeas (<i>Cicer arietinum</i> Linn), dried, soaked, boiled 35 min	Philippines	1995	10±2	2	Normal, 11	50	100	Bread, 1h	NS	0,15,30,45,60	Capillary, plasma	Enzymatic	320
3105 Chickpeas, brown, Chana dhal, boiled in salted water	Pakistan	2008	13±2	2	Normal, 7	50	83	Glucose, 2h	No	0,30,60,120	Venous, plasma/serum	Enzymatic	326
3106 Chickpeas, dried, boiled	Canada	1986	31±6	5	Type 2, 6	50	100	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	318
3107 Chickpeas	Canada	1983	33±6	5	Type 2, 7	50	100	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
3108 Chickpeas, boiled in water with 2 g salt	Canada	1981	36±5	5	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3109 Chickpeas, boiled in salted water	Pakistan	2008	36±5	5	Normal, 7	50	82	Glucose, 2h	No	0,30,60,120	Venous, plasma/serum	Enzymatic	326
3110 Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	Canada	1986	43±5	6	Type 2, 11	50	336	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	318
3111 Bengal gram dhal, chickpea, boiled	India	1981	11	2	Normal, 6	50	83	Glucose, 2h ⁹	No	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	254
3112 Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	Canada	1984-1992	41±5	6	Type 1 & 2, 7	50	460.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3113 Hummus (chickpea salad dip)	Lebanon	1997	6±4	1	Normal, 12	50	237.0	Glucose ²⁶ , 2h	No	0,30,60,90,120	Venous, serum	Enzymatic	221
Green peas													
3114 Green peas (<i>Pisum sativum</i> L.), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	9±2	1	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	323
3115 Green peas (<i>Pisum sativum</i> L.), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	9±2	1	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	323
Haricot/Navy beans													
3116 Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	Canada	1983	29±4	4	Type 2, 7	50	112	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	209
3117 Haricot/Navy beans, dried, boiled	Canada	1986	31±4	5	Type 2, 7	50	112	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	318
3118 Haricot/Navy beans, boiled in water with 2 g salt	Canada	1981	31±6	5	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3119	Haricot/Navy beans (King Grains, Canada)	Canada	1985	40±5	6	Normal, 6	50	NS	Bread, 1h	Yes	0,15,30,45,60	Capillary, whole blood	YSI	268
3120	Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Canada)	Canada	1983	60±7	9	Type 1, 6	50	112	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	209
Kidney Beans														
3121	Kidney beans (<i>Phaseolus vulgaris</i> L.), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	9±1	1	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	323
3122	Kidney beans (<i>Phaseolus vulgaris</i> L.), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	13±1	2	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	323
3123	Kidney/white bean (<i>Phaseolus vulgaris</i> Linn), soaked, boiled 17 min	Philippines	1995	14±3	2	Normal, 11	50	110.3	Bread, 1h	NS	0,15,30,45,60	Capillary, plasma	Enzymatic	320
3124	Kidney beans, boiled 2 min, soaked 60 min, simmered 60 min, reheated in microwave	USA	1987	23	3	Type 2, 8	50	111	Glucose, 5h ⁶	NS	0,30,60,120,180,240,300	Venous, plasma/serum	Enzymatic	133
3125	Kidney beans, dried, boiled	France	1987	23±1	3	Type 2, 3	50	80	Glucose, 3h	No	0,30,60,90,120,150,180	Venous, plasma/serum	Enzymatic	145
3126	Kidney beans (<i>Phaseolus vulgaris</i> L.), red, soaked 20 min, boiled 70 min	Sweden	1991	26±4	4	Normal, 10	50	NS	Bread, 1.5h	NS	NS	NS	NS	164
3127	Kidney beans, boiled in water with 2 g salt	Canada	1981	29±8	4	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3128	Kidney beans, boiled in salted water	Pakistan	2008	32±3	5	Normal, 7	50	84	Glucose, 2h	No	0,30,60,120	Venous, plasma/serum	Enzymatic	326
3129	Kidney beans (<i>Phaseolus vulgaris</i> L.), autoclaved	Sweden	1991	35±4	5	Normal, 10	50	NS	Bread, 1.5h	NS	NS	NS	NS	164
3130	Kidney beans, dried, boiled	Canada	1986	43±4	6	Type 2, 8	50	111	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	318
3131	Kidney beans	Canada	1983	47±5	7	Type 2, 7	50	111.1	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
3132	Red Kidney beans, dried, soaked overnight, boiled 60 min	UK	2005	51±5	8	Normal, 8	50	124.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
3133	Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h	India	1991*	70±11	11	Normal, 12-15	75	127	Glucose, 3h	NS	0,60,120,180	Venous, plasma	Enzymatic	246
3134	Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	Canada	1986	53±6	8	Type 2, 11	50	431	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	318
Lentils														
3135	Lentils, NS, boiled in water with 2 g salt	Canada	1981	29±3	4	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3136	Lentils, NS, simmered 20 min, refrigerated, reheated in microwave	USA	1987	28	4	Type 2, 8	50	94	Glucose, 5h ⁶	NS	0,30,60,120,180,240,300	Venous, plasma/serum	Enzymatic	133

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Lentils, green														
3137	Lentils, green, dried, boiled	Canada	1986	22±4	3	Type 2, 11	50	107	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	318
3138	Lentils, green, dried, boiled	France	1987	30±15	5	Type 2, 3	50	82	Glucose, 3h	No	0,30,60,90,120,150,180	Venous, plasma/serum	Enzymatic	145
3139	Lentils, green, dried, boiled	Australia	1982	37±3	6	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	210
3140	Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	Canada	1986	53±4	8	Type 2, 11	50	434	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	318
Lentils, red														
3141	Lentils, red, dried, boiled	Canada	1986	18	3	Normal, 8	50	94	Bread, 1h	No	0,15,30,45,60	Capillary, whole blood	YSI	327
3142	Lentils, red, dried, boiled	Canada	1985	21±3	3	Type 2, 14	50	94	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
3143	Lentils, red, split, dried, boiled 25 min	UK	2005	21±7	3	Normal, 8	50	97.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
3144	Lentils, red, dried, boiled	Canada	1983	31±5	5	Type 2, 7	50	94	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
3145	Lentils, red, dried, boiled	Canada	1985	32±6	5	Type 1, 11	50	94	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
Marrowfat peas														
3146	Marrowfat peas, dried, boiled in water with 2 g salt	Canada	1981	47±3	7	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3147	Marrowfat peas, dried, boiled	Germany	1997	31	5	Type 2, number NS	25	NS	Glucose, time NS	NS	NS	NS	NS	177
Mung beans														
3148	Mung beans (<i>Vigna radiata</i> L. R. Wilczek), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	11±2	2	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	323
3149	Mung beans (<i>Vigna radiata</i> L. R. Wilczek), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	15±1	2	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	323
3150	Mung bean (<i>Phaseolus aureus</i> Roxb), soaked, boiled 20 min	Philippines	1995	32±4	5	Normal, 11	50	93.8	Bread, 1h	NS	0,15,30,45,60	Capillary, plasma	Enzymatic	320
3151	Mung bean, boiled in salted water	Pakistan	2008	42±4	6	Normal, 7	50	82	Glucose, 2h	No	0,30,60,120	Venous, plasma/serum	Enzymatic	326

Food Number and Item	Country of food production	Year of test ¹	GI ² ± SEM (GI = 100)	GL	Subjects (type & number)	Avail carb (Test portion)	Test portion ³ (g)	Reference food & time period	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
Peas													
3152	Peas, boiled in salted water	Pakistan	25±4	4	Normal, 7	50	89	Glucose, 2h	No	0,30,60,120	Venous, plasma/serum	Enzymatic	326
3153	Peas, dried, boiled	Germany	23	3	Type 2, number NS	25	NS	Glucose, time NS	NS	0,30,60,90, 120,150,180, 210,240	NS	NS	168
Pigeon peas													
3154	Pigeon peas (<i>Cajanus cajan</i>), soaked overnight, boiled, cooled overnight, microwaved	Philippines	7±1	1	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, plasma/serum	Enzymatic	323
3155	Pigeon peas (<i>Cajanus cajan</i>), soaked overnight, boiled, cooled overnight, microwaved	Philippines	9±1	1	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	Enzymatic	323
3156	Pigeon Pea (<i>Cajanus cajan</i> Linn. Huth.), soaked, boiled 45 min	Philippines	22±3	3	Normal, 11	50	107.7	Bread, 1h	NS	0,15,30,45, 60	Capillary, plasma	Enzymatic	320
3157	Pigeon Pea/Gungo (<i>Cajanus cajan</i>)	Jamaica	43±12	6	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	NS	NS	306
Pinto beans													
3158	Pinto beans, boiled in salted water	Mexico	14±2	2	Normal, 8	50	434.8	Bread, 3.5h	NS	0,15,30,60, 90,120,150, 180,210	Venous, plasma	Enzymatic	223
3159	Pinto beans (<i>Phaseolus vulgaris</i>), boiled in salted water	Mexico	28±5	4	Type 2, 7	50	434.8	Bread, 3.5h	NS	0,15,30,60, 90,120,150, 180,210	Venous, plasma	Enzymatic	224
3160	Pinto beans, steamed	USA	33	5	Normal, 8	75	118	Glucose, 3h ⁶	NS	0,30,60,120, 180	NS	Enzymatic	225
3161	Pinto beans, dried, boiled	Canada	39±4	6	Type 2, 9	50	112	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	318
3162	Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	Canada	45±4	7	Type 2, 9	50	343	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	318
Pole Sitao (Snake beans/Chinese long bean/Asparagus bean)													
3163	Pole sitao (<i>Vigna unguiculata</i> subsp. <i>sesquipedalis</i> L. Verde), soaked overnight, boiled, cooled overnight, microwaved	Philippines	6±1	1	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, plasma/serum	Enzymatic	323
3164	Pole sitao (<i>Vigna unguiculata</i> subsp. <i>sesquipedalis</i> L. Verde), soaked overnight, boiled, cooled overnight, microwaved	Philippines	9±1	1	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	Enzymatic	323

Food Number and Item	Country of food production	Year of test ¹	GI ² ± SEM (GI = 100)	GL	Subjects (type & number)	Avail carb (Test portion)	Test portion ³ (g)	Reference food & time period	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Red beans														
3165	Red beans, dried, boiled with water for 80 min	South Korea	2018	27±5	4	Normal, 9	50	73.1	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3166	Red beans, dried, boiled in water for 100 min, mashed and served as gruel	South Korea	2018	39±7	6	Normal, 10	50	247.9	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
Soya beans														
3167	Soya beans, dried, boiled in water with 2 g salt	Canada	1981	15±5	2	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3168	Soya beans, dried, boiled	Australia	1982	20±3	3	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	210
3169	Soya beans, canned	Canada	1981	14±2	2	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3170	Soya beans, canned in brine, drained, Edgell's™ brand (Simplot Australia, Australia)	Australia	2003	14±3	2	Normal, 10	10	277.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ⁵
Split peas, yellow														
3171	Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada) ¹⁸	Canada	1984-1992	32±3	5	Type 1 & 2, 8	50	88.3	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3172	Split peas, yellow, dried, soaked overnight, boiled 55 min	UK	2005	25±6	4	Normal, 8	50	88.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
3173	Yellow peas, boiled	Canada	2009	43±8	6	Normal, 19	50	79.8	Bread, 2.5h	No	0,30,60,120,150	Capillary, whole blood	Glucometer	138
Legumes, other														
3174	Black gram, (<i>Phaseolus mungo</i>), soaked 12 h, stored moist 24 h, steamed 1 h	India	1991*	43±10	6	Normal, 12-15	75	121	Glucose, 3h ²⁰	NS	0,60,120,180	Venous, plasma	Enzymatic	246
3175	Broad beans, boiled in water with 2 g salt	Canada	1981	79±16	12	Normal, 6	25	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3176	Gram dhal, dried, soaked overnight, cooked water with 2 g salt, tested in young adults (17-18 y)	South Africa	1984	5±3	1	Normal, 7	50	85	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
3177	Green gram (<i>Phaseolus aureus</i>), soaked 12 h, stored moist 24 h, steamed 1 h	India	1991*	38±14	6	Normal, 12-15	75	131	Glucose, 3h ²⁰	NS	0,60,120,180	Venous, plasma	Enzymatic	246
3178	Horse gram, (<i>Dolichos biflorus</i>) soaked 12 h, stored moist 24 h, steamed 1 h	India	1991*	51±11	8	Normal, 12-15	75	129	Glucose, 3h ²⁰	NS	0,60,120,180	Venous, plasma	Enzymatic	246

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3179	Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	Canada	1984-1992	33±9	5	Type 1 & 2, 5	50	250.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3180	Mash bean, boiled in salted water	Pakistan	2008	43±2	6	Normal, 7	50	94	Glucose, 2h	No	0,30,60,120	Venous, plasma/serum	Enzymatic	326
3181	Romano beans	Canada	1983	46±5	7	Type 2, 6	50	78.5	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
MEAL REPLACEMENT & WEIGHT MANAGEMENT PRODUCTS														
<i>Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category.</i>														
Meal replacement bars, cookies and desserts														
3182	Burn-it™ bars, Chocolate deluxe (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	29±3	6	Normal, 10	20	125.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3183	Burn-it™ bars, Peanut butter (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	23±3	5	Normal, 10	20	166.7	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3184	Designer chocolate, sugar-free, reduced carbohydrate (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	14±3	3	Normal, 10	20	32.5	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3185	Lemon weight management bar	UK	2006	32±8	6	Normal, 10	30	72.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	30
3186	Malt toffee weight management bar	UK	2006	43±7	9	Normal, 10	30	63.2	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	30
3187	Pure-protein™ bars, Chewy choc-chip (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	30±4	6	Normal, 10	20	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3188	Pure-protein™ bars, Chocolate deluxe (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	38±4	8	Normal, 10	20	124.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3189	Pure-protein™ bars, Peanut butter (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	22±4	4	Normal, 10	20	173.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3190	Pure-protein™ bars, Strawberry shortcake (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	43±4	9	Normal, 10	20	124.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3191	Pure-protein™ bars, White chocolate mousse (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	40±4	8	Normal, 10	20	107.6	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3192	Pure-protein™ cookies, Choc-chip cookie dough (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	25±3	5	Normal, 10	20	101.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3193	Pure-protein™ cookies, Coconut (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	42±5	8	Normal, 10	20	124.5	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3194	Pure-protein™ cookies, Peanut butter (Worldwide Sport Nutritional Supplements Inc., Largo, FL, USA)	USA	2000	37±7	7	Normal, 10	20	124.5	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3195	SlimFast® Meal Options bar, rich chocolate brownie (SlimFast Foods Co, West Palm Beach, USA)	USA	2006	64±13	13	Normal, 10	50	85	Glucose, 2h	No	0,15,30,45, 60,90,120	Venous, plasma	Enzymatic	328
Meal replacement beverages														
3196	Boost High-Protein®, vanilla flavor (Mead Johnson, Evansville, Ind, USA)	USA	2002	59±9	12	Normal, 5	50	343	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	143
3197	Boost®, vanilla flavor (Mead Johnson, Evansville, Ind, USA)	USA	2002	53±4	11	Normal, 5	50	283	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	143
3198	Chocolate, lactose-free, weight management drink	UK	2006	29±10	6	Normal, 10	30	78.9	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	30
3199	Chocolate soya weight management drink	UK	2006	73±17	15	Normal, 10	30	55.6	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	30
3200	Chocolate weight management drink	UK	2006	23±5	5	Normal, 10	30	85.0	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	30
3201	Chocolate weight management drink	UK	2006	39±8	8	Normal, 10	30	428.6	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	30
3202	GatorPro®, chocolate flavor (Gatorade, Chicago, IL, USA)	USA	2002	89±8	18	Normal, 5	50	275	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	143
3203	InZone™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)	Sweden	2004	28±5	6	Normal, 10	10	31.4	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	UO ⁵
3204	Met-RX®, vanilla (Met-RX substrate Technology Inc., Irvine, CA, USA)	USA	2002	58±16	12	Normal, 5	50	1242	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	143
3205	Optifuel (Twin Laboratories Inc, Ronkonkoma, NY, USA)	USA	2002	78±8	16	Normal, 5	50	355	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	143
3206	ReduceXS™ Chocolate Deluxe formulated meal replacement powder, prepared with 430.3 g water	Australia	2004	10±6	2	Normal, 10	15	75.0	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	HemoCue	UO ⁵
Meal replacement soups														
3207	Chicken and mushroom soup	UK	2006	46±6	9	Normal, 10	30	84.5	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	30
3208	Chicken and mushroom soup	UK	2006	69±14	14	Normal, 10	30	80.4	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	30
3209	Vegetable soup	UK	2006	60±12	12	Normal, 10	30	85.7	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
NUTRITIONAL SUPPORT PRODUCTS														
<i>Average carbohydrate portion = 30 g, this value was used to determine the nominal GL for each item in this category</i>														
3210	Biosorb® drink, standard (Nutricia N.V., Netherlands) ¹⁶	Netherlands	2005	50±16	15	Normal, 9	25	203.3	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3211	Diasip®, diabetes-specific enteral formula (Nutricia N.V., Netherlands) ¹⁶	Netherlands	2005	12±3	4	Normal, 7	25	284.1	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3212	Diasip® (Nutricia Advanced, Medical Nutrition, Dublin, Ireland)	Ireland	2019	51±1	15	Type 2, 23	25	214	Glucose, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	Glucometer	330
3213	Diason®/Nutrison Diabetes, diabetes-specific enteral formula (Nutricia N.V., Netherlands) ¹⁶	Netherlands	2005	17±4	5	Normal, 9	25	221.2	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3214	Diben®, diabetes-specific enteral formula (Fresenius Kabi AG, Germany) ¹⁶	Germany	2005	22±7	7	Normal, 7	25	301.2	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3215	Enercal Plus™, made from powder (Wyeth-Ayerst International Inc, Madison, USA)	USA	1997	61±13	18	Normal, 12	50	240	Glucose, 5h	No	0,30,60,90, 120,150,180, 210,240,270, 300	Venous, serum	Enzymatic	331
3216	Ensure™ (Abbott Nutrition, Columbus, Ohio, USA)	USA	2019	56±1	17	Type 2, 23	25	141	Glucose, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	Glucometer	330
3217	Ensure™, vanilla flavor (Abbott Laboratories, Columbus, Ohio, USA)	USA	2002	75±10	23	Normal, 5	50	283	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	143
3218	Fortimel® enteral formula (Nutricia N.V., Netherlands) ¹⁶	Netherlands	2005	25±8	8	Normal, 8	25	242.7	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3219	Gen-Premium clinical nutrition formula powder (Thai Otsuka Pharmaceutical Co. Ltd.), dissolved in 400 mL water	Thailand	2013	27	8	Normal, 10	50	100.92	Glucose, 2h	No	0,30,60,90, 120	Capillary, plasma	Enzymatic	332
3220	Glucerna, diabetes-specific enteral formula (Abbott Laboratories Inc, USA) ¹⁶	USA	2005	15±3	5	Normal, 9	25	260.4	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3221	Glucerna™ enteral nutritional supplement, vanilla flavor (Ross Nutrition, Canada)	Canada	2007	26±2	8	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3222	Glucerna SR® (Abbott Nutrition, Columbus, Ohio, USA)	USA	2019	48±1	14	Type 2, 23	25	230	Glucose, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	Glucometer	330

