Table A2. Glycemic index (GI) and glycemic load (GL) values determined in subjects with impaired glucose tolerance, small subject numbers or values showing wide variability: 2008

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	BAKERY PRODUCTS								
	Cakes								
1880	Angel food cake (Loblaw's, Toronto, Canada)	67	95±7	Type 1 & 2, 9	Bread, 3h	137	50	29	19
1881	Carrot cake, prepared with coconut flour (Philippines)	39	55±4	Type 2, 10	Bread, 3h	2	60	23	9
1882	Pound cake (Sara Lee Canada, Bramalea, Canada)	54	77±8	Type 1 & 2, 10	Bread, 3h	137	53	28	15
1883	Sponge cake, plain (Canada)	46±6	66	Normal, 5	Glucose, 2h	33	63	36	17
1884	Croissant (Food City, Toronto, Canada)	67	96±6	Type 1 & 2, 13	Bread, 3h	137	57	26	17
1885	Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	69	98±4	Type 1 & 2, 13	Bread, 3h	137	50	19	13
1886	Doughnut, cake type (Loblaw's, Canada)	76	108±10	Type 1 & 2, 10	Bread, 3h	137	47	23	17
1887	Flan cake (Weston's Bakery, Toronto, Canada)	65	93±6	Type 1 & 2, 10	Bread, 3h	137	70	48	31
	Muffins								
1888	Blueberry muffin (Culinar Inc., Canada)	59	84±8	Type 1 & 2, 10	Bread, 3h	137	57	29	17
1889	Bran muffin (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	60	85±8	Type 1 & 2, 14	Bread, 2h	137	57	24	14
1890	Carrot muffin (Culinar Inc., Canada)	62	88±12	Type 1 & 2, 11	Bread, 3h	137	57	32	20
1891	Corn muffin, low-amylose[4]	102	146	Type 2, 9	Glucose, 3h	138	57	29	30
1892	Corn muffin, high-amylose[4]	49	70	Type 2, 9	Glucose, 3h	138	57	29	14
1893	Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	69	98±15	Type 1 & 2, 9	Bread, 3h	137	50	35	24
	Pancakes								
1894	Pancakes, prepared with coconut flour (Philippines)	51	72±6	Type 2, 10	Bread, 3h	2	80	22	11
1895	Pan de sal (sweet bread roll), containing coconut flour (Philippines)	68	97±6	Type 2, 10	Bread, 3h	2	80	36	24
1896	Pastry (Canada)	59±6	84	Normal, 5	Glucose, 2h	33	57	26	15
1897	Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76	109±6	Type 1 & 2, 10	Bread, 3h	137	35	13	10
	BEVERAGES								
1898	Lucozade®, original (sparkling glucose drink) (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)	95±10	136	Normal, 5	Glucose, 2h	33	250 mL	42	40
	Sports drinks								
1899	Allsport®, orange (PepsiCo Inc., Somers, NY, USA)	53±4	76	Normal, 5	Glucose, 2h	139	250 mL	21	11
1900	Cytomax®, orange (Cytosport, Concordia, CA, USA)	62±7	89	Normal, 5	Glucose, 2h	139	250 mL	11	7
1901	Gatorade®, orange flavor, US formula (Gatorade, Chicago, IL, USA)	89±12	127	Normal, 5	Glucose, 2h	139	250 mL	15	13
1902	GatorLode®, orange flavor (Gatorade, Chicago, IL, USA)	100±9	113	Normal, 5	Glucose, 2h	139	250 mL	51	51
1903	Poweraid®, orange (Coca-Cola Company, Atlanta, GA, USA)	65±5	93	Normal, 5	Glucose, 2h	139	250 mL	20	13
1904	XLR8®, orange flavor (Softpac Industries Inc., Plymouth, Minn, USA)	68±7	97	Normal, 5	Glucose, 2h	139	250 mL	13	9
	BREADS								
1905	Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72	103±5	Type 1 & 2, 13	Bread, 3h	137	70	35	25
	Baguette, white								
1906	Baguette, white, plain (France)	95±15	136	Type