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3223	Glucerna SR [®] , diabetes-specific enteral formula (Abbott Laboratories Inc, USA) ¹⁶	USA	23±5	7	Normal, 9	25	225.2	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3224	Glucerna SR [®] , enteral powder formula with extended release carbohydrates, prepared with 370 mL water	Venezuela	45±4	14	Normal, 21	50	89.3	Bread, 2h	Yes	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	333
3225	Novasource Diabet [®] , diabetes-specific enteral formula (Novartis Consumer Health SA, Switzerland) ¹⁶	Switzerland	26±5	8	Normal, 10	25	200	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3226	Nutridrink (Nutricia N.V., Netherlands)	Netherlands	25	8	Normal, 10	50	272	Glucose, 2h ⁹	NS	0,10,15,30, 45,60,90,120	Venous, NS	Enzymatic	334
3227	Nutridrink [®] enteral formula (Nutricia N.V., Netherlands) ¹⁶	Netherlands	61±19	18	Normal, 10	25	135.9	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3228	Nutridrink Multi Fibre [®] , containing 2.3 g fiber/100 mL (Nutricia N.V., Netherlands)	Netherlands	22	7	Normal, 10	50	272	Glucose, 2h ⁹	NS	0,10,15,30, 45,60,90,120	Venous, NS	Enzymatic	334
3229	Nutridrink Multi Fibre [®] enteral formula (Nutricia N.V., Netherlands) ¹⁶	Netherlands	53±19	16	Normal, 10	25	135.9	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3230	Nutrison Multi Fibre [®] enteral formula (Nutricia N.V., Netherlands) ¹⁶	Netherlands	28±10	8	Normal, 10	25	203.3	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3231	Nutrison Standard [®] enteral formula (Nutricia N.V., Netherlands) ¹⁶	Netherlands	34±8	10	Normal, 10	25	203.3	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, whole blood	Other	329
3232	Riceberry rice pudding, liquidized texture, dysphagia diet level 3 texture classification (Vichwai Group, Co. Ltd., Thailand)	Thailand	41±8	12	Normal, 12	40	300	Bread, 3h	No	0,15,30,60, 90,120,150, 180	Venous, plasma/serum	Enzymatic	335
3233	Riceberry rice pudding, high-fiber, pureed texture, dysphagia diet level 4 texture classification (Vichwai Group, Co. Ltd., Thailand)	Thailand	36±6	11	Normal, 12	40	300	Bread, 3h	No	0,15,30,60, 90,120,150, 180	Venous, plasma/serum	Enzymatic	335
3234	T-Diet Plus [®] Diabet NP (Vegenat S.A., Spain)	Spain	27	8	Normal, 10	50	NS	Glucose, 2h	No	0,15,30,45, 60,90,120	Venous, plasma/serum	Enzymatic	336
3235	Ultracal [™] with fiber (Mead Johnson, Evansville, IN, USA)	USA	39±11	12	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
NUTS														
<i>Average carbohydrate portion = 5 g, this value was used to determine the nominal GL for each item in this category.</i>														
Cashew nuts														
3236	Cashew nuts	UK	2005	25±6	1	Normal, 8	25	121.0	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
3237	Cashew nuts, organic, roasted and salted	UK	2005	25±12	1	Normal, 8	25	128.2	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
3238	Cashew nut halves	UK	2005	27±6	1	Normal, 8	25	146.0	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
3239	Cashew nuts, roasted and salted	UK	2005	27±9	1	Normal, 8	25	146.0	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
Chestnuts														
3240	Chestnuts, baked for 30 min	South Korea	2018	54±6	3	Normal, 11	50	134.8	Glucose, 2h	Yes	0,15,30,60, 90,120	Venous, plasma/serum	Enzymatic	135
3241	Chestnuts, steamed for 25 min	South Korea	2018	58±6	3	Normal, 13	50	134.8	Glucose, 2h	Yes	0,15,30,60, 90,120	Venous, plasma/serum	Enzymatic	135
Peanuts														
3242	Peanuts/Groundnuts (<i>Arachis hypogaea</i> L.), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	5±1	0.3	Type 2, 6	50	NS	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, plasma/serum	Enzymatic	323
3243	Peanuts/Groundnuts (<i>Arachis hypogaea</i> L.), soaked overnight, boiled, cooled overnight, microwaved	Philippines	2009	7±1	0.4	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	Enzymatic	323
3244	Peanuts, crushed, tested in young adults (17-18 y)	South Africa	1984	7±4	0.4	Normal, 6	25	300	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
3245	Peanuts	Canada	1981	13±6	1	Normal, 5	25	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
3246	Peanuts	Mexico	1991	23±12	1	Normal, 21; Type 2, 27	25	161	Bread, 3h	Yes	0,30,60,90, 120,150,180	Venous, Serum	NS	321
3247	Pistachio nuts	Canada	2014	28	1	Metabolic syndrome, 20	12	85	Bread, 2h ⁹	No	0,15,30,45, 60,90,120, 150,180	Capillary, whole blood	YSI	337

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
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>														
Gluten free pasta														
3248	Fusilli pasta, gluten-free, containing corn flour, rice flour and pea protein isolate (Dr Schär AG, Italy), boiled in unsalted water	Italy	2014	46±3	18	Normal, 8	50	67.8	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	NS	338
3249	Fusilli pasta, gluten-free, containing corn flour, rice flour and pea protein isolate (Dr Schär AG, Italy), boiled in unsalted water	Italy	2014	50±2	20	Coeliac, 10	50	67.8	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	NS	338
3250	Fusilli pasta, gluten-free, Le eliche, containing corn flour (Le Veneziane, Molino di Ferro, Italy), boiled in unsalted water	Italy	2014	46±4	18	Normal, 8	50	64.3	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	NS	338
3251	Fusilli pasta, gluten-free, Le eliche, containing corn flour (Le Veneziane, Molino di Ferro, Italy), boiled in unsalted water	Italy	2014	48±5	19	Coeliac, 10	50	64.3	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	NS	338
3252	Fusilli pasta, gluten-free, Pasta Riso, containing rice flour and rice germ (Scotti, Italy), boiled in unsalted water	Italy	2014	66±3	26	Normal, 8	50	62.0	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	NS	338
3253	Fusilli pasta, gluten-free, Pasta Riso, containing rice flour and rice germ (Scotti, Italy), boiled in unsalted water	Italy	2014	75±4	30	Coeliac, 10	50	62.0	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	NS	338
3254	Pasta, Fusilli, gluten free (Sam Mills, Sam Group, USA)	USA	2015*	54±11	22	Normal, 10	50	63	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	5
3255	Macaroni, gluten free, prepared with rice flour (<i>Oryza sativa Indica</i>), double extrusion process, boiled in water for 9 min, no salt added	Italy	2012	71±11	28	Normal, 10	40	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	YSI	339
3256	Macaroni, gluten free, prepared with parboiled rice flour (<i>Oryza sativa Indica</i>), conventional extrusion process, boiled in water for 10 min, no salt added	Italy	2012	61±9	24	Normal, 10	40	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	YSI	339
3257	Macaroni, gluten free, prepared with rice flour (<i>Oryza sativa Indica</i>), double extrusion process, boiled in water for 9 min, no salt added	Italy	2012	65±10	26	Normal, 10	40	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	YSI	339
3258	Pasta, gluten free, made from maize starch, boiled in water for 8 min	UK	2000	55±13	22	Type 2, 8	50	64	Bread, 3h	No	0,30,60,120,150,180	Venous, plasma	Enzymatic	161

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Instant noodles														
3259	Instant 'two-minute' noodles, Maggi® (Nestlé, Australia)	Australia	1995	46±5	18	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	151
3260	Instant noodles (Mr Noodle, Vancouver, Canada)	Canada	1984-1992	48±6	19	Type 1 & 2, 10	50	78.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
Lasagne sheets														
3261	Lasagne sheets, dry pasta, boiled in unsalted water (Value, UK)	UK	2005	55±8	22	Normal, 8	50	69.4	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
3262	Lasagne, egg, verdi, dry pasta, boiled in unsalted water	UK	2005	52±6	21	Normal, 8	50	72.4	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
Linguine														
3263	Linguine, thick, durum wheat, white, fresh	Sweden	1991	44±8	18	Normal, 10	50	NS	Bread, 1.5h	NS	NS	NS	NS	164
3264	Linguine, thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min ¹⁸	Sweden	1991	48±9	19	Normal, 9	50	NS	Bread, 3h ¹⁴	No	0,20,30,40, 50,60,75,90, 105,120, 150,180	Venous, whole blood	YSI	340
3265	Linguine, thin, fresh, durum wheat with 39% w/w egg, boiled 3 min	Sweden	1991	45±8	18	Normal, 10	50	NS	Bread, 1.5h	NS	NS	NS	NS	164
3266	Linguine, thin, durum wheat	Sweden	1991	50±6	20	Normal, 10	50	NS	Bread, 1.5h	NS	NS	NS	NS	164
3267	Linguine, thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min ¹⁸	Sweden	1991	54±9	22	Normal, 9	50	NS	Bread, 3h ¹⁴	No	0,20,30,40, 50,60,75,90, 105,120, 150,180	Venous, whole blood	YSI	340
3268	Linguine, thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min ¹⁸	Sweden	1991	62±9	25	Normal, 9	50	NS	Bread, 3h ¹⁴	No	0,20,30,40, 50,60,75,90, 105,120, 150,180	Venous, whole blood	YSI	340
Spaghetti														
3269	Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France), boiled in 0.7% salted water for 11 min	France	1988	59±15	24	Normal, 12	50	NS	Glucose, 3h	NS	0,15,30,45, 60,90,120	NS, plasma	Enzymatic	341
3270	Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France), boiled in 0.7% salted water for 16.5 min	France	1988	65±15	26	Normal, 12	50	NS	Glucose, 3h	NS	0,15,30,45, 60,90,120	NS, plasma	Enzymatic	341
3271	Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)	France	1988	46±10	18	Normal, 12	50	NS	Glucose, 3h	NS	0,15,30,45, 60,90,120	NS, plasma	Enzymatic	341

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Mung bean noodles														
3272	Lungkow bean thread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	China	1984-1992	26±4	10	Type 1 & 2, 9	50	61.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3273	Mung bean noodles, boiled for 20 min	Thailand	1989	45	18	Type 2, 8	50	NS	Glucose, 3h	NS	0,30,60,120,180	NS, plasma	Enzymatic	269
3274	Imitation mung bean noodles, boiled for 20 min	Thailand	1989	51	20	Type 2, 8	50	NS	Glucose, 3h	NS	0,30,60,120,180	NS, plasma	Enzymatic	269
Macaroni														
3275	Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	Canada	1986	45±6	18	Type 1 & 2, 13	50	66	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	342
3276	Macaroni, plain, boiled	Turkey	1988	48	19	Type 2, 52; Normal, 31	50	69	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	218
3277	Macaroni, boiled	Italy	1996	57	23	Type 1, 12	50	68	Bread, 4h ²¹	No	0,30,60,90,120,150,180,240	NS	Enzymatic	343
Rice noodles/pasta														
3278	Rice noodles made from IR42 (high amylose) rice flour, boiled for 22 min	Philippines	1992	41±9	16	Normal, 7	50	NS	Bread, 1h	NS	0,15,30,45,60	Capillary, whole blood	YSI	263
3279	Rice noodles made from IR42 (high amylose) rice flour, boiled for 22 min	Philippines	1992	45±5	18	Type 2, 10	50	NS	Bread, 3h	NS	0,30,60,90,120,150,180	Capillary, whole blood	YSI	263
3280	Rice noodles made from IR42 (high amylose) rice flour, boiled for 22 min	Philippines	1992	47±5	19	Type 2, 7	50	NS	Bread, 3h	NS	0,30,60,90,120,150,180	Capillary, whole blood	Other	263
3281	Noodles, rice, boiled in water	South Korea	2018	52±11	21	Normal, 9	50	156.0	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3282	Flat rice noodles, boiled for 20 min	Thailand	1989	53	21	Type 2, 8	50	NS	Glucose, 3h	NS	0,30,60,120,180	NS, plasma	Enzymatic	269
3283	Extruded fine rice noodles, boiled for 20 min	Thailand	1989	55	22	Type 2, 8	50	NS	Glucose, 3h	NS	0,30,60,120,180	NS, plasma	Enzymatic	269
3284	Extruded fermented rice noodles, boiled for 20 min	Thailand	1989	54	22	Type 2, 8	50	NS	Glucose, 3h	NS	0,30,60,120,180	NS, plasma	Enzymatic	269
3285	Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	China	1984-1992	59±4	24	Type 1 & 2, 9	50	65.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3286	Rice pasta, brown, boiled 16 min (Rice Grower's Co-op, Australia)	Australia	1991	92±8	37	Normal, 6	50	66.2	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	234

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3287	Rice vermicelli (produced from 100% long grain rice) (Kenmin Food Co., Ltd.)	Japan	2010*	55	22	Normal, 15	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	267
3288	Rice vermicelli (produced from 99% long grain rice + 1% calcium) (Kenmin Food Co., Ltd., Japan)	Japan	2010*	50	20	Normal, 15	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	267
3289	Rice vermicelli: "sidedish" made from long grain rice, tapioca and corn starch (Kenmin Food Co., Ltd., Japan)	Japan	2010*	35	14	Normal, 15	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	267
3290	Rice vermicelli: "instant" made from long grain rice, tapioca, and potato starch (Kenmin Food Co., Ltd., Japan)	Japan	2010*	59	24	Normal, 15	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	267
3291	Rice vermicelli: flat type noodle "kway teow" (made from long grain rice and potato starch) (Kenmin Food Co., Ltd., Japan)	Japan	2010*	60	24	Normal, 15	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	267
3292	Rice vermicelli: flat type noodle "pho" (made from long grain rice and tapioca starch) (Kenmin Food Co., Ltd., Japan)	Japan	2010*	62	25	Normal, 15	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	267
Spaghetti														
Spaghetti, white, boiled 5 min														
3293	Spaghetti, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	Canada	1986	32±4	13	Type 1 & 2, 13	50	66.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	342
3294	Spaghetti, boiled 5 min	Canada	1986	35±5	14	Type 2, 11	50	66.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	342
3295	Spaghetti, boiled 5 min	Canada	1986	40±6	16	Type 1, 6	50	66.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	342
3296	Spaghetti, boiled 5 min (Lancia-Bravo Foods, Toronto, Canada)	Canada	1985	35±5	14	Type 2, 11	50	66	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
3297	Spaghetti, boiled 5 min (Lancia-Bravo Foods, Toronto, Canada)	Canada	1985	45±6	18	Type 1, 7	50	66	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	171
3298	Spaghetti, durum wheat semolina, boiled for 5 min	UK	2009	62	25	Normal, 9	50	102.1	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	0,15,30,45,60,90,120	HemoCue	344
Spaghetti, white or NS, boiled 10-15 min														
3299	Spaghetti, white, boiled for 10 min	Denmark	1988	33±6	13	Type 2, 6	50	60	Bread, 3h	No	0,10,20,30,45,60,90,120,180	Venous, plasma	Enzymatic	345
3300	White, boiled for 10 min (Rio Dulce SA, Guadalajara, Spain)	Spain	2002	52±3	21	Normal, 12	50	NS	Bread, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	346

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3301 White, durum wheat, boiled 10 min in salt water (Barilla, Parma, Italy) ¹⁵	Italy	1998	59±11	24	Normal, 8	100	NS	Bread, 2.8h	No	0,15,30,45, 60,75,90,105 135,165	Venous, plasma	Enzymatic	220
3302 Pasta, white, boiled for 11 min (Barilla, Parma, Italy) ²³	Italy	2009*	27	11	Normal, 10	50	72.3	Bread, 3h	No	0,15,30,45, 60,90,120, 150,180	Capillary, whole blood	HemoCue	211
3303 Spaghetti, white, durum wheat, boiled 12 min	Denmark	1990	35±5	14	Type 2, 7	50	60	Bread, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	347
3304 Spaghetti, white, durum wheat flour, boiled 12 min (Starhushälls, Kungsörnen AB, Järna, Sweden)	Sweden	1991	48±7	19	Normal, 10	50	NS	Bread, 1.5h	NS	NS	NS	NS	164
3305 Spaghetti, white, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min ¹⁸	Sweden	1991	54±8	22	Normal, 9	50	NS	Bread, 3h ¹⁴	No	0,20,30,40, 50,60,75,90, 105,120, 150,180	Venous, whole blood	YSI	340
3306 Spaghetti, boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	Canada	1986	33±4	13	Type 1 & 2, 13	50	66.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	342
3307 Spaghetti, boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	Canada	1985	37±5	15	Type 2, 7	50	66	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	171
3308 Spaghetti, boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	Canada	1985	42±8	17	Type 1, 4	50	66	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	171
3309 100% durum semolina spaghetti, boiled 15 min (Unico, Canada)	Canada	2004	41±5	16	Normal, 10	50	72.3	Bread, 2h	NS	0,15,30,45, 60,90,120	Capillary, whole blood	Enzymatic	238
Spaghetti, boiled 20 min													
3310 White, durum wheat, boiled 20 min	Australia	1991	58±7	23	Normal, 6	50	65.9	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	234
3311 Spaghetti, durum wheat, boiled 20 min	France	1987	64±15	26	Type 2, 3	50	67	Glucose, 3h	No	0,30,60,90, 120,150,180	Venous, plasma/serum	Enzymatic	145
Spaghetti, white, boiled, time NS													
3312 Spaghetti, white, durum wheat (Catelli Ltd, Montreal, Canada)	Canada	1983	48±5	19	Type 2, 9	50	NS	Bread, 3h	No	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	208
3313 Spaghetti, made from durum wheat (<i>Triticum durum</i>), cooked in boiling water	Italy	2014	39	16	Normal, 10	50	NS	Bread, 2h	No	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	348
3314 Spaghetti, white	France	1988	39±4	16	Normal, 12	50	193	Bread, 3h	No	0,30,60,120, 180	NS	NS	255

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3315 Spaghetti, white, boiled ²⁵	Australia	1986	38±10	15	Type 2, 10	50	NS	Bread, 3h	NS	0,20,40,60,90,120,180	Venous, whole blood	YSI	217
3316 Spaghetti, white	Israel	1988	42±7	17	GDM, 7	50	160	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	190
3317 Spaghetti, white	Canada	1983	43±6	17	Type 2, 6	50	59.5	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
3318 Spaghetti, white	Italy	1985	42	17	Type 2, 7	50	65.0	Bread, 5h	No	0,15,30,45,60,75,90,105,120,150,180,210,240,270,300	NS	Enzymatic	349
3319 Spaghetti, white	Canada	1990	45	18	Type 2, 7	50	NS?	Bread, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	YSI	350
3320 Spaghetti, white	Germany	1980	48	19	Diabetic, number NS	25	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168
3321 Spaghetti, white	Canada	1981	50±8	20	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3322 Spaghetti, durum wheat, boiled in water	South Korea	2018	55±7	22	Normal, 11	50	72.5	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
Spaghetti, durum wheat semolina, with added β-glucan, boiled 5 min													
3323 Spaghetti with 2% added Glucagel β-glucan barley concentrate (79.4% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 5 min	UK	2009	64	26	Normal, 9	50	104.1	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344
3324 Spaghetti with 4% added Glucagel β-glucan barley concentrate (79.4% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 5 min	UK	2009	58	23	Normal, 9	50	106.9	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344
3325 Spaghetti with 6% added Glucagel β-glucan barley concentrate (79.4% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 5 min	UK	2009	41	16	Normal, 9	50	109.4	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344
3326 Spaghetti with 8% added Glucagel β-glucan barley concentrate (79.4% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 5 min	UK	2009	59	24	Normal, 9	50	113.3	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344
3327 Spaghetti with 10% added Glucagel β-glucan barley concentrate (79.4% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 5 min	UK	2009	51	20	Normal, 9	50	117.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3328 Spaghetti with 2% added Barley Balance β-glucan barley concentrate (26.5% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 5 min	UK	2009	51	20	Normal, 9	50	106.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344
3329 Spaghetti with 4% added Barley Balance β-glucan barley concentrate (26.5% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 5.5 min	UK	2009	45	18	Normal, 9	50	111.2	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344
3330 Spaghetti with 6% added Barley Balance β-glucan barley concentrate (26.5% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 5.5 min	UK	2009	41	16	Normal, 9	50	116.2	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344
3331 Spaghetti with 8% added Barley Balance β-glucan barley concentrate (26.5% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 6 min	UK	2009	35	14	Normal, 9	50	120.1	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344
3332 Spaghetti with 10% added Barley Balance β-glucan barley concentrate (26.5% b-glucan) (DKSH Great Britain Ltd., London, UK), boiled for 6.5 min	UK	2009	29	12	Normal, 9	50	123.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	344
Spaghetti, white, other													
3333 Spaghetti, homemade, durum wheat, no monoglyceride, boiled 6 min	Denmark	1990	60±9	24	Type 2, 7	50	70	Bread, 3h	NS	0,15,30,45,60,90,120,150,180	Venous, plasma	Enzymatic	347
3334 Spaghetti, 75% durum wheat flour and 25% chickpea flour boiled 10 min (Rio Dulce SA, Guadalajara, Spain)	Spain	2002	42±5	17	Normal, 12	50	NS	Bread, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	346
3335 Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	Canada	1986	27±3	11	Type 1 & 2, 13	50	66.3	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	342
3336 Spaghetti, made with white durum wheat and whole yellow pea flour (Best Cooking Pulses Inc, MB, Canada)	Canada	2009	66±7	26	Normal, 19	50	86.0	Bread, 2.5h	No	0,30,60,120,150	Capillary, whole blood	Glucometer	138
Spaghetti, wholemeal, boiled													
3337 Spaghetti, wholemeal, boiled ²⁵	Australia	1986	33±5	13	Type 2, 10	50	NS	Bread, 3h	NS	0,20,40,60,90,120,180	Venous, whole blood	YSI	217
3338 Wholemeal spaghetti	Canada	1981	42±4	17	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3339 Pasta, wholemeal, boiled for 12 min (Barilla, Parma, Italy) ²³	Italy	2009*	56	22	Normal, 10	50	83.6	Bread, 3h	No	0,15,30,45,60,90,120,150,180	Capillary, whole blood	HemoCue	211
3340 Spaghetti, made with 100% whole wheat durum	Canada	2009	59±7	24	Normal, 19	50	79.8	Bread, 2.5h	No	0,30,60,120,150	Capillary, whole blood	Glucometer	138

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3341 Wholemeal pasta, dark durum wheat, boiled 10 min in salted water (Melia Ltd, Raisio, Finland)	Finland	2000	59	24	Normal, 20	50	179.1	Bread, 3h ⁶	Yes	0,15,30,45, 60,90,120, 150,180	Venous, plasma	Enzymatic	174
Wheat noodles													
3342 Wheat (egg) noodles, boiled for 20 min	Thailand	1989	57	23	Type 2, 8	50	NS	Glucose, 3h	NS	0,30,60,120, 180	NS, plasma	Enzymatic	269
3343 Noodles, wheat	Malaysia	2011	60±6	24	Type 2, 10	25	67	Glucose, 3h	Yes	0,30,60,90, 120,150,180	Capillary, plasma/serum	Enzymatic	222
3344 Noodles, made from wheat flour, boiled in water	China	2013	77±11	31	Normal, 10	50	83.3	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	182
3345 Wheat noodle, fresh	China	2005	82±7	33	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Venous, NS	NS	12
Pasta, other													
3346 Buckwheat noodles, instant	China	2005	53±2	21	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Venous, NS	NS	12
3347 Capellini (Primo Foods Ltd., Toronto, Canada)	Canada	1984-1992	45±6	18	Type 1 & 2, 8	50	72.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
3348 Fettucine, egg	Australia	1987	32±4	13	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	351
3349 Fusilli pasta twists, dry pasta, boiled 10 min in unsalted water	UK	2005	54±11	22	Normal, 10	50	68.9	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
3350 Fusilli pasta twists, tricolor, dry pasta, boiled 10 min in unsalted water	UK	2005	51±11	20	Normal, 8	50	73.0	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	26
3351 Gnocchi (Latina, Pillsbury Australia Ltd, Mt. Waverley, Australia)	Australia	1995	68±9	27	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	151
3352 Macaroni and Cheese, boxed (Kraft General Foods Inc., Don Mills, Ontario, Canada)	Canada	1984-1992	65±4	26	Type 1 & 2, 9	50	177.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
3353 Pasta, made from Emmer wheat (<i>Triticum dicoccum</i>), cooked in boiling water	Italy	2014	40	16	Normal, 10	50	NS	Bread, 2h	No	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	348
3354 Pasta, made from Kamut® wheat (<i>Triticum polonicum</i>), cooked in boiling water	Italy	2014	30	12	Normal, 10	50	NS	Bread, 2h	No	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	348
3355 Pasta, organic (Bionature), cooked in boiling water for 15 min	USA	2012	78	31	Normal, 12	50	141.7	Bread, 2h	No	0,10,30,60, 120	Venous, plasma/serum	NS	250
3356 Penne pasta, Aprotin®, protein-free, enriched with 1.35 g inulin, boiled for 7 min	Italy	2016	50±4	20	Type 2, 14	50	NS	Bread, 3h	Yes	0,15,30,45, 60,90,120, 180	Capillary, whole blood	Glucometer	214

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3357 Remyeon noodles, made from wheat, boiled in water	South Korea	2018	49±10	20	Normal, 9	50	72.3	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3358 Star Pastina, white, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	Canada	1986	38±4	15	Type 1 & 2, 13	50	66.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	342
3359 Tagliatelle, egg pasta, boiled in water for 7 min	UK	2005	46±6	18	Normal, 8	50	75.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	26
3360 Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	Canada	1984-1992	50±4	20	Type 1 & 2, 8	50	432.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3361 Udon noodles, boiled in water	South Korea	2018	57±8	23	Normal, 8	50	91.4	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3362 Vermicelli, made from sweet potato starch, boiled in water	South Korea	2018	60±12	24	Normal, 11	50	56.8	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3363 Noodles, made from wheat flour and freeze-dried okara, a byproduct of soy beans (<i>Glycine max L.</i>), boiled in water	China	2013	52±14	21	Normal, 10	50	98.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	182
SNACK FOODS AND CONFECTIONERY													
<i>Average carbohydrate portion = 25 g, this value was used to determine the nominal GL for each item in this category.</i>													
Fruit bars & snacks													
3364 Naturo Natural Fruit bar, Apple	India	2009	39	10	Normal, 11	50	64	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma/serum	Enzymatic	352
3365 SOYJOY® bar, Raisin Almond (Otsuka Pharmaceutical Co. Ltd, Tokyo, Japan), made from whole soy powder	Japan	2009	22±6	6	Normal, 20	50	114	Glucose, 4h	NS	0,15,30,45,60,90,120,150,180,240	Capillary, plasma/serum	Enzymatic	353
Savory snack foods													
Chips or Crisps, made from cereal grains													
3366 Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia)	Australia	1984	72	18	Normal, 6	50	90	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229
3367 Corn chips, Nachips™ (Old El Paso Foods Co., Canada)	Canada	1984-1992	75±6	19	Type 1 & 2, 9	50	87.5	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Popcorn													
3368 Popcorn	China	2005	55±1	14	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
3369 Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)	Australia	1995	55±7	14	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	151

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3370 Popcorn, maize grains puffed for 10 min	South Korea	2018	70±11	18	Normal, 9	50	58.1	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3371 Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)	Australia	1999	89	22	Normal, 12	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
Potato crisps													
3372 Potato crisps, plain, salted	Canada	1981	51±7	13	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3373 Potato crisps, plain, salted (Arnott's, Australia)	Australia	1984	57	14	Normal, 6	50	118	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229
Other savory snacks													
3374 Burger Rings™, barbeque-flavored (Smith's Snack Food Co, Chatswood, NSW, Australia)	Australia	2000	90±16	23	Normal, 10	50	81.7	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	UO ¹⁸
3375 Lo-GI balls, made from 25 g barley, 20 g roasted bengal gram, 15 g defatted soy flour, 15 g carrot powder, 15 g tomato powder and 10 g roasted groundnut powder	India	2013	50	13	Normal teen, 10	50	85.5	Glucose, 2h	No	0,30,60,90,120	NS	NS	354
3376 Mocaf-black rice flakes, made with black soybean flour, steamed and baked	Indonesia	2019	50±7	13	Normal, 10	50	63.8	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	355
3377 Mocaf-black rice flakes, made with jack bean flour, steamed and baked	Indonesia	2019	53±7	13	Normal, 10	50	57.4	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	355
3378 Pretzels, oven-baked, traditional wheat flavor (Parker's, Smith's Snack Food Co., Australia)	Australia	1995	83±9	21	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	151
3379 Puffed rice squares	Czech Republic	2010	76±12	19	Type 2, 16	50	60.3	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	289
3380 Puffed rice squares	Czech Republic	2010	77±6	19	Normal, 20	50	60.3	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	289
3381 Puffed rice squares	Czech Republic	2005	78±6	20	Normal, 20	50	60.3	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	84
3382 Puffed rice square	Czech Republic	2007	105±18	26	Normal, 20	50	NS	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	192
Sweet snack foods													
3383 Brownies, containing wheat flour and coconut flour	Philippines	2002	44±4	11	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	2
3384 Carob (<i>ceratonia siliqua L</i>) (Carob House, Brazil), consumed as tablets	Brazil	2014	39±9	10	Normal, 7	26	50	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, NS	NS	356

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3385	Chocolate crinkles, containing wheat flour and coconut flour	Philippines	2002	55±3	14	Type 2, 10	50	NS	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, serum	Enzymatic	2
3386	Chocolate, dark	Czech Republic	2007	35±6	9	Normal, 20	50	NS	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	192
3387	Chocolate, dark	Czech Republic	2010	44±5	11	Normal, 20	50	91.9	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	289
3388	Chocolate, dark	Czech Republic	2010	56±15	14	Type 2, 16	50	91.9	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	289
3389	Chocolate, dark with raisins, peanuts and jam	Czech Republic	2005	44±5	11	Normal, 20	50	91.9	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	84
3390	Chocolate, milk, plain with sucrose	Belgium	1993	34±5	9	Normal, 8	25	59	Glucose, 3h	NS	0,15,30,45,60,90,120,150,180	Venous. plasma	Enzymatic	357
3391	Chocolate, milk (Cadbury's Confectionery, Ringwood, Australia)	Australia	1994	49±6	12	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
3392	Chocolate, milk, plain, low-sugar with maltitol	Belgium	1993	35±16	9	Normal, 8	25	60.5	Glucose, 3h	NS	0,15,30,45,60,90,120,150,180	Venous. plasma	Enzymatic	357
3393	Jelly beans, assorted colors (Allen's, Nestlé, Australia)	Australia	1994	80±8	20	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
3394	Life Savers®, peppermint candy (Nestlé, Australia)	Australia	1994	70±6	18	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
3395	Mon Chéri (Ferrero, Italy)	Italy	2012	66±4	17	Normal, 10	12.5	24	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	3
3396	Nougat, Jijona (La Fama, Spain)	Spain	1994	33	8	Normal, 7	50	126	Bread, 3h ¹⁴	NS	0,30,60,90,120,150,180	NS, plasma	Enzymatic	358
3397	Pocket Espresso to GO (Liquid praline, chocolate and coffee cream) (Ferrero, Italy)	Italy	2014	71±7	18	Normal, 10	12.5	29	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	3
3398	Sago, with added sugar, cooked at low temperature to a jelly consistency	Qatar	2010	80±2	20	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, NS	NS	247
3399	Tic Tac orange (Ferrero, Italy)	Italy	2014	68±6	17	Normal, 10	12.5	13	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	3
3400	Tic Tac peppermint (Ferrero, Italy)	Italy	2014	67±6	17	Normal, 10	12.5	13	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	3
Snack bars														
3401	Chocolate Raspberry Zing™ bar (Revival Soy®, Physicians Pharmaceuticals, Inc., USA)	USA	2004	47±5	12	Normal, 10	10	150	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	HemoCue	21

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3402 Mars Bar® (M&M/Mars, USA)	USA	1981	68±12	17	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3403 Snack bar, control	Canada	2014*	53	13	Normal, 12	50	90	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	359
3404 Snickers Bar® (M&M/Mars, USA)	USA	2005	69	17	Normal, 12	50	86.3	Bread, 2h ⁹	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	360
Snack bar with added β-glucan													
3405 Snack bar with 1.5g β-glucan from oat concentrate	Canada	2014*	55	14	Normal, 12	50	90	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	359
3406 Snack bar with 3g β-glucan from oat concentrate	Canada	2014*	57	14	Normal, 12	50	92	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	359
3407 Snack bar with 6g β-glucan from oat concentrate	Canada	2014*	50	13	Normal, 12	50	95	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	359
3408 Snack bar with 1.5g β-glucan from barley concentrate	Canada	2014*	55	14	Normal, 12	50	90	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	359
3409 Snack bar with 3g β-glucan from barley concentrate	Canada	2014*	53	13	Normal, 12	50	92	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	359
3410 Snack bar with 6g β-glucan from barley concentrate	Canada	2014*	53	13	Normal, 12	50	95	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	359
Sports (Energy) bars													
3411 Clif bar, Cookies & Cream flavor (Clif Bar Inc, Berkeley, CA, USA)	USA	2002	101±12	25	Normal, 5	50	67	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	143
3412 50/50 Feta protein bar, chocolate biscuit with orange flavor, organic (Eatwalk Hellas, Greece) ³⁹	Greece	2014	5±3	1	Normal, 9	50	167	Glucose, 2h	No	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	361
3413 FitJoy™ Protein bar, containing whey protein and isomaltooligosaccharides (Nutrabolt, TX, USA)	USA	2017	34	9	Normal, 10	50	NS	Dextrose, 2h	No	0,10,20,30,60,90,120	Venous, plasma/serum	Enzymatic	362
3414 Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA)	USA	2005	39	10	Normal, 12	50	123.5	Bread, 2h ⁹	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	360
3415 MET-Rx bar, vanilla flavor (Met-Rx Substrate Technology Inc, Irvine, CA, USA)	USA	2002	74±12	19	Normal, 5	50	100	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	143
3416 Power Bar®, chocolate	USA	2005	53	13	Normal, 12	50	77.4	Bread, 2h ⁹	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	360
3417 Power Bar®, chocolate (Powerfood Inc, Berkeley, CA, USA)	USA	2002	83±11	21	Normal, 5	50	72	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	143

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3418 PR-bar, Cookies 'N Cream flavor (Twin Laboratories Inc, Ronkonkoma, NY, USA)	USA	2002	81±12	20	Normal, 5	50	118	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	143
3419 SmartZone bar, Chocolate flavor	USA	2006	11±4	3	Normal, 10	50	139	Glucose, 2h	No	0,15,30,45, 60,90,120	Venous, plasma	Enzymatic	328
3420 ZonePerfect Nutrition bar, Double Chocolate flavor (Abbott Laboratories, Abbott Park, USA)	USA	20006	44±7	11	Normal, 10	50	132	Glucose, 2h	No	0,15,30,45, 60,90,120	Venous, plasma	Enzymatic	328
SOUPS													
<i>Average carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category.</i>													
3421 Black Bean soup (Wil-Pack Foods, San Pedro, CA, USA)	USA	1984-1992	65±6	13	Type 1 & 2, 6	50	135.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
3422 Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	Canada	1984-1992	67±5	13	Type 1 & 2, 10	50	302.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
3423 Lentil, canned (Unico, Concord, Canada)	Canada	1984-1992	45±4	9	Type 1 & 2, 9	50	608.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
3424 Noodle soup, traditional Turkish soup with stock and noodles ⁸	Turkey	1998	34	7	Type 2, 52; Normal, 31	50	69	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	218
3425 Split Pea (Wil-Pak Foods, USA)	USA	1984-1992	61±9	12	Type 1 & 2, 5	50	120	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
3426 Tarhana soup, traditional Turkish soup with wheat flour, yoghurt, tomato, peppers	Turkey	1998	20	4	Type 2, 52; Normal, 31	50	89	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	218
3427 Tomato soup	Canada	1981	38±9	8	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
SUGARS AND SYRUPS													
<i>Average carbohydrate portion = 5 g, this value was used to determine the nominal GL for each item in this category.</i>													
Fructose													
3428 Fructose (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)	Canada	1998	11±3	1	Normal, 8	25	25	Bread, 2h	Yes	0,15,30,45, 60,90,120	Venous, plasma	YSI	363
3429 Fructose (Sweeten Less, Canada)	Canada	1998	12±4	1	Normal, 8	50	50	Bread, 2h	Yes	0,15,30,45, 60,90,120	Venous, plasma	YSI	363
3430 Fructose	Canada	1981	20±5	1	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3431 Fructose	Germany	1980	21	1	Type 2, number NS	25	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168
3432 Fructose (Sigma Chemical Company, St. Louis, MO, USA)	USA	1986	24	1	Type 2, 7	50	50	Glucose, 5h ³⁴	NS	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	283
3433 Fructose, 25 g portion, fed with 37.7 g oats ⁴⁰	Canada	1985	25±9	1	Type 2, 6	50	25	Bread, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	233
3434 25 g fructose portion + 25 g glucose portion (Sigma Chemical Company, St. Louis, MO, USA)	USA	1986	65	3	Type 2, 7	50	50	Glucose, 5h ³⁴	NS	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	283
Glucose													
3435 Glucose	USA	1981	86	4	Type 2, 20	50	50	Bread, 3h ⁶	No	0,15,30,45,60,120,180	NS, serum	Enzymatic	244
3436 Glucose	USA	1980	93	5	Type 2, 5; IGT, 6	50	50	Bread, 3h ⁶	NS	0,15,30,45,60,120,180	Venous, plasma	Enzymatic	184
3437 Glucose	Germany	1980	97	5	Diabetic, number NS	50	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168
3438 Glucose	USA	1977	96	5	Normal, 16	50	50	Bread, 3h	NS	0,30,45,60,120,180	Venous, plasma	Enzymatic	245
3439 Glucose (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	Canada	1998	97±16	5	Normal, 8	50	50	Bread, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	YSI	363
3440 Glucose (Glucodin™ tablets, Australia)	Australia	1994	102±9	5	Normal, 7	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
3441 Glucose (Bio-Health, Canada)	Canada	1998	104±13	5	Normal, 8	25	25	Bread, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	YSI	363
3442 Glucose (Bio-Health, Canada)	Canada	1998	116±20	6	Normal, 8	100	100	Bread, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	YSI	363
3443 Glucose, 25 g portion, fed with 37.7 g oats ⁴⁰	Canada	1985	93±9	5	Type 2, 6	50	25	Bread, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	233
Glucose consumed with American ginseng (<i>Panax quinquefolius L.</i>)													
3444 25 g glucose (Glucodex) 40 min before 3 g dried ginseng (Chai-Na-Ta Corp, Langley, BC, Canada)	Canada	1999	76	4	Normal, 10	25	25	Glucose, 1.5h ⁴¹	Yes	0,15,30,45,60,90	Capillary, whole blood	YSI	364
3445 25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng (Chai-Na-Ta Corp, Langley, BC, Canada)	Canada	1999	78	4	Type 2, 9	25	25	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	364

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3446 25 g glucose (Glucodex) 40 min after 3 g dried ginseng (Chai-Na-Ta Corp, Langley, BC, Canada)	Canada	1999	80	4	Type 2, 9	25	25	Glucose, 2h ⁹	Yes	0,15,30,45,60,90,120	Capillary, whole blood	YSI	364
Glucose consumed with additives													
3447 100 g Glucose + 20 g acacia gum	India	1985	85	4	Normal, 12	100	100	Glucose, 2.5h ²⁴	No	0,30,60,90,120,150	Venous, plasma	Enzymatic	365
3448 100 g glucose + 20 g cellulose (CSIR Biochemical Unit, New Delhi, India)	India	1988	103±5	5	Normal, 5	100	100	Glucose, 2h	Yes	0,30,60,90,120	Venous, serum	Other	366
3449 75 g glucose solution, consumed with capsules containing 6 g <i>Cinnamomum zeylanicum</i>	Sweden	2009	109±15	5	IGT, 10	75	75	Glucose, 3h	No	0,15,30,45,60,90,120,150,180	Capillary, whole blood	HemoCue	367
3450 25 g glucose + 25 g crystalline short-chain α-glucan (CSCA) starch, suspended in 298 mL water	USA	2015	71	4	Normal, 10	50	50	Glucose, 2h	No	0,30,45,60,90,120	Capillary, whole blood	YSI	240
3451 25 g glucose solution, consumed with 236 mL diet cola sweetened with aspartame and acesulfame-K (Caffeine-Free Diet Coke®, Atlanta, GA, USA)	USA	2019	104±9	5	Normal, 10	25	25	Glucose, 2h	No	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	140
3452 Glucose solution with 0.7% (1.8 g) flaxseed gum (Nutunola health Biosciences Inc. Winchester, ON, Canada)	Canada	2013*	124±20	6	Normal, 11	50	250	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	YSI	85
3453 50 g Glucose + 14.5 g guar gum	Canada	1990	62	3	Normal, 10	50	50	Glucose, 2h	No	0,10,20,30,40,50,60,70,80,90,100,120,150,180	Venous, plasma	Enzymatic	368
3454 50 g Glucose + 14.5 g guar gum, gel-like pudding texture	Canada	1990	62	3	Normal, 10	50	50?	Glucose, 3h ¹⁴	No	0,10,20,30,40,50,60,70,80,90,100,120,150,180	Venous, plasma	Enzymatic	368
3455 50 g Glucose + 14.5 g oat gum (78% oat β-glucan)	Canada	1990	57	3	Normal, 9	50	50	Glucose, 2h	No	0,10,20,30,40,50,60,70,80,90,100,120,150,180	Venous, plasma	Enzymatic	368
3456 50 g Glucose + 14.5 g oat gum (78% oat β-glucan), gel-like pudding texture	Canada	1990	57	3	Normal, 9	50	50?	Glucose, 3h ¹⁴	No	0,10,20,30,40,50,60,70,80,90,100,120,150,180	Venous, plasma	Enzymatic	368
3457 25 g glucose + 30 g oat bran flour (Natureal® GI-flour, Finn Cereal, Vantaa, Finland) (oat bran flour contributed an additional 6.1 g avail carb)	Finland	2004	80	4	Type 2, 12	25	55	Glucose, 2h ⁹	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	232

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3458 75 g Glucose + 4.24 g salt	Nigeria	1989	86	4	Normal, 10	75	75	Glucose, 3h ⁶	Yes	0,15,30,60,90,120,180	Venous, plasma	Enzymatic	322
Honey													
3459 Acacia honey (provided by German beekeeper association)	Germany	2010	53	3	Normal, 10	25	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	369
3460 Australian honey (Wescobee Limited, Australia)	Malaysia	2008	59±5	3	Normal, 8	50	64	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	370
3461 Chestnut honey (Apivita S.A., Greece)	Greece	2018*	66±5	3	Normal, 11	50	64	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	371
3462 Christ thorn honey	Jordan	2016	32±14	2	Normal, 14	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3463 Christ thorn honey	Jordan	2016	78±9	4	Type 2, 9	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3464 Citrus honey	Jordan	2016	46±14	2	Normal, 14	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3465 Citrus honey	Jordan	2016	62±9	3	Type 2, 9	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3466 Citrus honey (Apivita S.A., Greece)	Greece	2018*	81±10	4	Normal, 11	50	62.2	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	371
3467 Clover honey, raw	Egypt	2013	59±6	3	Type 1 children, 30	kg/body weight	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	373
3468 Clover honey, raw	Egypt	2013	61±3	3	Normal children, 50	kg/body weight	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	373
3469 Fir honey (Apivita S.A., Greece)	Greece	2018*	59±3	3	Normal, 11	50	63.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	371
3470 Forest honey (provided by German beekeeper association)	Germany	2010	89	4	Normal, 10	25	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	369
3471 Heather honey (provided by German beekeeper association)	Germany	2010	53	3	Normal, 10	25	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	369
3472 Heather honey (Apivita S.A.)	Greece	2018*	75±10	4	Normal, 11	50	64.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	371
3473 Lime-blossom honey	Czech Republic	2007	77±8	4	Normal, 20	50	NS	Glucose, 2h	Yes	Every 5 min for 120 min	Interstitial	CGMS	192
3474 Honey, Linden (heated) (provided by German beekeeper association)	Germany	2010	49	2	Normal, 10	25	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	369

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3475 Honey, Linden (not heated) (provided by German beekeeper association)	Germany	2010	60	3	Normal, 10	25	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	369
3476 Locust honey	Romania	1982	32	2	Type 2, 8	25	30	Glucose, 2h ⁹	No	0,15,30,60,90,120	Venous, whole blood	Other	293
3477 Locust pod honey	Jordan	2016	48±14	2	Normal, 14	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3478 Locust pod honey	Jordan	2016	67±9	3	Type 2, 9	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3479 Madu Tualang, wild honey (AgroMas, FAMA, Malaysia)	Malaysia	2008	65±7	3	Normal, 8	50	64	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	Enzymatic	370
3480 Manuka honey, BR15-11-154 (Levin, NZ)	New Zealand	2012	59±8	3	Normal, 10	25	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	374
3481 Manuka honey, MED WM38-10 (Wairarapa, NZ)	New Zealand	2012	55±5	3	Normal, 10	25	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	374
3482 Manuka honey, M75-11 (East Cape, NZ)	New Zealand	2012	54±6	3	Normal, 10	25	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	374
3483 Manuka honey, POR3-11 (Central North Island, NZ)	New Zealand	2012	57±10	3	Normal, 9	25	NS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	374
3484 Manuka honey, WINPDW 60-11 (Northland, NZ)	New Zealand	2012	57±7	3	Normal, 8	25	MS	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	374
3485 Mixed flora honey	Jordan	2016	37±14	2	Normal, 14	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3486 Mixed flora honey	Jordan	2016	84±9	4	Type 2, 9	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3487 Monofloral honey, chestnut (<i>Castanea</i> spp.), from Bursa	Turkey	2015*	56	3	Normal, 20	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Other	375
3488 Monofloral honey, citrus (<i>Citrus</i> spp.), from Mersin	Turkey	2016	45	2	Normal, 20	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Other	375
3489 Monofloral honey, lime (<i>Tilia</i> spp.), from Zonguldak	Turkey	2015*	55	3	Normal, 20	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Other	375
3490 Monofloral honey, milk-vetch (<i>Astragalus</i> spp.), from Kayseri	Turkey	20	69	3	Normal, 20	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Other	375
3491 Monofloral honey, pine, honeydew (<i>Pinus</i> spp.), from Mugla	Turkey	2015*	59	3	Normal, 20	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Other	375
3492 Monofloral honey, thyme (<i>Thyme</i> spp.), from Aydin	Turkey	2015*	53	3	Normal, 20	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Other	375

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3493	Multifloral honey (provided by German beekeeper association)	Germany	2010	51	3	Normal, 10	25	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	369
3494	Oilseed-rape honey (provided by German beekeeper association)	Germany	2010	64	3	Normal, 10	25	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	369
3495	Pine honey (Apivita S.A., Greece)	Greece	2018*	101±9	5	Normal, 11	50	64.9	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	371
3496	Spanish thistle honey	Jordan	2016	61±27	3	Normal, 14	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3497	Spanish thistle honey	Jordan	2016	76±11	4	Type 2, 6	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3498	Sugar honey, non-floral, bees feed sugar solution 2:1 sugar in water	Jordan	2016	36±14	2	Normal, 14	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3499	Sugar honey, non-floral, bees feed sugar solution 2:1 sugar in water	Jordan	2016	81±9	4	Type 2, 9	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3500	Honey, sweet chestnut (provided by German beekeeper association)	Germany	2010	53	3	Normal, 10	25	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	369
3501	Thyme honey (Apivita S.A., Greece)	Greece	2018*	85±6	4	Normal, 11	50	67.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	371
3502	Honey, NS	Egypt	2011	61	3	Type 1 children, 20	kg/body weight	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	376
3503	Honey, NS, test portion adjusted based on body weight	Egypt	2011	69	3	Normal children, 10	kg/body weight	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	376
3504	Honey, NS	Canada	1981	87±8	4	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3505	Honey, pure (Capilano Honey Limited, QLD, Australia)	Australia	1994	58±6	3	Normal, 8	50	NS	Bread, 2h	Yes	0,15,30,60,90,120	Capillary, plasma	Enzymatic	131
Isomaltulose														
3506	Isomaltulose, Palatinose™ (Sudzucker AG, Mannheim, Germany)	Germany	2002	32±3	2	Normal, 10	50	50	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3507	Isomaltulose (Cargill, Belgium)	Belgium	2011*	45	2	IGT, 10	75	75	Glucose, 3h	No	0,30,60,90,120,150,180	Venous, plasma	Enzymatic	377
Lactose														
3508	Lactose (Sigma Chemical Company, USA)	USA	1986	43	2	Type 2, 7	50	NS	Glucose, 5h ³⁴	NS	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	283

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3509 Lactose (Lactose 101394S, BDH, Poole, UK)	UK	2000	48±6	2	Normal, 10	25	NS	Bread, 2h	No	0,15,30,45,70,95,120	Capillary, NS	Enzymatic	285
3510 Lactose, 25 g portion, fed with 37.7 g oats ⁴⁰	Canada	1985	49±7	2	Type 2, 6	50	25	Bread, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	233
Maltose													
3511 Maltose	Canada	1981	105±12	5	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
Sucrose													
3512 Sucrose (Cargill, Belgium)	Belgium	2011*	48	2	IGT, 10	75	75	Glucose, 3h ⁶	No	0,30,60,90,120,150,180	Venous, plasma	Enzymatic	377
3513 Sucrose ⁸	Iran	2016	58±4	3	Type 2, 19	50	50	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	378
3514 Sucrose	Canada	1981	59±10	3	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3515 Sucrose (Redpath Sugars, Toronto, Canada)	Canada	1998	59±11	3	Normal, 8	50	50	Bread, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	YSI	363
3516 Sucrose (Sigma Chemical Company, USA)	USA	1986	59	3	Type 2, 7	50	50	Glucose, 5h ³⁴	NS	0,30,60,120,180,240,300	Venous, plasma	Enzymatic	283
3517 Sucrose	Japan	2002	60	3	Normal, 16	50	50	Glucose, 2h	No	0,30,60,90,120	Capillary, whole blood	Glucometer	379
3518 Sucrose (Redpath Sugars, Canada)	Canada	1998	61±6	3	Normal, 8	25	25	Bread, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	YSI	363
3519 Sucrose	Germany	1977	62	3	Type 2, number NS	50	NS	Glucose, time NS	NS	NS	NS	NS	177
3520 Sucrose, tested in young adults (17-18 y)	South Africa	1984	65±9	3	Normal, 7	50	50	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
3521 Sucrose (Redpath Sugars, Canada)	Canada	1998	66±10	3	Normal, 8	100	100	Bread, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	YSI	363
3522 Sucrose	Canada	2011	68±5	3	Type 2, 10	50	50	Glucose, 3h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181
3523 Sucrose	Canada	2011	68±9	3	Normal, 9	50	50	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181
3524 Sucrose	Canada	2011	69±6	3	High fast insulin, 12	50	50	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3525 Sucrose ⁸	Iran	2016	74±15	4	Normal, 16	50	50	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	378
3526 Sucrose	South Korea	2012*	78±3	4	Normal, 13	50	50	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	380
3527 Sucrose	Jordan	2016	81±18	4	Normal, 9	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3528 Sucrose	Italy	1989	82	4	Type 2, 14	30	30	Bread, 2h	No	0,30,60,90,120	Venous, NS	Enzymatic	282
3529 Sucrose	Jordan	2016	94±10	5	Type 2, 7	NS	NS	Bread, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	372
3530 Sucrose	Belgium	1993	110±21	6	Normal, 8	25	NS	Glucose, 3h	NS	0,15,30,45,60,90,120,150,180	Venous, plasma	Enzymatic	357
3531 Sucrose, portion adjusted based on kg body weight	Egypt	2011	132	7	Normal children, 10	kg/body weight	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	373
3532 Sucrose, portion adjusted based on kg body weight	Egypt	2011	119	6	Type 1 children, 20	kg/body weight	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	373
3533 Sucrose, portion adjusted based on kg body weight	Egypt	2013	139±5	7	Normal children, 50	kg/body weight	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	373
3534 Sucrose, portion adjusted based on kg body weight	Egypt	2013	128±9	6	Type 1 children, 30	kg/body weight	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	373
Other sucrose-containing sugars													
3535 Brown Sugar (HongMian, Guangzhou Light Industry & Trade Group, Guangzhou, China)	China	2020	71±5	4	Normal, 6	50	50	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁴²
2536 Sucrose, 47.5 g portion with 2.5 g D-xylose	South Korea	2012*	60±4	3	Normal, 13	50	50	Glucose, 2h	No	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	380
3537 Sucrose, 25 g portion, fed with 37.7 g oats ⁴⁰	Canada	1985	65±13	3	Type 2, 6	50	25	Bread, 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Enzymatic	233
3538 Sugar blend, 78% maltodextrin and 22% sucrose, dissolved in water	USA	2009	163±37	8	Normal, 12	50	110	Bread, 4h	No	0,15,30,45,60,90,120,150,180,210,240	Venous, plasma/serum	Enzymatic	243
Trehalose (disaccharide of two glucose molecules)													
3539 Trehalose	Belgium	2011*	77	4	IGT, 10	75	75	Glucose, 3h ⁶	No	0,30,60,90,120,150,180	Venous, plasma	Enzymatic	377

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3540 Trehalose	USA	2009*	81	4	Obese, 21	75	75	Glucose, 2h	No	0,30,45,60,90,120	Venous, plasma	Enzymatic	381
3541 Trehalose	Belgium	2008*	95	5	Overweight, 10	75	75	Glucose, 3h ⁶	No	0,30,60,90,120,150,180	Venous, plasma	Enzymatic	382
3542 Trehalose (50 g) + fructose (25 g)	USA	2009*	66	3	Obese, 21	75	75	Glucose, 2h	No	0,30,45,60,90,120	Venous, plasma	Enzymatic	381
Sugar alcohols and sugar-replacement compounds - GI values based on the assumption that their carbohydrate is 100% available													
<i>Average carbohydrate portion = 2.5 g, this value was used to determine the nominal GL for each item in this category.</i>													
3543 Isomalt (Sudzucker AG, Mannheim, Germany) ⁴³	Germany	2002	2±1	0.1	Normal, 10	25	25	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
Lacritose													
3544 Lacritose, mixture containing 54.13% erythritol, 27.4% lactose, 12.9% fructose, and 5.57% sucrose ^{8, 43}	?	2016	11±2	0.3	Type 2, 18	50	50	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	378
3545 Lacritose, mixture containing 54.13% erythritol, 27.4% lactose, 12.9% fructose, and 5.57% sucrose ^{8, 43}	?	2016	18±5	0.5	Normal, 16	50	50	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	Enzymatic	378
Lactitol													
3546 Lactitol ⁴³	Finland	1996	-1±7	0	Normal, 8	25	26.25	Glucose, 3h	No	0,30,60,90,120,150,180	Venous, plasma	Enzymatic	383
3547 Lactitol MC (Danisco sweeteners, Surrey, UK) ⁴³	UK	2004	3±1	0.1	Normal, 10	25	25	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ¹⁸
Litesse													
3548 Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ⁴³	UK	2001	7±2	0.2	Normal, 10	25	25	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3549 Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK) ⁴³	UK	2001	4±2	0.1	Normal, 10	25	25	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3550 Lycasin [®] HBC, syrup containing 50-55% maltitol, 5-8% sorbitol and 35-40% hydrogenated oligo-saccharides (lab 2212, Roquette, France) ⁴³	France	2002	47±10	1	Normal, 6	50	NS	Glucose, 3h	No	0,15,30,45,60,90,120,180	Venous, plasma	Enzymatic	384
3551 Lycasin [®] HBC, syrup containing 50-55% maltitol, 5-8% sorbitol and 35-40% hydrogenated oligo-saccharides (lab 2212, Roquette, France) ⁴³	France	2002	25±6	1	Type 2, 6	50	NS	Glucose, 3h	No	0,15,30,45,60,90,120,180	Venous, plasma	Enzymatic	384
Maltitol-based sweeteners or bulking agents													
3552 Maltitol ⁴³	Japan	2002	26	1	Normal, 16	50	50	Glucose, 2h	No	0,30,60,90,120	Capillary, whole blood	Glucometer	379

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3553	Maltitol (Roquette, Lestrem, France), dissolved in 200 mL water ⁴³	France	2010	34±4	1	Normal Caucasian, 10	50	50	Glucose, 3h	No	0,15,30,45, 60,90,120, 150,180	Capillary, whole blood	HemoCue	385
3554	Maltitol (Roquette, Lestrem, France), dissolved in 200 mL water ⁴³	France	2010	23±5	1	Normal South Indian, 10	50	50	Glucose, 3h	No	0,15,30,45, 60,90,120, 150,180	Capillary, whole blood	HemoCue	385
3555	Maltitol (Roquette, Lestrem, France), dissolved in 200 mL water ⁴³	France	2010	33±7	1	Normal Chinese, 10	50	50	Glucose, 3h	No	0,15,30,45, 60,90,120, 150,180	Capillary, whole blood	HemoCue	385
3556	Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium) ⁴³	Belgium	1993	30±12	1	Normal, 8	25	25	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous. plasma	Enzymatic	357
3557	Maltidex 100 (> 72% maltitol) (Cerestar, Vilvoorde, Belgium) ⁴³	Belgium	1993	44±11	1	Normal, 8	25	25	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous. plasma	Enzymatic	357
3558	Maltitol and Sucrose mixture (25 g Maltitol + 25 g Sucrose) ⁴³	Japan	2002	46	1	Normal, 19	50	50	Glucose, 2h	No	0,30,60,90, 120	Capillary, whole blood	Glucometer	379
3559	Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium) ⁴³	Belgium	1993	73±29	2	Normal, 8	25	25	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous. plasma	Enzymatic	357
3560	Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium) ⁴³	Belgium	1993	89±28	2	Normal, 8	25	25	Glucose, 3h	NS	0,15,30,45, 60,90,120, 150,180	Venous. plasma	Enzymatic	357
3561	SUITENA™ sweetener (Fiatec Biosystem Sdn Bhd, Malaysia), containing erythritol, xylitol and stevia ⁴³	Malaysia	2019	8±0	0.2	Normal, 6	50	50	Dextrose, 1.5h	Yes	0,15,30,45, 60,75,90	Capillary, whole blood	Glucometer	386
3562	Tagatose sugar replacement, Gaiο® (Arla Foods, Germany) ⁴³	Germany	2004	3±1	0.1	Normal, 10	50	50	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	UO ⁵
Xylitol														
3563	25 g xylitol ⁴³	Finland	1996	7±7	0.2	Normal, 8	25	25	Glucose, 3h	No	0,30,60,90, 120,150,180	Venous, plasma	Enzymatic	383
3564	25 g Xylitol C (Danisco Sweeteners, UK) ⁴³	UK	2001	8±2	0.2	Normal, 10	25	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3565	Zùsto® sweetener (Zùsto, NV), containing polydextrose, erythritol, inulin, fructo-oligosaccharides, maltodextrins, isomaltulose and sucralose ⁴³	Belgium	2017	22±6	1	Normal, 10	25	NS	Glucose, 3h	No	0,15,30,60, 90,120,180	Venous, plasma/serum ⁷	Enzymatic ⁷	387

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
VEGETABLES														
<i>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, beetroot, carrot, and parsnip where 10 g was used.</i>														
Green banana/plantain (<i>Musa sapientum</i>)														
3566	Green banana, boiled	New Zealand	2000	38±10	8	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27
3567	Green banana/plantain, boiled 23 min, frozen, thawed and reheated for 1 min	Trinidad	2003	65±11	13	Normal, 8	50	223	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	116
3568	Plantain (<i>Musa AAB</i>)	Fiji	2004	68±6	14	Normal, 8	50	196.1	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	136
3569	Banana, (<i>Musa sapientum</i>), Nendra variety, unripe, steamed 1 h	India	1991*	70±11	14	Normal, 12-15	75	201	Glucose, 3h ²⁰	NS	0,60,120,180	Venous, plasma	Enzymatic	246
Green peas														
3570	Pea, cooked	Israel	1988	35±4	4	GDM, 8	25	275	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	190
3571	Pea, frozen, boiled	Germany	1980	39	4	Type 2, number NS	25	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168
3572	Pea, frozen, boiled	Canada	1981	51±6	5	Normal, 6	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3573	Pea, green (<i>Pisum Sativum</i>)	India	1991*	54±14	5	Normal, 12-15	75	131	Glucose, 3h	NS	0,60,120,180	Venous, plasma	Enzymatic	246
Pumpkin														
3574	Pumpkin, steamed for 15 min	South Korea	2018	52±14	5	Normal, 11	50	277.8	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3575	Pumpkin, boiled in water for 20 min, mashed and served as gruel	South Korea	2018	53±17	5	Normal, 9	50	478.6	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3576	Pumpkin, boiled for 30 min in water with 2 g salt, tested in young adults (17-18 y)	South Africa	1984	75±9	8	Normal, 6	50	900	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
Sweet corn, canned														
3577	Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA) ⁵	USA	1981	47	9	Type 2, 20	50	279	Bread, 3h ⁶	No	0,15,30,45,60,120,180	NS, serum	Enzymatic	244
3578	Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	Canada	1984-1992	48±3	10	Type 1 & 2, 9	50	266.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3579 Sweet corn, canned, drained	USA	1977	60	12	Normal, 16	50	279	Bread, 3h	NS	0,30,45,60,120,180	Venous, plasma	Enzymatic	245
3580 Sweet corn, canned, drained	USA	1980	60	12	Type 2, 5; IGT, 6	50	270	Bread, 3h ⁶	NS	0,15,30,45,60,120,180	Venous, plasma	Enzymatic	184
Sweet corn, fresh													
3581 Sweet corn, 'Honey & Pearl' variety	New Zealand	2000	37±12	7	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27
3582 Sweet corn, on the cob, boiled 20 min	Australia	1984	48	10	Normal, 6	50	215	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229
3583 Sweet corn, cooked	Israel	1988	52±7	10	GDM, 8	25	120	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	190
3584 Sweet corn, boiled in water with 2 g salt	Canada	1981	59±11	12	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3585 Sweet corn, boiled in water for 30 min with 2 g salt, tested in young adults (17-18 y)	South Africa	1984	62±5	12	Normal, 7	50	229	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
3586 Corn, fresh, roasted	Nigeria	2015	77±15	15	Normal, 16	50	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	NS	230
3587 Corn, fresh, boiled	Nigeria	2015	82±15	16	Normal, 16	50	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	NS	230
Root vegetables													
3588 Beetroot, boiled in water with 2 g salt	Canada	1981	64±16	6	Normal, 5	25	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3589 Carrots, boiled in water with 2 g salt	Canada	1981	92±20	9	Normal, 5	25	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3590 Carrots, peeled, boiled	Australia	2000	33±5	3	Normal, 8	25	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	UO ⁵
3591 Carrots, peeled, diced, boiled	Australia	1982	49±2	5	Normal, 7	25	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	210
3592 Carrots, peeled, boiled, ground to smooth paste	Australia	2000	60±17	6	Normal, 7	25	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	210
3593 Carrots, raw	Romania	1982	16	2	Type 2, 9	25	260	Glucose, 2h ⁹	No	0,15,30,60,90,120	Venous, whole blood	Other	293
3594 Carrots (<i>Daucus carota</i>) ¹⁶	Bangladesh	2011	23±2	2	Normal, 14	25	269.7	Glucose, 2h	Yes	0,30,60,90,120	Venous, plasma/serum	Enzymatic	296

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3595 Carrots, raw, diced	Australia	1982	35±5	4	Normal, 7	25	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	210
3596 Carrots, raw, ground	Australia	1982	39±1	4	Normal, 7	25	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	210
3597 Cassava, boiled, with salt	Kenya	1996	46±8	9	Type 2, 14	50	NS	Bread, 2.5h	Yes	0,30,60,90, 120,150	Capillary, NS	Enzymatic	213
3598 Cassava (<i>Manihot esculenta</i>), peeled, boiled 30 min, frozen, thawed and reheated for 1 min	Trinidad	2003	94±11	19	Normal, 8	50	159	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	116
3599 Parsnips, boiled in water with 2 g salt	Canada	1981	97±19	10	Normal, 5	25	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
3600 Swede (rutabaga), boiled in water with 2 g salt	Canada	1981	72±8	14	Normal, 5	25	NS	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	132
3601 Tannia (<i>Xanthosoma sagittifolium</i>)	Fiji	2004	63±5	13	Normal, 8	50	208.3	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	136
3602 Tannia, peeled, boiled 30 min, crushed, refrigerated, reheated for 1 min	Canada	2003	52±5	10	Normal, 6	50	135	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	116
3603 Tannia, peeled, boiled 30 min, uncrushed (whole), refrigerated, reheated for 1 min	Canada	2003	50±8	10	Normal, 6	50	135	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	116
Potato													
Baked potato													
3604 Ontario potato, white, baked in skin ¹⁸	Canada	1984-1992	60±3	12	Type 1 & 2, 16	50	246.0	Bread, 3h	Yes	0,30,60,90, 120,150,180	Capillary, whole blood	YSI	130
3605 Potatoes, NS, baked for 30 min	South Korea	2018	78±15	16	Normal, 9	50	359.7	Glucose, 2h	Yes	0,15,30,60, 90,120	Venous, plasma/serum	Enzymatic	135
3606 Purple Majesty potato, purple skin and flesh, skin on, cut into cubes, oven baked for 40 min	Canada	2009	77±9	15	Normal, 9	50	289	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	388
3607 Potato, Red-Y38 variety, red skin and flesh, skin on, cut into cubes, oven baked for 40 min	Canada	2009	78±14	16	Normal, 9	50	375.9	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma/serum	YSI	388
3608 Russet potatoes, baked without fat	USA	1977	111	22	Normal, 16	50	317	Bread, 3h	NS	0,30,45,60, 120,180	Venous, plasma	Enzymatic	245
3609 Russet potatoes, baked without fat	Canada	1985	57±4	11	Diabetic, 7	50	NS	Bread, time NS	NS	NS	NS	NS	389
3610 Russet potatoes, cut into quarters, baked in foil for 1 h at 230°C, peeled	USA	2012	85	17	Normal, 12	50	258	Bread, 2h	No	0,10,30,60, 120	Venous, plasma/serum	NS	250

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3611 Russet potatoes, baked without fat, 45-60 min	USA	1981	80	16	Type 2, 20	50	317	Bread, 3h ⁶	No	0,15,30,45,60,120,180	NS, serum	Enzymatic	244
3612 Russet potatoes, baked without fat	USA	1980	94	19	Type 2, 5; IGT, 6	50	317	Bread, 3h ⁶	NS	0,15,30,45,60,120,180	Venous, plasma	Enzymatic	184
3613 Snowden potato, white skin and flesh, skin on, cut into cubes, oven baked for 40 min	Canada	2009	93±17	19	Normal, 9	50	274.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	388
3614 Yukon Gold potato, white skin and yellow flesh, skin on, cut into cubes, oven baked for 40 min	Canada	2009	81±16	16	Normal, 9	50	267.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	388
Boiled potato													
3615 Asterix potato, peeled, boiled for 18-20 min, served with 0.5 g NaCl	Sweden	2006	79±10	16	Normal, 14	50	272	Bread, 3h ¹⁴	NS	0,20,45,70,120,180	Capillary, whole blood	HemoCue	390
3616 Desiree potato, peeled, quartered, boiled 15 min in unsalted water	UK	2005	77±17	15	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	119
3617 Maris Peer potato, peeled, quartered, boiled 15 min in unsalted water	UK	2005	94±16	19	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	119
3618 Nardine potato, boiled	New Zealand	2000	70±17	14	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27
3619 Ontario potato, white, peeled, cut into cubes, boiled in salted water 15 min ¹⁸	Canada	1984-1992	59±4	12	Type 1 & 2, 16	50	273.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3620 Pontiac potato, peeled, boiled whole for 30 min	Australia	1984	56	11	Normal, 6	50	294	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229
3621 Prince Edward Island potato, peeled, cubed, boiled in salted water 15 min	Canada	1984-1992	64±5	13	Type 1 & 2, 12	50	422.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3622 Sava potato, peeled, boiled 21-30 min	Sweden	2004	119±22	24	Normal, 13	50	NS	Bread, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	391
Boiled/cooked, white/NS													
3623 Potatoes, NS, boiled with salt	Kenya	1996	24±6	5	Type 2, 14	50	NS	Bread, 2.5h	Yes	0,30,60,90,120,150	Capillary, NS	Enzymatic	213
3624 Potatoes, white, NS, cooked	Romania	1982	41	8	Type 2, 6	25	125	Glucose, 2h ⁹	No	0,15,30,60,90,120	Venous, whole blood	Other	293
3625 Potatoes	Germany	1977	49	10	Diabetic, NS	50	NS	Glucose, time NS	NS	NS	NS	NS	177
3626 Potatoes, white, boiled	Canada	1985	55±6	11	Diabetic, 7	50	NS	Bread, time NS	NS	NS	NS	NS	389

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3627	Potatoes, white, NS, boiled 19 min	Denmark	1988	57±6	11	Type 2, 6	50	240	Bread, 3h	No	0,10,20,30,45,60,90,120,180	Venous, plasma	Enzymatic	345
3628	Potatoes, white, NS, boiled in water with 1 g salt	India	1998	77	15	Normal, 5	50	220	Bread, 3h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	258
3629	Potatoes, NS, peeled, boiled	Lebanon	2003	87±13	17	Normal, 5, IR, 4	50	251.8	Bread, 3h	No	0,15,30,45,60,90,120,180	Venous, serum	Enzymatic	392
Boiled potato cooked then cooled														
3630	Potato, NS, peeled, boiled and then cooled to 26°C	Lebanon	2003	55±9	11	Normal, 5, IR, 4	50	252.1	Bread, 3h	No	0,15,30,45,60,90,120,180	Venous, serum	Enzymatic	392
3631	Sava potato, peeled, boiled 21-30 min, refrigerated 24 h, consumed cold	Sweden	2004	89±12	18	Normal, 13	50	NS	Bread, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Enzymatic	391
3632	Potatoes, white, NS, boiled in water with 1 g salt, refrigerated for 16-20 h, reheated	India	1998	23	5	Normal, 5	50	220	Bread, 3h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	258
Boiled potato cooked then cooled, reheated														
3633	Irish potato, peeled, boiled 30 min, crushed, refrigerated, reheated for 1 min	Canada	2003	66±7	13	Normal, 6	50	151	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	116
3634	Irish potato, peeled, boiled 30 min, uncrushed (whole), refrigerated, reheated for 1 min	Canada	2003	66±10	13	Normal, 6	50	151	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	116
Canned potatoes														
3635	Prince Edward Island potato, canned, heated in microwave (Avon, Cobi Foods Inc., Port Williams, Canada)	Canada	1984-1992	62±6	12	Type 1 & 2, 9	50	422.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
French Fries														
3636	French Fries, deep-fried in oil for 10 min	South Korea	2018	42±8	8	Normal, 8	50	238.5	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3637	French fries (Ica Handlarna, Solna, Sweden), heated in oven at 250°C for 9 min, served with 0.5 g NaCl	Sweden	2006	55±7	11	Normal, 14	50	193	Bread, 3h ¹⁴	NS	0,20,45,70,120,180	Capillary, whole blood	HemoCue	390
3638	French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	Canada	1984-1992	76±4	15	Type 1 & 2, 6	50	255.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3639	Potatoes, blended, excess water drained, then pan-fried with 50 mL oil for 15 min	South Korea	2018	28±5	6	Normal, 7	50	215	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
Instant Mashed potato														
3640	Instant, prepared with warm water	France	1987	74±12	15	Type 2, 3	50	50	Glucose, 3h	No	0,30,60,90,120,150,180	Venous, plasma/serum	Enzymatic	145

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3641	Instant potatoes, prepared with water	Canada	1981	80±13	16	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3642	Instant mashed potatoes	Canada	2011	81±10	16	High fast insulin, 12	50	71.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181
3643	Instant mashed potatoes (Edgell's Potato Whip, Edgell's, Australia), prepared with water	Australia	1984	86	17	Normal, 6	50	420	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	229
3644	Instant mashed potatoes (Carnation Foods Co. Ltd., Manitoba, Canada) ¹⁸	Canada	1984-1992	87±4	17	Type 1 & 2, 16	50	68.3	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3645	Instant mashed potatoes	Canada	1985	89±4	18	Diabetic, 7	50	NS	Bread, time NS	NS	NS	NS	NS	389
3646	Instant mashed potatoes	Canada	2011	98±5	20	Type 2, 10	50	71.8	Glucose, 3h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181
3647	Instant mashed potatoes	Canada	2011	101±7	20	Normal, 9	50	71.8	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma/serum	Enzymatic	181
3648	Potato, instant (Betty Crocker Idaho Potato Buds), prepared as mash with water	USA	2012	120	24	Normal, 12	50	265.7	Bread, 2h	No	0,10,30,60,120	Venous, plasma/serum	NS	250
Mashed potato														
3649	Mashed potato, NS	France	1988	84±8	17	Normal, 12	50	300	Bread, 3h	No	0,30,60,120,180	NS	NS	255
3650	Mashed potato, NS	Canada	1985	68±5	14	Diabetic, 7	50	NS	Bread, time NS	NS	NS	NS	NS	389
3651	Mashed potato, NS, tested in young adults (17-18 y)	South Africa	1984	71±10	14	Normal, 7	50	269	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
3652	Ontario potato, white, peeled, cubed, boiled 15 min, mashed ¹⁸	Canada	1984-1992	74±4	15	Type 1 & 2, 14	50	273.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3653	Prince Edward Island potato, peeled, cubed, boiled 15 min, mashed	Canada	1984-1992	74±3	15	Type 1 & 2, 14	50	422.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
Microwaved potato														
3654	Potato, NS, peeled, sliced, cooked in microwave for 2.5-3 min	USA	1987	82	16	Type 2, 8	50	240	Glucose, 5h ⁶	NS	0,30,60,120,180,240,30	Venous, plasma/serum	Enzymatic	133
New Potatoes														
3655	New potatoes	Germany	1980	47	9	Diabetic, number NS	25	NS	Glucose, time NS	NS	0,30,60,90,120,150,180,210,240	NS	NS	168

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3656	New potatoes	Canada	55±8	11	Type 2, 6	50	273	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, NS	Enzymatic	186
3657	New potatoes	Italy	63	13	Type 2, 7	50	285	Bread, 5h	No	0,15,30,45,60,75,90,105,120,150,180,210,240,270,300	NS	Enzymatic	349
3658	New potatoes, boiled in water with 2 g salt	Canada	70±8	14	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
Steamed potato													
3659	Potatoes, NS, steamed in high heat for 35 min	South Korea	94±12	19	Normal, 9	50	359.7	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3660	Potato starch, made into paste with water, steamed for 25 min	South Korea	53±17	11	Normal, 12	50	109.3	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3661	Potato (<i>Solanum Tuberosum</i>), peeled, steamed 1 h	India	65±11	13	Normal, 12-15	75	189	Glucose, 3h	NS	0,60,120,180	Venous, plasma	Enzymatic	246
3662	Potato dumplings (60% white potatoes, 40% white wheat flour, boiled in salted water)	Italy	53±9	11	Type 2, 8	50	165	Bread, 3h	NS	0,30,60,90,120,150,180	NS, plasma	Enzymatic	197
Sweet potato/Kumara, cooked													
3663	Sweet potato (<i>Ipomoea batatas</i>), boiled	Australia	44	9	Normal, 7	25	NS	Potato ³⁵ , 3h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	302
3664	Sweet potato, boiled in water with 2 g salt	Canada	48±6	10	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3665	Sweet potato, peeled, cubed, boiled in salted water 15 min ¹⁸	Canada	60±4	12	Type 1 & 2, 13	50	249.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3666	Sweet potatoes, steamed in high heat for 35 min	South Korea	71±6	14	Normal, 9	50	160.3	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3667	Sweet potato, orange	China	77±4	15	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
3668	Sweet potato, kumara	New Zealand	78±6	16	Type 2, 14	50	NS	Glucose, 3h	Yes	0,15,30,45,60,90,120,150,180	Venous, plasma	Enzymatic	27
3669	Sweet potatoes, baked for 30 min	South Korea	91±10	18	Normal, 10	50	160.3	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3670	Sweet potatoes, sliced, deep-fried in oil for 5 min	South Korea	58±11	12	Normal, 9	50	107.4	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
Tapioca														
3671	Tapioca (<i>Manihot Utilissima</i>), steamed 1 h	India	1991*	70±10	14	Normal, 12-15	75	193	Glucose, 3h	NS	0,60,120,180	Venous, plasma	Enzymatic	246
3672	Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	Canada	1984-1992	82±6	16	Type 1 & 2, 10	50	52.6	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3673	Tapioca, boiled	India	1997	93±2	19	Type 2, 6	75	190	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	393
Taro/Dasheen														
3674	Taro, cooked	China	2005	48±5	10	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
3675	Taro (<i>Colocasia esculenta</i>) peeled, boiled	Australia	1986	54	11	Normal, 7	25	NS	Potato ²⁶ , 3h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	302
3676	Taro, peeled, boiled	New Zealand	2000	56±12	11	Normal, 9	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	27
3677	Dasheen, peeled, boiled 30 min, crushed, refrigerated, reheated for 1 min	Canada	2003	66±6	13	Normal, 6	50	131	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	116
3678	Dasheen, peeled, boiled 30 min, uncrushed (whole), refrigerated, reheated for 1 min	Canada	2003	75±12	15	Normal, 6	50	131	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	116
Yam														
3679	Yam, peeled, boiled	New Zealand	2000	25±4	5	Type 2, 13	50	NS	Glucose, 3h	Yes	0,15,30,45,60,90,120,150,180	Venous, plasma	Enzymatic	27
3680	Yam, boiled in water with 2 g salt	Canada	1981	51±12	10	Normal, 5	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma/serum	YSI	132
3681	Yam (<i>Dioscorea spp.</i>), boiled	Nigeria	1989	74	15	Normal, 10	75	280	Glucose, 3h ⁶	Yes	0,15,30,60,90,120,180	Venous, plasma	Enzymatic	322
3682	Yam (<i>Dioscorea spp.</i>), boiled, consumed with 4.24 g salt	Nigeria	1989	74	15	Normal, 10	75	280	Glucose, 3h ⁶	Yes	0,15,30,60,90,120,180	Venous, plasma	Enzymatic	322
REGIONAL OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS														
Average carbohydrate portion = 35 g, this value was used to determine the nominal GL for each item in this category.														
AFRICAN														
3683	Agidi, maize (<i>Zea mays</i>), powdered, prepared with hot water and consumed as a solid paste	Nigeria	2008	92±0	32	Normal, 5	50	373.1	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3684	Amala, prepared from browned yam flour (elubo), smooth paste consistency, eaten with 30 mL vegetable stew and 35 g beef	Nigeria	2008	37±7	13	Normal, 8	50	280	Glucose, 2h	NS	0,30,60,90,120	NS, plasma	Enzymatic	395
3685	Amala, white yam (<i>Dioscorea rotundata</i>), powdered, prepared with hot water and consumed as a solid paste	Nigeria	2008	84±3	29	Normal, 5	50	156.3	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394
3686	Ayaraya ji, coarsely mashed yam and pigeon pea	Nigeria	2018	56	20	Normal, 12	50	NS	Glucose, 2h	NS	0,15,30,60,90,120	Capillary, whole blood	NS	396
3687	Banku, prepared from corn dough (80%) and cassava dough (20%), stirred in hot water to form a pulp, eaten with 110 g light soup and salmon	Ghana	2015*	73±5	26	Normal, 10	50	287	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	397
3688	Cassava starch (<i>Manihot utilisima</i>), powdered, prepared with hot water and consumed as a solid paste	Nigeria	2008	99±3	35	Normal, 5	50	162.2	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394
3689	FooFoo corn (<i>Zea mays</i>) and ndolè (vegetable soup)	Cameroon	2002	34	12	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,120,180	Venous, whole blood	HemoCue	398
3690	FooFoo corn (<i>Zea mays</i>), consumed with okra (<i>Abelmoschus esculentus</i>) sauce	Cameroon	2015	23	8	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,90,120,180	Capillary, whole blood	Glucometer	399
3691	FooFoo corn (<i>Zea mays</i>), consumed with pistachio (<i>Pistacia vera</i>) sauce	Cameroon	2015	12	4	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,90,120,180	Capillary, whole blood	Glucometer	399
3692	FooFoo corn (<i>Zea mays</i>), consumed with ndolè (<i>Vernonia amygdalima</i>)	Cameroon	2015	20	7	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,90,120,180	Capillary, whole blood	Glucometer	399
3693	FooFoo corn (<i>Zea mays</i>), consumed with yellow sauce (<i>Elaeis guineensis</i>)	Cameroon	2015	13	5	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,90,120,180	Capillary, whole blood	Glucometer	399
3694	FooFoo corn (<i>Zea mays</i>), consumed with cabbage (<i>Brassica oleracea</i>)	Cameroon	2015	23	8	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,90,120,180	Capillary, whole blood	Glucometer	399
3695	FooFoo corn (<i>Zea mays</i>), consumed with nkui (<i>Triumpheta pentandra</i>)	Cameroon	2015	5	2	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,90,120,180	Capillary, whole blood	Glucometer	399
3696	FooFoo (fufu), prepared from freshly pounded plantain (80%) and cassava (20%), eaten with 110 g light soup and salmon	Ghana	2015*	55±9	19	Normal, 10	50	153	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	397
3697	FooFoo (fufu), prepared from processed powder of plantain, cassava and potato, eaten with 110 g light soup and salmon	Ghana	2015*	31±7	11	Normal, 10	50	153	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	397
3698	Fried plantain (<i>Musa paradisiaca</i>) and beans (<i>Phaseolus vulgaris</i>), cooked for 60 min meal ⁸	Nigeria	2017*	24	8	Normal, 80	50	165.8	Glucose	No	0,30,60,90,120	Capillary, whole blood	Glucometer	400
3699	Ga kenkey, prepared from fermented corn dough, eaten with 110 g light soup and salmon	Ghana	2015*	41±7	14	Normal, 10	50	189	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	397

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3700	Ga kenkey, prepared from fermented cornmeal (<i>Zea mays</i>) eaten with fish, tomato and onion sauce	Ghana	1997	12±1	4	Normal, 10	50	NS	Glucose, 2h	NS	0,30,60,120	Venous, plasma	Enzymatic	401
3701	Ga kenkey, prepared from fermented cornmeal (<i>Zea mays</i>), eaten with fish, tomato, and onion sauce	Ghana	1999	44±6	15	Type 2, 9	50	263	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	402
3702	Garri, roasted cassava dough (<i>Manihot utilissima</i>), eaten with fish, tomato, and onion sauce	Ghana	1999	49±3	17	Type 2, 9	50	145	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	402
3703	Garri, roasted cassava dough (<i>Manihot utilissima</i>) eaten with fish, tomato and onion sauce	Ghana	1997	56±3	20	Normal, 10	50	NS	Glucose, 2h	NS	0,30,60,120	Venous, plasma	Enzymatic	401
3704	Garri, made from cassava (<i>Manihot utilissima</i>) which had been fermented for 24 h and dried into granules ¹⁶	Nigeria	2011	62±1	22	Normal, 6	50	78.7	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	403
3705	Garri, made from cassava (<i>Manihot utilissima</i>) which had been fermented for 48 h and dried into granules ¹⁶	Nigeria	2011	67±2	23	Normal, 6	50	72.3	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	403
3706	Garri, made from cassava (<i>Manihot utilissima</i>) which had been fermented for 72 h and dried into granules ¹⁶	Nigeria	2011	73±3	26	Normal, 6	50	68.4	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	403
3707	Garri/Eba, cassava (<i>Manihot utilissima</i>), grated, dried, shallow-fried, then prepared with hot water and consumed as a solid paste	Nigeria	2008	82±0	29	Normal, 5	50	206.5	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394
3708	Green plantain (<i>Musa paradisiaca</i>), boiled, eaten with fish, tomato, and onion sauce	Ghana	1999	41±5	14	Type 2, 9	50	241	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	402
3709	Igbangwu, corn pudding	Nigeria	2018	51	18	Normal, 12	50	NS	Glucose, 2h	NS	0,15,30,60,90,120	Capillary, whole blood	NS	396
3710	Kidney bean (<i>Phaseolus vulgaris</i>) stew and plantain (<i>Musa paradisiaca</i>)	Cameroon	2002	48	17	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,120,180	Venous, whole blood	HemoCue	398
3711	Koki beans (<i>Phaseolus vulgaris</i>) and cassava (<i>Manihot esculenta</i>)	Cameroon	2002	52	18	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,120,180	Venous, whole blood	HemoCue	398
3712	Maize meal porridge, unrefined, maize-meal:water = 1:3, cooked for 20-30 min, tested in young adults (17-18 y)	South Africa	1984	71±6	25	Normal, 8	50	70	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
3713	Maize meal porridge, refined, maize-meal:water = 1:3, cooked for 20-30 min, tested in young adults (17-18 y)	South Africa	1984	74±7	26	Normal, 8	50	62	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185
3714	Maize meal porridge/gruel, prepared with water	Kenya	1996	111±11	39	Type 2, 13	50	NS	Bread, 2.5h	Yes	0,30,60,90,120,150	Capillary, NS	Enzymatic	213
3715	M'fino/Morogo, wild greens, boiled in water with 2 g salt, tested in young adults (17-18 y)	South Africa	1984	68±8	24	Normal, 6	50	120	Glucose, 2h	Yes	0,30,60,120	Venous, whole blood	Glucometer and Enzymatic	185

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3716 Millet flour porridge, prepared with water	Kenya	1996	109±10	38	Type 2, 13	50	NS	Bread, 2.5h	Yes	0,30,60,90,120,150	Capillary, NS	Enzymatic	213
3717 Okpa, Bambara nut pudding	Nigeria	2018	54	19	Normal, 12	50	NS	Glucose, 2h	NS	0,15,30,60,90,120	Capillary, whole blood	NS	396
3718 Pap, corn flour porridge	Nigeria	2015	72±1	25	Normal, 16	50	NS	Glucose, 2h	No	0,30,60,90,120	Venous, plasma/serum	NS	230
3719 Rice (<i>Oryzae sativa</i>) and tomato soup	Cameroon	2002	46	16	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,120,180	Venous, whole blood	HemoCue	398
3720 Rice (<i>Oryzae sativa</i>), boiled for 40 min, and beans ⁸ (<i>Phaseolus vulgaris</i>), cooked for 60 min meal	Nigeria	2017*	36	13	Normal, 80	50	126.8	Glucose	No	0,30,60,90,120	Capillary, whole blood	Glucometer	400
3721 Rice (<i>Oryzae sativa</i>), boiled for 40 min, and fried plantain (<i>Musa paradisiaca</i>) meal ⁸	Nigeria	2017*	56	20	Normal, 80	50	153.5	Glucose	No	0,30,60,90,120	Capillary, whole blood	Glucometer	400
3722 Semolina, wheat (<i>Triticum aestivum</i>), powdered, prepared with hot water and consumed as a solid paste	Nigeria	2008	95±0	33	Normal, 5	50	131.9	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394
3723 Semovita, wheat (<i>Triticum aestivum</i>), powdered + 10% corn supplement, prepared with hot water and consumed as a solid paste	Nigeria	2008	96±0	34	Normal, 5	50	106.7	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394
3724 Three-leaved yam (<i>Dioscorea domentroum</i>), peeled, washed, cut into 5cm ² cubes, boiled with minimal water for 30 min, consumed with a fish-vegetable soup	Nigeria	2011	50±9	18	Normal, 5	50	350	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, whole blood	Glucometer	404
3725 Tuo Zaafi, prepared from unfermented maize flour stirred in hot water to form a pulp, eaten with 110 g light soup and salmon	Ghana	2015*	68±8	24	Normal, 10	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	397
3726 Tuwo Dawa, sorghum (<i>Sorghum bicolor</i> L. Moench), powdered, prepared with hot water and consumed as a solid paste	Nigeria	2008	85±1	30	Normal, 5	50	144	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394
3727 Tuwo Gero, millet grains (<i>Pennisetum typhoides</i>), powdered, prepared with hot water and consumed as a solid paste	Nigeria	2008	94±2	33	Normal, 5	50	163.4	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394
3728 Tuwo Masara, maize seeds (<i>Zea mays</i>), powdered, prepared with hot water and consumed as a solid paste	Nigeria	2008	87±1	30	Normal, 5	50	158	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394
3729 Tuwo Shinkafa, rice (<i>Oryza sativa</i>), powdered, prepared with hot water and consumed as a solid paste	Nigeria	2008	95±1	33	Normal, 5	50	160.9	Glucose, 3h	NS	0,30,60,120,180	Capillary, whole blood	Glucometer	394
3730 Unripe plantain (<i>Musa paradisiaca</i>) eaten with fish, tomato and onion sauce	Ghana	1997	40±4	14	Normal, 10	50	NS	Glucose, 2h	NS	0,30,60,120	Venous, plasma	Enzymatic	401

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3731	White rice (<i>Oryza sativa</i>), boiled, eaten with fish, tomato, and onion sauce	Ghana	1999	40±6	14	Type 2, 9	50	261	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	402
3732	White rice (<i>Oryza sativa</i>), boiled, eaten with fish, tomato and onion sauce	Ghana	1997	34±3	12	Normal, 10	50	NS	Glucose, 2h	NS	0,30,60,120	Venous, plasma	Enzymatic	401
3733	White yam (<i>Dioscorea</i> species), eaten with fish, tomato, and onion sauce	Ghana	1999	65±7	23	Type 2, 9	50	267	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	402
3734	Water yam (<i>Dioscorea alata</i>), peeled, washed, cut into 5cm ² cubes, boiled with minimal water for 30 min, consumed with a fish-vegetable soup	Nigeria	2011	31±11	11	Normal, 5	50	287	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, whole blood	Glucometer	404
3735	White yam (<i>Dioscorea rotundata</i> Poir), peeled, washed, cut into 5cm ² cubes, boiled with minimal water for 30 min, consumed with a fish-vegetable soup	Nigeria	2011	67±7	23	Normal, 5	50	482	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, whole blood	Glucometer	404
3736	Yam (<i>Dioscorea</i> species) eaten with fish, tomato and onion sauce	Ghana	1997	66	23	Normal, 10	50	NS	Glucose, 2h	NS	0,30,60,120	Venous, plasma	Enzymatic	401
3737	Yam (<i>Dioscorea</i> species) and groundnut <i>Arachis hypogaea</i> soup	Cameroon	2002	50	18	Normal, 10	75	NS	Glucose, 3h	No	0,15,30,60,120,180	Venous, whole blood	HemoCue	398
3738	Yam (<i>D. rotunda</i>), sliced, boiled, eaten with 30mL vegetable stew and 35 g beef	Nigeria	2008	53±7	19	Normal, 8	50	175	Glucose, 2h	NS	0,30,60,90,120	NS, plasma	Enzymatic	395
3739	Yam (<i>D. rotunda</i>), sliced, boiled, pounded to smooth dough consistency, eaten with 30 mL vegetable stew and 35 g beef	Nigeria	2008	82±10	29	Normal, 8	50	225	Glucose, 2h	NS	0,30,60,90,120	NS, plasma	Enzymatic	395
ARABIC AND TURKISH														
3740	Awama, deep fried dough balls soaked in syrup	Qatar	2010	81±2	28	Normal, 19	50	NA	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, NS	NS	247
3741	Bourgoul a Banadoura, bulgur wheat with onions, tomato and vegetable stock	Lebanon	2008-2009	50±9	18	Normal, 12	50	420	Glucose, 2h	NS	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	405
3742	Dates, Khalas variety (Tamer, dark brown commercial) (59.7 g), eaten with full-fat plain yoghurt (125 g)	UAE	2002	29±4	10	Normal, 8	50	184.7	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	91
3743	Dates, Khalas (Rutab, soft early ripened) (90 g), eaten with full-fat plain yoghurt (125 g)	UAE	2002	37±5	13	Normal, 9	50	215	Glucose, 2h	NS	NS	Capillary, whole blood	Glucometer	91
3744	Dates, Khalas, Tamer stage (Al Saad Date factory, Al Ain, UAE) consumed with 100 mL Arabic black coffee	UAE	2010	42±5	15	Type 2, 10	50	72.6	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	126

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3745	Fatayer pastry, stuffed with halloumi cheese, baked at 180°C for 30 min	Qatar	2010	80±2	28	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, NS	NS	247
3746	Fatayer pastry, topped with Zaatar, baked at 180°C for 30 min	Qatar	2010	80±2	28	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, NS	NS	247
3747	Fatayer pastry, stuffed with spinach, lemon juice and spices, baked at 180°C for 30 min	Qatar	2010	78±2	27	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, NS	NS	247
3748	Fattit hommos, made from chickpeas, white bread, yoghurt, pine nuts, oil and garlic	Lebanon	2008-2009	37±4	13	Normal, 12	50	225	Glucose, 2h	NS	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	405
3749	Hummus (chickpea salad dip)	Lebanon	1997	6±4	2	Normal, 12	50	237.0	Glucose ²⁶ , 2h	No	0,30,60,90,120	Venous, serum	Enzymatic	221
3750	Kibbeh saynieh (made with lamb and burghul)	Lebanon	1997	61±16	21	Normal, 12	50	156.5	Glucose ²⁶ , 2h	No	0,30,60,90,120	Venous, serum	Enzymatic	221
3751	Lebanese bread (white, unleavened), hummus, falafel and tabbouleh	Australia	1986	86±12	30	Normal, 8	50	166	Glucose, 2h	Yes	0,20,30,60,90,120,150,180	Capillary, plasma	Enzymatic	406
3752	Loubieh Bzet, made from French beans, tomato, and onions, cooked for 35 min	Lebanon	2008-2009	13±5	5	Normal, 12	50	240	Glucose, 2h	NS	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	405
3753	Majadra (Syrian dish of lentils and rice)	Israel	1990	24±5	8	Type 2, 9; Normal, 9	50	NS	Glucose, 3h	NS	0,30,60,120,180	Venous, plasma	Enzymatic	407
3754	Meghle, pudding made from sugar, water, powdered rice and spices	Lebanon	2008-2009	50±8	18	Normal, 12	50	390	Glucose, 2h	NS	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	405
3755	Middle Eastern flatbread	Lebanon	1997	97±29	34	Normal, 12	50	85.8	Glucose ²⁶ , 2h	No	0,30,60,90,120	Venous, serum	Enzymatic	221
3756	Mihshe Malfouf, made from cabbage, short grain rice and beef, cooked for 40 min	Lebanon	2008-2009	68±8	24	Normal, 12	50	525	Glucose, 2h	NS	0,15,30,45,60,75,90,105,120	Capillary, whole blood	Glucometer	405
3757	Moroccan couscous (stew of semolina, chickpeas, vegetables)	Israel	1990	58±9	20	Type 2, 8; Normal, 8	50	NS	Glucose, 3h	NS	0,30,60,120,180	Venous, plasma	Enzymatic	407
3758	Muhalabea, made with rice, sugar and whole milk, boiled to thick consistency	Qatar	2010	83±2	29	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60,90,120	Capillary, NS	NS	247
3759	Omani Halva, black	Oman	2013*	52±17	18	Normal, 10	50	36.9	Glucose, 3h	Yes	0,15,30,45,60,90,180	Capillary, whole blood	Glucometer	408
3760	Omani Halva, white	Oman	2013*	55±15	19	Normal, 10	50	36.6	Glucose, 3h	Yes	0,15,30,45,60,90,180	Capillary, whole blood	Glucometer	408

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3761	Pizza, wheat dough with tomato, onion, mozzarella and ham, baked	Lebanon	2008-2009	56±7	20	Normal, 12	50	96	Glucose, 2h	NS	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	405
3762	Qurs Aquili, enriched sweet dough, baked for 15 min	Qatar	2010	83±2	29	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60, 90,120	Capillary, NS	NS	247
3763	Riz a Dgeg, made from basmati rice, chicken and seasoned ground meat	Lebanon	2008-2009	57±7	20	Normal, 12	50	600	Glucose, 2h	NS	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	405
3764	Riz Bi Halib, pudding made from short grain rice, skim milk powder, sugar and corn flour	Lebanon	2008-2009	57±7	20	Normal, 12	50	165	Glucose, 2h	NS	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	405
3765	Sago, with added sugar, cooked at low temperature to a jelly consistency	Qatar	2010	80±2	28	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60, 90,120	Capillary, NS	NS	247
3766	Sfouf, dough made from white flour, sugar and saffron, baked at 350°C for 35 min	Lebanon	2008-2009	49±5	17	Normal, 12	50	70	Glucose, 2h	NS	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	405
3767	Shearia (thinly threaded pasta-like durum wheat), shallow fried and boiled, sweetened with sugar	Qatar	2010	84±2	29	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60, 90,120	Capillary, NS	NS	247
3768	Siyadieh, fried fish fillet, with basmati rice, onions and nuts	Lebanon	2008-2009	15±3	5	Normal, 12	50	430	Glucose, 2h	NS	0,15,30,45, 60,75,90, 105,120	Capillary, whole blood	Glucometer	405
3769	Stuffed grapevine leaves (rice and lamb stuffing with tomato sauce)	Lebanon	1997	30±11	11	Normal, 12	50	570.0	Glucose ²⁶ , 2h	No	0,30,60,90, 120	Venous, serum	Enzymatic	221
3770	Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	Turkey	1998	20	7	Type 2, 52; Normal, 31	50	89	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	218
3771	Tanour white bread, unleavened, baked in tanour oven	Qatar	2010	81±2	28	Normal, 19	50	NS	Glucose, 2h	Yes	0,15,30,60, 90,120	Capillary, NS	NS	247
3772	Turkish bread, white wheat flour	Turkey	1998	87	30	Type 2, 52; Normal, 31	50	89	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	218
3773	Turkish bread, whole wheat	Turkey	1998	49	17	Type 2, 52; Normal, 31	50	92.5	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	218
3774	Turkish noodle soup ⁸	Turkey	1998	34	12	Type 2, 52; Normal, 31	50	69	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	218
ASIAN														
3775	Bubur mandao	Indonesia	2019	54±5	19	Normal, 10	NS	475	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	409
3776	Bubur mandao	Indonesia	2019	57±6	20	Type 2, 10	NS	475	Glucose, 2h	NS	0,30,60,90, 120	Capillary, whole blood	Glucometer	409

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3777 Cake, cushaw and potato	China	2005	108±5	38	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
3778 Coconut milk rice, made from Serendit™ rice, coconut milk, shallots, ginger and pandan (<i>Pandanus amaryllifolius</i>) leaves, cooked in rice cooker for 25-30 min, served with chili sauce and fried anchovies	Malaysia	2011	49±7	17	Type 2, 10	25	NS	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	222
3779 Cwiemie	Indonesia	2019	66±6	23	Normal, 10	NS	220	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409
3780 Cwiemie	Indonesia	2019	60±6	21	Type 2, 10	NS	220	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409
3781 Dried Lily bulb (<i>Lilium brownii</i> var. <i>viridulum</i> Baker), pre-soaked at 4°C for 12 h, steamed for 30 min	China	2019	83±9	29	Normal, 10	50	74	Glucose, 2h	Yes	0,20,30,45,60,90,120	Capillary, whole blood	Glucometer	237
3782 Dried Lily bulb (<i>Lilium brownii</i> var. <i>viridulum</i> Baker), pre-soaked at 4°C for 12 h, steamed for 60 min	China	2019	85±7	30	Normal, 10	50	74	Glucose, 2h	Yes	0,20,30,45,60,90,120	Capillary, whole blood	Glucometer	237
3783 Gayam (<i>Inocarpus fagifer</i> Forst.) seed, boiled at 100°C for 15 min, peeled, dried for 48 h, ground to form flour	Indonesia	2016	75	26	Normal, 10	50	79.91	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	410
3784 Gayam (<i>Inocarpus fagifer</i> Forst.) seed, boiled at 100°C for 30 min, peeled, dried for 48 h, ground to form flour	Indonesia	2016	61	21	Normal, 10	50	81.7	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	410
3785 Gayam (<i>Inocarpus fagifer</i> Forst.) seed, boiled at 100°C for 45 min, peeled, dried for 48 h, ground to form flour	Indonesia	2016	57	20	Normal, 10	50	84.4	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	410
3786 Gayam (<i>Inocarpus fagifer</i> Forst.) seed, peeled, dried for 48 h, ground to form flour	Indonesia	2016	74	26	Normal, 10	50	90.4	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	410
3787 Glutinous rice, type NS (Esubi Shokuhin, Japan)	Japan	2003	86±7	30	Normal, 6	50	116	Rice ⁴⁴ , 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	45
3788 Glutinous rice cake with 1 g dried sea algae	Japan	2003	83±5	29	Normal, 8	50	97	Rice ⁴⁴ , 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	45
3789 Lacy pancake, made from wheat flour	Malaysia	2011	49±6	17	Type 2, 10	25	35	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	222
3790 Lacy pancake, made from wheat flour, consumed with chicken curry containing potatoes and coconut milk	Malaysia	2011	81±10	28	Type 2, 10	25	NS	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	222
3791 Lontong gado-gado	Indonesia	2019	54±7	19	Normal, 10	NS	750	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409
3792 Lontong gado-gado	Indonesia	2019	39±4	14	Type 2, 10	NS	750	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3793 Lotus root powder	China	2005	33±6	12	Normal, 8	50	NS	Glucose, 2h	Yes	0,15,30,45,60,90,120	Venous, NS	NS	12
3794 Lotus seed (<i>Nelumbo nucifera</i> Gaertn.), pre-soaked at 4°C for 12 h, steamed for 30 min	China	2019	45±5	16	Normal, 10	50	77.6	Glucose, 2h	Yes	0,20,30,45,60,90,120	Capillary, whole blood	Glucometer	237
3795 Lotus seed (<i>Nelumbo nucifera</i> Gaertn.), pre-soaked at 4°C for 12 h, steamed for 60 min	China	2019	51±7	18	Normal, 10	50	77.6	Glucose, 2h	Yes	0,20,30,45,60,90,120	Capillary, whole blood	Glucometer	237
3796 Lungkow bean thread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	China	1984-1992	26±4	9	Type 1 & 2, 9	50	61.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3797 Nasi bakar	Indonesia	2019	55±6	19	Normal, 10	NS	535	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409
3798 Nasi bakar	Indonesia	2019	49±6	17	Type 2, 10	NS	535	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409
3799 Nasi goreng	Indonesia	2019	45±6	16	Normal, 10	NS	450	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409
3800 Nasi goreng	Indonesia	2019	29±3	10	Type 2, 10	NS	450	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409
3801 Nasi liwet	Indonesia	2019	24±3	8	Normal, 10	NS	900	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409
3802 Nasi liwet	Indonesia	2019	18±3	6	Type 2, 10	NS	900	Glucose, 2h	NS	0,30,60,90,120	Capillary, whole blood	Glucometer	409
3803 Non-glutaminous rice flour, served warm with drink Yamato Nousan, Japan)	Japan	2003	68±6	24	Normal, 8	50	100	Rice ⁴⁴ , 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	45
3804 Noodles, buckwheat, boiled in water and served with 160 mL anchovy broth	South Korea	2018	60±13	21	Normal, 13	50	70.2	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3805 Noodles, fine, made from wheat flour, boiled in water and served with 160 mL anchovy broth	South Korea	2018	49±7	17	Normal, 13	50	65.8	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3806 Noodles, wheat, fresh, boiled in water and served with 160 mL anchovy broth	South Korea	2018	48±5	17	Normal, 13	50	91.5	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3807 Noodles, wheat, hand-pulled, boiled in water and served with 160 mL anchovy broth	South Korea	2018	50±6	18	Normal, 14	50	91.4	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3808 Noodles, Sampan™ brand, fried with chicken, prawns, cabbage, bean sprouts and tomato	Malaysia	2011	55±8	19	Type 2, 10	25	NS	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	222
3809 Rice vermicelli, Kongmoon (National Cereals, China)	China	1984-1992	59±4	21	Type 1 & 2, 9	50	65.0	Bread, 3h	Yes	0,30,60,90,120,150,180	Capillary, whole blood	YSI	130
3810 Rice, white, gruel, simmered over low heat with water for 45 min	South Korea	2018	93±9	33	Normal, 10	50	447.7	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3811	Salted rice ball (Satou Co Ltd., Japan)	Japan	2003	80±9	28	Normal, 7	50	147	Rice ⁴⁴ , 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	45
3812	Starch jelly, Acorn	South Korea	2018	72±16	25	Normal, 12	50	361.2	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3813	Starch jelly, Buckwheat	South Korea	2018	55±9	19	Normal, 14	50	443.2	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3814	Starch jelly, Green bean	South Korea	2018	66±12	23	Normal, 13	50	318.5	Glucose, 2h	Yes	0,15,30,60,90,120	Venous, plasma/serum	Enzymatic	135
3815	Stir-fried vegetables with chicken and boiled white rice, home made	Australia	1986	73±17	26	Normal, 8	50	245	Glucose, 2h	Yes	0,20,30,60,90,120,150,180	Capillary, plasma	Enzymatic	406
3816	Sushi, roasted sea algae, vinegar and rice ¹⁶	Japan	2003	55±4	19	Normal, 8	50	148	Rice ⁴⁴ , 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	45
3817	White rice with 1 g dried fish strip (okaka)	Japan	2003	79±14	28	Normal, 6	50	147	Rice ⁴⁴ , 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	45
3818	White rice topped with 60 g raw egg and 2 g soy sauce	Japan	2003	72±17	25	Normal, 6	50	146	Rice ⁴⁴ , 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	45
3819	White rice with 2 g sea algae rolled in sheet of 1 g toasted sea algae	Japan	2003	77±17	27	Normal, 7	50	144	Rice ⁴⁴ , 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	45
ASIAN INDIAN														
3820	Amaranth (<i>Amaranthus esculentum</i>) popped, eaten with 150 mL milk and non-nutritive sweetener	India	1995	97±19	34	Type 2, 6	50	70	Glucose, 3h	No	0,60,120,180	NS	Enzymatic	411
3821	Appam (thin pancake made from fermented rice flour batter with tender coconut) eaten with Bengal gram curry	India	1997	90±4	32	Type 2, 6	75	180	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	393
3822	Arrowroot (<i>Canna indica</i>), peeled, cut into pieces, boiled for 20-40 min, served with 45 g scraped coconut	Sri Lanka	2014	78±6	27	Normal, 10	50	279	Bread, 2h	NS	0,30,45,60,90,120	Capillary, serum	Enzymatic	412
3823	Arrowroot (<i>Maranta arundinacea</i>), peeled, cut into pieces, boiled for 20-40 min, served with 45 g scraped coconut	Sri Lanka	2014	58±6	20	Normal, 10	50	286	Bread, 2h	NS	0,30,45,60,90,120	Capillary, serum	Enzymatic	412
3824	Bajra (<i>Pennisetum typhoideum</i>), eaten as roasted bread made from bajra flour	India	1993	55±13	19	Type 2, 6	50	75	Glucose, 2h	No	0,60,120	Venous, whole blood	Other	413
3825	Basmati rice, cooked in microwave, consumed with 20 g coconut sambol	Pakistan	2014	56±4	20	Normal, 10	50	151	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, Serum	Enzymatic	414

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3826	Basmati rice, cooked in microwave, consumed with 20 g coconut sambol	India	2014	43±2	15	Normal, 10	50	147	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, Serum	Enzymatic	414
3827	Basmati rice, cooked in rice cooker, consumed with 20 g coconut sambal	Pakistan	2014	64±4	22	Normal, 10	50	151	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, Serum	Enzymatic	414
3828	Basmati rice, cooked in rice cooker, consumed with 20 g coconut sambol	India	2014	54±3	19	Normal, 10	50	147	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, Serum	Enzymatic	414
3829	Broken wheat upma, made from broken wheat and whole green gram, served with chutney	India	2011	39	14	Normal, 10	50	180	Glucose, 2h	NS	0,60,120	Venous, whole blood	Enzymatic	415
Chapatti														
3830	Chapatti, baisen ⁴⁶	Pakistan	1992	28	10	Type 2, 11	50	62	Wheat chapatti ⁴⁷ , 3h	No	0,30,60,90,120,150,180	Capillary, whole blood	Glucometer	256
3831	Chapatti, made from bajra (<i>Pennisetum typhoideum</i>) flour	India	1991	49	17	Normal, 4	50	NS	Bread, 3h	No	0,30,60,90,120,180	Venous, plasma	Other	416
3832	Chapatti, made from bajra (<i>Pennisetum typhoideum</i>) flour	India	1991	68	24	Type 2, 6	50	NS	Bread, 3h	No	0,30,60,90,120,180	Venous, plasma	Other	416
3833	Chapatti, made from barley (<i>Hordeum vulgare</i>) flour	India	1991	49	17	Normal, 8	50	NS	Bread, 3h	No	0,30,60,90,120,180	Venous, plasma	Other	416
3834	Chapatti, made from barley (<i>Hordeum vulgare</i>) flour	India	1991	37	13	Type 2, 6	50	NS	Bread, 3h	No	0,30,60,90,120,180	Venous, plasma	Other	416
3835	Chapatti, maize (<i>Zea mays</i>)	India	1991	60	21	Normal, 6	50	NS	Bread, 3h	No	0,30,60,90,120,180	Venous, plasma	Other	416
3836	Chapatti, maize (<i>Zea mays</i>)	India	1991	65	23	Type 2, 2	50	NS	Bread, 3h	No	0,30,60,90,120,180	Venous, plasma	Other	416
3837	Chapatti, wheat	India	1981	63	22	Normal, 5	50	82	Glucose, 2h ⁹	No	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	254
Chapatti, consumed with other foods														
3838	Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	India	1995	66±10	23	Type 2, 6	50	NS	Glucose, 3h	No	0,60,120,180	NS	Enzymatic	411
3839	Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd and tomato curry	India	1995	76±20	27	Type 2, 6	50	NS	Glucose, 3h	No	0,60,120,180	NS	Enzymatic	411
3840	Chapatti, flour from malted wheat, moth bean (<i>Phaseolus aconitifolius</i>) and bengal gram (<i>Cicer arietinum</i>), consumed with sugar-free jam ¹⁶	India	1997	66±9	23	Normal, 7	50	78.5	Glucose, 2h	Yes	0,30,60,90,120	Capillary, whole blood	Enzymatic	417
3841	Chapatti, flour made from popped wheat, moth bean and bengal gram, consumed with sugar-free jam ¹⁶	India	1997	40±8	14	Normal, 7	50	84.2	Glucose, 2h	Yes	0,30,60,90,120	Capillary, whole blood	Enzymatic	417

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3842	Chapatti, flour from roller dried wheat, moth bean and bengal gram, consumed with sugar-free jam ¹⁶	India	60±9	21	Normal, 7	50	79.5	Glucose, 2h	Yes	0,30,60,90,120	Capillary, whole blood	Enzymatic	417
3843	Chapatti, wheat, served with bottle gourd and tomato curry	India	66±9	23	Type 2, 6	50	NS	Glucose, 3h	No	0,60,120,180	NS	Enzymatic	411
3844	Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	India	44±3	15	Normal, 11	50	200	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3845	Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) dhal	India	81±4	28	Type 2, 8	50	200	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
Cheela (thin savory pancake made from legume flour batter)													
3846	Cheela, bengal gram (<i>Cicer arietinum</i>)	India	42±1	15	Normal, 15	50	290	Glucose, 2h	NS	0,30,60,120	Capillary, whole blood	Glucometer	419
3847	Cheela, bengal gram (<i>Cicer arietinum</i>), fermented batter	India	45±1	16	Normal, 15	50	290	Glucose, 2h	NS	0,30,60,120	Capillary, whole blood	Glucometer	419
3848	Cheela, green gram (<i>Phaseolus aureus</i>)	India	36±1	13	Normal, 15	50	290	Glucose, 2h	NS	0,30,60,120	Capillary, whole blood	Glucometer	419
3849	Cheela, green gram (<i>Phaseolus aureus</i>), fermented batter	India	38±1	13	Normal, 15	50	290	Glucose, 2h	NS	0,30,60,120	Capillary, whole blood	Glucometer	419
Dhokla													
3850	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	India	35±4	12	Normal, 5	50	250	Glucose, 2.5h	NS	0,30,60,90,120,150	Capillary, NS	Enzymatic	420
3851	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	India	31±6	11	Type 2, 5	50	250	Glucose, 2.5h	NS	0,30,90,150	Capillary, NS	Enzymatic	420
3852	Dhokla, made from parboiled rice, Bengal gram (<i>Cicer arietinum</i>) dhal and green gram (<i>Phaseolus aureus</i>) dhal, served with chutney	India	37	13	Normal, 10	50	147	Glucose, 2h	NS	0,60,120	Venous, whole blood	Enzymatic	415
Dosa/Dosai													
3853	Dosa, made from germinated whole finger millet (<i>Eleusine coracana</i>) flour and black gram dhal, cooked in fry pan, served with 30 g Bengal gram chutney	India	71	25	Type 2, 6	75	97	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	421
3854	Dosa, made from whole finger millet (<i>Eleusine coracana</i>) flour and black gram dhal, cooked in fry pan, served with 30 g Bengal gram chutney	India	62	22	Type 2, 6	75	97	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	421
3855	Dosa, made from foxtail millet and black gram dhal	India	42	15	Normal, 10	50	290	Bread, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	422

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3856 Dosa, made from rice and black gram dhal	India	2015	55	19	Normal, 10	50	140	Bread, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	422
3857 Dosa, made from rice flour and black gram dhal, cooked in fry pan, served with 30 g Bengal gram chutney	India	2000	82	29	Type 2, 6	75	97	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	421
3858 Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	India	1998	55±2	19	Normal, 6	50	190	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3859 Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	India	1998	77±3	27	Type 2, 9	50	190	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3860 Flatbread, Lazat™ brand, consumed with yellow dhal curry	Malaysia	2011	69±7	24	Type 2, 10	25	NS	Glucose, 3h	Yes	0,30,60,90,120,150,180	Capillary, plasma/serum	Enzymatic	222
3861 Idiappam (steamed rice flour dough with tender coconut) eaten with Bengal gram curry	India	1997	86±4	30	Type 2, 6	75	200	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	393
3862 Idli, brown, made with parboiled rice and black gram (<i>Phaseolus mungo</i>) dhal, served with sambar	India	2011	48	17	Normal, 10	50	148	Glucose, 2h	NS	0,60,120	Venous, whole blood	Enzymatic	415
3863 Idli (parboiled and raw rice with black dhal, soaked, ground, fermented, steamed) with chutney	India	1998	60±2	21	Normal, 11	50	240	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3864 Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	India	1998	77±2	27	Type 2, 10	50	240	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3865 Jackfruit (<i>Artocarpus heterophyllus</i>), flesh (400 g) and seeds (10 g), boiled with water, consumed with 25 g coconut scrapings and 10 g onion sambal	Sri Lanka	2010	53±8	19	Normal, 10	50	485	Bread, 2h	Yes	0,30,45,60,90,120	NS	NS	423
3866 Jowar, roasted bread made from Jowar flour (<i>Sorghum vulgare</i>)	India	1993	77±8	27	Type 2, 6	50	70	Glucose, 2h	No	0,60,120	Venous, whole blood	Other	413
3867 Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	India	2000	24±4	8	Normal, 5	50	80	Glucose, 2.5h	NS	0,30,60,90,120,150	Capillary, NS	Enzymatic	420
3868 Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	India	2000	29±4	10	Type 2, 5	50	80	Glucose, 2.5h	NS	0,30,90,150	Capillary, NS	Enzymatic	420
3869 Lentil and cauliflower curry with rice	Australia	1986	60±10	21	Normal, 8	50	360	Glucose, 2h	Yes	0,20,30,60,90,120,150,180	Capillary, plasma	Enzymatic	406
3870 Lentil (<i>Lens culinaris</i> medic, S. masoor parippu) curry consumed with wholemeal bread	Sri Lanka	2009	61±6	21	Normal, 10	50	NS	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	189
3871 Lentils, Mothbean, sprouted and cooked in buttermilk	India	2011	30	11	Normal, 10	50	180	Glucose, 2h	NS	0,60,120	Venous, whole blood	Enzymatic	415
3872 Manioc (cassava), consumed with 25 g coconut sambol	Sri Lanka	2008	85±6	30	Normal, 10	50	200	Bread, 2h	NS	0,30,45,60,90,120	NS	NS	424

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3873	Millet/Ragi (<i>Eleusine coracana</i>), eaten with a traditional Indian meal	India	84	29	Type 2, 20	75	104	Glucose, 2h ⁹	No	0,30,60,90,120	Venous, NS	Enzymatic	425
3874	Millet/Ragi (<i>Eleusine coracana</i>) flour eaten as roasted bread	India	104±13	36	Type 2, 6	50	70	Glucose, 2h	No	0,60,120	Venous, whole blood	Other	413
3875	Parantha, radish, made from wheat, mothbean and Bengal gram (<i>Cicer arietinum</i>) dhal flours, served with curd	India	41	14	Normal, 10	50	180	Glucose, 2h	NS	0,60,120	Venous, whole blood	Enzymatic	415
3876	Parboiled rice, eaten with a traditional Indian meal	India	99	35	Type 2, 20	75	96.9	Glucose, 2h ⁹	No	0,30,60,90,120	Venous, NS	Enzymatic	425
3877	Poha, made from rice flakes and ground nuts, consumed lemon tea	India	43	15	Normal, 10	50	154	Glucose, 2h	NS	0,60,120	Venous, whole blood	Enzymatic	415
3878	Pongal (rice and roasted green gram dhal, pressure cooked)	India	45±2	16	Normal, 8	50	240	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3879	Pongal (rice and roasted green gram dhal, pressure cooked)	India	90±3	32	Type 2, 10	50	240	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3880	Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	India	57±1	20	Normal, 8	50	185	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3881	Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	India	82±2	29	Type 2, 8	50	185	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3882	Porridge, made from scoured wheat, consumed with Bengal gram, green gram and black gram	India	39±6	14	Normal, 8	50	NS	Bread, 2.5h	Yes	0,15,30,45,60,75,90,105,120,135,150	Capillary, whole blood	Glucometer	426
3883	Porridge, made from decorticated finger millet, eaten with Bengal gram, green gram and black gram	India	66±5	23	Normal, 8	50	NS	Bread, 2.5h	Yes	0,15,30,45,60,75,90,105,120,135,150	Capillary, whole blood	Glucometer	426
3884	Porridge, made from popped rice (aralu), consumed with Bengal gram, green gram and black gram	India	77±6	27	Normal, 8	50	NS	Bread, 2.5h	Yes	0,15,30,45,60,75,90,105,120,135,150	Capillary, whole blood	Glucometer	426
3885	Porridge, made from expanded rice (puri), consumed with Bengal gram, green gram and black gram	India	75±4	26	Normal, 8	50	NS	Bread, 2.5h	Yes	0,15,30,45,60,75,90,105,120,135,150	Capillary, whole blood	Glucometer	426
Puttu/Pittu													
3886	Puttu/Pittu (rice flour, steamed with tender coconut) eaten with Bengal gram curry	India	79±4	28	Type 2, 6	75	150	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	393
3887	Puttu/Pittu, made from industrially-milled finger millet (<i>Eucenea coracana</i>) flour	Sri Lanka	79±5	28	Normal, 11	50	164.4	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	165

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3888 Puttu/Pittu, made from stone-ground finger millet (<i>Eucenea coracana</i>) flour	Sri Lanka	2013	67±4	23	Normal, 11	50	162.7	Glucose, 2h	NS	0,30,45,60,90,120	Capillary, plasma	Enzymatic	165
3889 Pittu, made from 75% rice flour and 25% soy flour	Sri Lanka	2014	36±3	13	Normal, 13	50	330	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
3890 Pittu, made from 75% rice flour and 25% soy flour, consumed with mixed vegetable curry	Sri Lanka	2014	30±2	11	Normal, 13	50	386.2	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
3891 Rajmah (<i>Phaseolus vulgaris</i>), boiled	India	1981	19	7	Normal, 6	50	82	Glucose, 2h ⁹	No	0,15,30,45,60,90,120	Venous, plasma	Enzymatic	254
3892 Red rice, served with 75 g lentil curry, 25 g gotukola salad, boiled egg, and 30 mL kirihodi coconut gravy	Sri Lanka	2008	43±4	15	Normal, 10	50	176	Bread, 2h	NS	0,30,45,60,90,120	NS	NS	424
3893 Red rice, served with 30 mL coconut gravy (kirihodi)	Sri Lanka	2008	70±7	25	Normal, 10	50	203	Bread, 2h	NS	0,30,45,60,90,120	NS	NS	424
3894 Red rice, consumed with 75 g lentil curry, boiled egg, 25 g Gotukola salad, 30 mL coconut gravy (kirihodi)	Sri Lanka	2011	45±4	16	Normal, 12	50	NS	Bread, 2h	Yes	0,30,45,60,90,120	Capillary, NS	Enzymatic	427
3895 Red rice, consumed with 75 g lentil curry, boiled egg, 25 g <i>Lasia spinosa</i> (kohila) salad, 30 mL coconut gravy (kirihodi)	Sri Lanka	2011	40±4	14	Normal, 12	50	NS	Bread, 2h	Yes	0,30,45,60,90,120	Capillary, NS	Enzymatic	427
3896 Red rice, consumed with 75 g lentil curry, boiled egg, 25 g snake gourd (<i>Trichosanthes cucumerina</i>) salad, 30 mL coconut gravy (kirihodi)	Sri Lanka	2011	43±4	15	Normal, 12	50	NS	Bread, 2h	Yes	0,30,45,60,90,120	Capillary, NS	Enzymatic	427
3897 Rice (<i>Oryza Sativa</i>), boiled served with bottle gourd and tomato curry	India	1995	69±15	24	Type 2, 6	50	NS	Glucose, 3h	No	0,60,120,180	NS	Enzymatic	411
Rice porridge													
3898 Porridge, made from rice and water	Sri Lanka	2012	46±17	16	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3899 Porridge, made from coconut (<i>Cocos nucifera</i>) milk and rice	Sri Lanka	2012	31±5	11	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3900 Porridge, made from Karapincha (<i>Murraya koenigii spreung</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	44±8	15	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3901 Porridge, made from Iramusu (<i>Hemidesmus indicus</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	40±8	14	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3902 Porridge, made from Beli (<i>Aegle marmelos</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	50±8	18	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3903 Porridge, made from Ranawara (<i>Cassia auriculata</i> Linn.) green leaf extract, and coconut milk, and rice	Sri Lanka	2012	77±12	27	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428

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3904	Porridge, made from Ela katarolu (<i>Clitoria ternatea</i> Linn.) green leaf extract, coconut milk, and rice	Sri Lanka	2012	53±10	19	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3905	Porridge, made from Yaki narang (<i>Atlantia zeylanica</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	52±13	18	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3906	Porridge, made from Kowakka (<i>Cephalandra indica</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	49±8	17	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3907	Porridge, made from Heen bovitiya (<i>Osbeckia ocrandra</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	55±7	19	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3908	Porridge, made from Polpala (<i>Aerva lanata</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	32±5	11	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3909	Porridge, made from Haathawaariya (<i>Asparagus racemosus</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	37±4	13	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3910	Porridge, made from Wal koththamalli (<i>Scoparia dulcis</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	39±8	14	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
3911	Porridge, made from Wel Penela (<i>Cardiospermum halicacabum</i>) green leaf extract, coconut milk, and rice	Sri Lanka	2012	46±8	16	Normal, 10	25	~350	Glucose, 2h	Yes	0,30,45,60,90,120	Capillary, whole blood	NS	428
Roti														
3912	Roti, made from germinated whole finger millet (<i>Eleusine coracana</i>) flour, cooked on hot griddle, served with 34 g Bengal gram curry	India	2000	61	21	Type 2, 6	75	93	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	421
3913	Roti, made from whole finger millet (<i>Eleusine coracana</i>) flour, cooked on hot griddle, served with 34 g Bengal gram chutney	India	2000	58	20	Type 2, 6	75	93	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	421
3914	Roti, made from wheat flour, cooked on hot griddle, served with 34 g Bengal gram chutney	India	2000	69	24	Type 2, 6	75	93	Glucose, 2h	NS	0,30,60,90,120	Venous, plasma	Enzymatic	421
3915	Roti, made from 75% rice flour and 25% soy flour	Sri Lanka	2014	36±2	13	Normal, 13	50	244.1	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
3916	Roti, made from 75% rice flour and 25% soy flour, consumed with mixed vegetable curry	Sri Lanka	2014	31±1	11	Normal, 13	50	311.7	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
Semolina														
3917	Semolina (<i>Triticum aestivum</i>), steamed and gelatinized, with 5 g groundnut oil	India	1991	55±9	19	Type 2, 6	50	67	Glucose, 2h	No	0,60,120	NS	Other	277
3918	Semolina (<i>Triticum aestivum</i>), roasted at 105°C then gelatinized with water, with 5 g groundnut oil	India	1991	76±6	27	Type 2, 6	50	67	Glucose, 2h	No	0,60,120	NS	Other	277

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3919 Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>), with 5 g groundnut oil	India	1991	46±12	16	Type 2, 6	50	71	Glucose, 2h	No	0,60,120	NS	Other	277
3920 Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>), with 5 g groundnut oil	India	1991	62±20	22	Type 2, 6	50	71	Glucose, 2h	No	0,60,120	NS	Other	277
3921 Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietum</i>), with 5 g groundnut oil	India	1991	54±7	19	Type 2, 6	50	71	Glucose, 2h	No	0,60,120	NS	Other	277
3922 Stringhoppers, prepared with red rice flour, consumed with 25 g coconut sambol, boiled egg and 30 mL kirihodi coconut gravy	Sri Lanka	2008	73±8	26	Normal, 10	50	163	Bread, 2h	NS	0,30,45,60,90,120	NS	NS	424
3923 Stringhoppers, prepared with wheat flour, consumed with 25 g coconut sambol, boiled egg, and 30 mL kirihodi coconut gravy	Sri Lanka	2008	74±5	26	Normal, 10	50	162	Bread, 2h	NS	0,30,45,60,90,120	NS	NS	424
3924 Stringhoppers, made from 75% rice flour and 25% soy flour	Sri Lanka	2014	45±2	16	Normal, 13	50	340	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
3925 Stringhoppers, made from 75% rice flour and 25% soy flour consumed with mixed vegetable curry	Sri Lanka	2014	38±2	13	Normal, 13	50	394.9	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
3926 Tahlipeeth, made from wheat flour, bengal gram dhal flour, green gram dhal flour, served with chutney	India	2011	31	11	Normal, 10	50	150	Glucose, 2h	NS	0,60,120	Venous, whole blood	Enzymatic	415
3927 Thosai, made from 75% rice flour and 25% soy flour	Sri Lanka	2014	47±1	16	Normal, 13	50	353	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
3928 Thosai, made from 75% rice flour and 25% soy flour, consumed with mixed vegetable curry	Sri Lanka	2014	44±1	15	Normal, 13	50	406.1	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
3929 Varagu (<i>Paspalum scorbiculatum</i>), pressure cooked 15lb 12-15 min	India	1993	68±8	24	Type 2, 6	50	76	Glucose, 2h	No	0,60,120	Venous, whole blood	Other	413
3930 Varagu (<i>Paspalum scorbiculatum</i>), pressure cooked 15lb 12-15 min, consumed with green gram dhal (<i>Phaseolus aureus</i> Roxb)	India	1993	78±12	27	Type 2, 6	50	80	Glucose, 2h	No	0,60,120	Venous, whole blood	Other	413
3931 Varagu (<i>Paspalum scorbiculatum</i>), pressure cooked 15 lb 12-15 min, consumed with whole green gram (<i>Phaseolus aureus</i> Roxb)	India	1993	57±6	20	Type 2, 6	50	78	Glucose, 2h	No	0,60,120	Venous, whole blood	Other	413
3932 Upittu (roasted semolina and onions, cooked in water)	India	1998	69±4	24	Normal, 11	50	180	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3933 Upittu (roasted semolina and onions, cooked in water)	India	1998	67±3	23	Type 2, 12	50	180	Glucose, 2h	No	0,30,60,120	Venous, plasma	Enzymatic	418
3934 Uppuma kedgeriee (millet, legumes, fenugreek seeds; roasted and cooked in water)	India	2000	18±3	6	Normal, 5	50	230	Glucose, 2.5h	NS	0,30,60,90,120,150	Capillary, NS	Enzymatic	420
3935 Uppuma kedgeriee (millet, legumes, fenugreek seeds; roasted and cooked in water)	India	2000	19±3	7	Type 2, 5	50	230	Glucose, 2.5h	NS	0,30,90,150	Capillary, NS	Enzymatic	420

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3936 Wandu, made from 75% rice flour and 25% soy flour	Sri Lanka	2014	43±2	15	Normal, 13	50	400	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
3937 Wandu, made from 75% rice flour and 25% soy flour	Sri Lanka	2014	36±1	13	Normal, 13	50	446.9	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	167
3938 Wheat, cooked, eaten as part of a traditional Indian meal	India	1997	90	32	Type 2, 20	75	105	Glucose, 2h ⁹	No	0,30,60,90,120	Venous, NS	Enzymatic	425
3939 Yam (<i>Dioscorea alata</i>), purple, peeled, cut into pieces, boiled for 20-40 min, served with 45 g scraped coconut	Sri Lanka	2014	45±6	16	Normal, 10	50	401	Bread, 2h	NS	0,30,45,60,90,120	Capillary, serum	Enzymatic	412
3940 Yam (<i>Dioscorea alata</i>), white, peeled, cut into pieces, boiled for 20-40 min, served with 45 g scraped coconut	Sri Lanka	2014	49±3	17	Normal, 10	50	400	Bread, 2h	NS	0,30,45,60,90,120	Capillary, serum	Enzymatic	412
AUSTRALIAN ABORIGINAL													
3941 <i>Acacia aneura</i> (mulga seed) roasted, wet ground to paste	Australia	1986	8	3	Normal, 7	25	74.0	Potato ³⁵ , 3h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	302
3942 <i>Acacia coriacea</i> , desert oat seed bread	Australia	1986	46	16	Normal, 6	25	NS	Bread, 3h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	302
3943 <i>Araucaria bidwillii</i> (bunya tree nut), baked 10 min	Australia	1986	47	16	Normal, 7	25	58.7	Potato ³⁵ , 3h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	302
3944 Bush honey, sugar bag	Australia	1986	43	15	Normal, 7	25	35.7	Potato ³⁵ , 3h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	302
3945 <i>Castanospermum australe</i> (blackbean seed), sliced, soaked 1 wk, pounded and baked	Australia	1986	8	3	Normal, 7	25	188.0	Potato ³⁵ , 3h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	302
3946 <i>Dioscorea bulbifera</i> (cheeky yam), peeled, sliced, soaked 2 d, baked 15 min	Australia	1986	34	12	Normal, 7	25	96.5	Potato ³⁵ , 3h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	302
3947 <i>Macrozamia communis</i> (cycad palm seed), sliced, soaked 1 wk, pounded, baked	Australia	1982	40±2	14	Normal, 7	50	NS	Glucose, 2h	Yes	0,15,30,60,90,120,150,180	Capillary, plasma	Enzymatic	210
EUROPEAN													
3948 Pancakes, made with wheat flour and a curd cheese filling, fried in butter for 50 s on each side, sprinkled with icing sugar ³⁷	Poland	2019*	43	15	Normal, 10 BMI <18.5	50	215.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3949 Pancakes, made with wheat flour and a curd cheese filling, fried in butter for 50 s on each side, sprinkled with icing sugar ³⁷	Poland	2019*	53	19	Normal, 12	50	215.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3950 Pancakes, made with wheat flour and a curd cheese filling, fried in butter for 50 s on each side, sprinkled with icing sugar ³⁷	Poland	2019*	39	14	Normal, 15 BMI ≥25	50	215.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3951 Pancakes, made with wholegrain wheat flour and a curd cheese filling, fried in butter for 50 s on each side, sprinkled with icing sugar ³⁷	Poland	2019*	23	8	Normal, 10 BMI <18.5	50	246.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3952 Pancakes, made with wholegrain wheat flour and a curd cheese filling, fried in butter for 50 s on each side, sprinkled with icing sugar ³⁷	Poland	2019*	41	14	Normal, 12	50	246.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3953 Pancakes, made with wholegrain wheat flour and a curd cheese filling, fried in butter for 50 s on each side, sprinkled with icing sugar ³⁷	Poland	2019*	37	13	Normal, 15 BMI ≥25	50	246.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3954 Pierogi, wheat flour and cheese curd dumplings, boiled in water for 4 min ³⁷	Poland	2019*	42	15	Normal, 12 BMI <18.5	50	215.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3955 Pierogi, wheat flour and cheese curd dumplings, boiled in water for 4 min ³⁷	Poland	2019*	61	21	Normal, 12	50	215.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3956 Pierogi, wheat flour and cheese curd dumplings, boiled in water for 4 min ³⁷	Poland	2019*	45	16	Normal, 11 BMI ≥25	50	215.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3957 Pierogi, wholegrain wheat flour and cheese curd dumplings, boiled in water for 4 min ³⁷	Poland	2019*	25	9	Normal, 12 BMI <18.5	50	217.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3958 Pierogi, wholegrain wheat flour and cheese curd dumplings, boiled in water for 4 min ³⁷	Poland	2019*	34	12	Normal, 12	50	217.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3959 Pierogi, wholegrain wheat flour and cheese curd dumplings, boiled in water for 4 min ³⁷	Poland	2019*	34	12	Normal, 11 BMI ≥25	50	217.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3960 Pierogi, dumplings with wheat flour, potato and cheese curd stuffing, boiled in water for 4 min ³⁷	Poland	2019*	56	20	Normal, 10 BMI <18.5	50	264.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3961 Pierogi, dumplings with wheat flour, potato and cheese curd stuffing, boiled in water for 4 min ³⁷	Poland	2019*	52	18	Normal, 10	50	264.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3962 Pierogi, dumplings with wheat flour, potato and cheese curd stuffing, boiled in water for 4 min ³⁷	Poland	2019*	44	15	Normal, 13 BMI ≥25	50	264.0	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429
3963 Pierogi, dumplings with wholegrain wheat flour, potato and cheese curd stuffing, boiled in water for 4 min ³⁷	Poland	2019*	22	8	Normal, 10 BMI <18.5	50	322.1	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	429

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3964	Pierogi, dumplings with wholegrain wheat flour, potato and cheese curd stuffing, boiled in water for 4 min ³⁷	Poland	2019*	47	16	Normal, 10	50	322.1	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	429
3965	Pierogi, dumplings with wholegrain wheat flour, potato and cheese curd stuffing, boiled in water for 4 min ³⁷	Poland	2019*	39	14	Normal, 13 BMI ≥25	50	322.1	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, whole blood	Glucometer	429
3966	Vegetable moussaka (Sunday's Catering, Steniotis Bros Ltd, Greece)	Greece	2013	35	12	Type 2, 24	50	333	Glucose, 2h	No	0,30,60,90, 120	Venous, serum	Enzymatic	430
3967	Wild greens pie (Sunday's Catering, Steniotis Bros Ltd, Greece)	Greece	2013	43	15	Type 2, 24	50	350	Glucose, 2h	No	0,30,60,90, 120	Venous, serum	Enzymatic	430
ISRAELI														
3968	Melawach (dough made from white wheat flour and butter, fried)	Israel	1990	61±10	21	Type 2, 9; Normal, 9	50	NS	Glucose, 3h	NS	0,30,60,120, 180	Venous, plasma	Enzymatic	407
3969	Melawach, fried wheat dough	Israel	1994	71±7	25	Type 2, 14	50	115	Glucose, 3h	NS	0,30,60,120, 180	NS, plasma	Enzymatic	431
3970	Melawach + 15 g locust bean (<i>Ceratonia siliqua</i>) fiber (soluble fiber)	Israel	1994	31±6	11	Type 2, 9	50	130	Glucose, 3h	NS	0,30,60,120, 180	NS, plasma	Enzymatic	431
3971	Melawach + 15 g lupin (<i>Lupinus albus</i>) fiber	Israel	1994	72±10	25	Type 2, 10	50	130	Glucose, 3h	NS	0,30,60,120, 180	NS, plasma	Enzymatic	431
3972	Melawach + 15 g maize cob fiber (insoluble fiber)	Israel	1994	59±10	21	Type 2, 9	50	130	Glucose, 3h	NS	0,30,60,120, 180	NS, plasma	Enzymatic	431
PIMA INDIAN														
3973	Acorns (<i>Quercus emoryi</i>), stewed with venison	USA	1988	16±1	6	Normal, 8	25	454	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	432
3974	Cactus jam (<i>Stenocereus thurberi</i>)	USA	1992	92±13	32	Normal, 8	25	58.8	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	433
3975	Corn hominy (<i>Zea mays</i>)	USA	1988	40±5	14	Normal, 8	25	125	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	432
3976	Fruit Leather (<i>Stenocereus thurberi</i>)	USA	1992	71±13	25	Normal, 8	25	58.8	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	433
3977	Lima beans broth (<i>Phaseolus lunatus</i>)	USA	1988	36±3	13	Normal, 8	25	195	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	432
3978	Mesquite cakes (<i>Prosopis velutina</i>)	USA	1988	25±3	9	Normal, 4	15	241	Glucose, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	432
3979	Tortilla, blend of nixtamal cornmeal (<i>Zea mays</i>) and ironwood seed meal (<i>Olneya tesota</i>), ratio 3:1	USA	1992	38±6	13	Normal, 8	50	115	Bread, 2h	Yes	0,15,30,45, 60,90,120	Capillary, plasma	Enzymatic	433

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
3980	White teparies broth (<i>Phaseolus acutifolius</i>)	USA	31±3	11	Normal, 8	25	197	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	432
3981	Yellow teparies broth (<i>Phaseolus acutifolius</i>)	USA	29±3	10	Normal, 8	25	239	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, plasma	Enzymatic	432
SOUTH AMERICAN													
3982	Arepa, corn bread cake, made with corn flour	Mexico	72	25	Normal, 6	75	NS	Glucose, 4h	NS	0,30,60,120,180,240	NS	Enzymatic	434
3983	Arepa, made from white corn meal flour ¹⁶	Venezuela	55±2	19	Normal, 10	50	141.6	Bread, 2h	No	0,30,45,60,90,120	Venous, NS	Enzymatic	435
3984	Arepa, made from white corn meal flour, supplemented with 20% stabilized rice bran ¹⁶	Venezuela	61±3	21	Normal, 10	50	155.5	Bread, 2h	No	0,30,45,60,90,120	Venous, NS	Enzymatic	435
3985	Arepa, made from ordinary dehulled dent corn flour (25% amylose)	USA	81	28	Normal, 9	45	105	Arepa ⁴⁷ , 2h	NS	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	436
3986	Arepa, made from dehulled high-amylose (70%) corn flour	USA	44	15	Normal, 9	45	180	Arepa ⁴⁷ , 2h	NS	0,30,45,70,95,120,180	Capillary, NS	Enzymatic	436
3987	Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla)	Mexico	37±4	13	Type 2, 9	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	437
3988	Burrito (made from scrambled eggs, tomato, onions, vegetable oil, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	Mexico	29±3	10	Type 2, 9	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	437
3989	Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans)	Mexico	51±9	18	Type 2, 11	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	437
3990	Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans), consumed with nopales (prickly pear cactus)	Mexico	35±8	12	Type 2, 11	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	437
3991	Corn tortilla, nixtamal process	Mexico	52±5	18	Normal, 8	50	120.4	Bread, 3.5h	NS	0,15,30,60,90,120,150,180,210	Venous, plasma	Enzymatic	223
3992	Corn tortilla, made from lime-treated whole corn meal, nixtamalization process	Mexico	60±4	21	Type 2, 7	50	120.4	Bread, 3.5h	NS	0,15,30,60,90,120,150,180,210	Venous, plasma	Enzymatic	224
3993	Corn tortilla bean taco, corn tortilla served with refried mashed pinto beans and tomato sauce	Mexico	52±3	18	Type 2, 7	50	533.1	Bread, 3.5h	NS	0,15,30,60,90,120,150,180,210	Venous, plasma	Enzymatic	224

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.	
3994	Corn tortilla, served with refried mashed pinto beans and tomato sauce	Mexico	1999	40±6	14	Normal, 8	50	533.1	Bread, 3.5h	NS	0,15,30,60,90,120,150,180,210	Venous, plasma	Enzymatic	223
3995	Corn tortilla, fried, with mashed potato, fresh tomato and lettuce	Mexico	1999	79±8	28	Normal, 8	50	609.8	Bread, 3.5h	NS	0,15,30,60,90,120,150,180,210	Venous, plasma	Enzymatic	223
3996	Corn tortilla potato taco, corn tortilla served with mashed potato, lettuce and tomato	Mexico	2000	86±9	30	Type 2, 7	50	609.8	Bread, 3.5h	NS	0,15,30,60,90,120,150,180,210	Venous, plasma	Enzymatic	224
3997	Ground beef served with rice and an orange	Chile	2001	22±6	8	Normal, 10	50	195	Bread, 2h	NS	0,15,30,60,120	Venous, serum	Enzymatic	438
3998	Ground beef served with mashed potatoes and an orange	Chile	2001	36±6	13	Normal, 10	50	530	Bread, 2h	NS	0,15,30,60,120	Venous, serum	Enzymatic	438
3999	Lentil soup, pureed, consumed with an orange	Chile	2001	35±6	12	Normal, 10	50	465	Bread, 2h	NS	0,15,30,60,120	Venous, serum	Enzymatic	438
4000	Molletes (Terea white bread, mayocoba refried beans, manchego cheese)	Mexico	2010	81	28	Normal, 12	50	210	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	439
4001	Mole (chicken, Dōna Maria mole sauce, corn tortilla, fried long grain rice)	Mexico	2010	66	23	Normal, 12	50	228	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	439
4002	Nopal (<i>Opuntia ficus indica</i>), dehydrated for 48 h at 55°C	Mexico	2014	33±4	12	Normal, 7	50	NS	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	YSI	440
4003	Nopales (prickly pear cactus)	Mexico	1991	7±12	2	Type 2, 27; Normal, 21	50	696	Bread, 3h	Yes	0,30,60,90,120,150,180	Venous, Serum	NS	321
4004	Pinhao, Brazilian Parana Pine seeds (<i>Araucaria angustifolia</i>) with coat, cooked for 1.5 h in 1 L of water	Brazil	2003	47±2	16	Normal, 6	NS	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	441
4005	Pinhao, without coat, cooked for 1h in 1L of water	Brazil	203	43±1	15	Normal, 6	NS	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	441
4006	Potato and vegetable soup, consumed with breakfast cereal	Chile	2001	58±11	20	Normal, 10	50	380	Bread, 2h	NS	0,15,30,60,120	Venous, serum	Enzymatic	438
4007	Pozole (Corn tostada, white hominy, pork, pasilla pepper, Guajilo pepper, lettuce)	Mexico	2010	66	23	Normal, 12	50	334	Glucose, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	439
4008	Quesadillas (made from low-fat cheese, avocado, boiled pinto beans and flour tortilla)	Mexico	2006	36±3	13	Type 2, 9	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	437
4009	Quesadillas (made from low-fat cheese, avocado, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	Mexico	2006	25±4	9	Type 2, 9	50	NS	Bread, 2h	Yes	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	437

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	Rep ref food	Timepoints (min)	Sample collection	Sample analysis method ⁴	Ref.
4010 Spaghetti served with beef tomato sauce and an orange	Chile	2001	30±5	11	Normal, 10	50	290	Bread, 2h	NS	0,15,30,60,120	Venous, serum	Enzymatic	438
4011 Spaghetti served with pressure-cooked white beans and an orange	Chile	2001	55±10	19	Normal, 10	50	450	Bread, 2h	NS	0,15,30,60,120	Venous, serum	Enzymatic	438
4012 Tamales													
4013 Tamales, made from maize (<i>Zea mays var. Huimilpan</i>) flour prepared using the traditional nixtamalization process with water and calcium hydroxide, steamed for 1.5 h ¹⁶	Mexico	2016	82±2	29	Normal, 10	50	99	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	442
4014 Tamales, made from maize (<i>Zea mays var. Huimilpan</i>) flour prepared using the ecological nixtamalization process with water and calcium carbonate, steamed for 1.5 h ¹⁶	Mexico	2016	60±3	21	Normal, 10	50	105	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	442
4015 Tamales, made from maize (<i>Zea mays var. Huimilpan</i>) flour prepared using the classical nixtamalization process with water and wood ash, steamed for 1.5 h ¹⁶	Mexico	2016	73±2	26	Normal, 10	50	99.4	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	442
4016 Tamales, made from maize (<i>Zea mays var. Huimilpan</i>) flour prepared using the classical nixtamalization process with water, steamed for 1.5 h ¹⁶	Mexico	2016	73±3	26	Normal, 10	50	100	Glucose, 2h	NS	0,15,30,45,60,90,120	Capillary, whole blood	Glucometer	442
4017 Wheat tortilla served with refried pinto beans and tomato sauce	Mexico	1999	28±9	10	Normal, 8	50	582.8	Bread, 3.5h	NS	0,15,30,60,90,120,150,180,210	Venous, plasma	Enzymatic	223
4018 Wheat tortilla bean taco, wheat tortilla served with refried pinto beans and tomato sauce	Mexico	2000	51±7	18	Type 2, 7	50	582.8	Bread, 3.5h	NS	0,15,30,60,90,120,150,180,210	Venous, plasma	Enzymatic	224

Abbreviations for Supplemental Table 2: GI, Glycemic index; SEM, standard error of mean; Avail carb, available carbohydrate; Rep ref food, repeated reference food; Ref., Reference; NS, not specified; IGT, impaired glucose tolerance; GDM, gestational diabetes mellitus; IR, insulin resistant.

Footnotes for Supplemental Table 2.

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 (Angel Holm, Sweden). Other refers to blood gas analyzer, unspecified spectrophotometric or colorimetric assay, or o-toluidine assay.
5. Sydney University's Glycemic Index Research Service (Sydney, Australia), unpublished observations.
6. GI calculated from the average 180 min incremental area under curve (iAUC) data included in the original article, using the formula: $iAUC_{\text{food}}/iAUC_{\text{reference food}} \times 100$.
7. Information provided by the authors of the original article.
8. GI value calculated from data provided in the original article or provided by the authors.
9. GI calculated from the average 120 min iAUC data included in the original article, using the formula: $iAUC_{\text{food}}/iAUC_{\text{reference food}} \times 100$.
10. Test food (50 g carb) served with butter, cheese and apricot jam. Reference food also served with same additions.
11. Test food (50 g carb) served with cheese and butter. Reference food served with same additions.
12. Test food (30 g carb) served with cheese, butter and apricot jam. Reference food also served with same additions.
13. Wholemeal barley bread used as the reference food with a GI value fixed at 71. The GI of the test food was calculated by expressing the test food's glucose iAUC value as a percentage of the wholemeal barley bread's iAUC value.
14. GI calculated in original article determined over 120 min.
15. Test bread served with margarine, jam, milk and tea. Reference food served with same additions.
16. Test portion calculated from nutritional information provided in original article.
17. SEM calculated from 95% confidence interval reported in original paper, using $(\text{upper limit} - \text{lower limit}) / 2 \times \text{tinv}(1 - 0.95, n - 1)$ (where n = subject number).
18. Test food served with 100 g tomato. Reference food served with same addition.
19. GI calculated from average 270 min iAUC data included in the original article using the $iAUC_{\text{food}}/iAUC_{\text{reference food}}$ formula $\times 100$.
20. Test food served with 40 g cucumber and 300 mL non-energy orange beverage. Reference food served with same additions.
21. GI calculated from average 240 min iAUC data included in the original article using the $iAUC_{\text{food}}/iAUC_{\text{reference food}}$ formula $\times 100$.
22. Test food served with margarine, low-joule jam, and milk. Reference food served with same additions.
23. Test food served with cheese. Reference food served with same addition.
24. GI calculated from average 150 min iAUC data included in the original article, using the formula: $iAUC_{\text{food}}/iAUC_{\text{reference food}} \times 100$.
25. Test food served with 125 mL tomato soup. Reference food tested with same addition.
26. Reference food iAUC results were pooled and used as the denominator to determine the GI value reported in the original article.
27. Test food served with 300 mL milk. Reference food served with same addition.
28. Test food (30 g carb) served with butter, apricot jam and milk. Reference food also served with same additions.
29. GI corrected for added milk and adjusted to represent a 50 g carbohydrate portion size in original article.
30. Test food served with lentils and vegetable oil. Reference food served with same additions.
31. F Brighenti, unpublished observations.
32. M Champ (INRA, France) and V Lang (Danone Vitapole Company, France), unpublished observations, 1998.
33. V Lang (Danone Vitapole Company, France), unpublished observations, 1996-2000.
34. GI calculated from average 300 min iAUC data included in the original article, using the formula: $iAUC_{\text{food}}/iAUC_{\text{reference food}} \times 100$.

35. Potato used as the reference food with a fixed value of 80. The GI value of the test food was calculated by expressing the test food's glucose iAUC value as a percentage of the potato's iAUC value.
36. International Diabetes Institute (Melbourne, Australia), unpublished observations, 2006-2007.
37. GI reported is median GI, not mean GI.
38. Test food served with 5 g butter. Reference food served with same addition.
39. Test portion used for study may have been based on total carbohydrate rather than available carbohydrate.
40. GI for sugars calculated from the glycemic response for a meal of sugar and rolled oats minus the glycemic response for the oats alone.
41. GI calculated from average 90 min iAUC data included in the original article, using the formula: $iAUC_{\text{food}}/iAUC_{\text{reference food}} \times 100$.
42. China National Research Institute of Food and Fermentation Industries GI Lab (Beijing, China), unpublished observations.
43. Total weight of the test food was equivalent to the stated available carbohydrate portion of the reference food. The carbohydrate content of the test food was assumed to be 100% available, which may be an overestimation.
44. 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.
45. Test food served with 150 g yoghurt. Reference food served with same addition.
46. Wheat chapatti was used as the reference food and given a GI value of 100. The GI value for the test food was measured by expressing the glucose iAUC value for the test food as a percentage of the iAUC value for the wheat chapatti.
47. Ordinary corn flour arepa was used as the reference food.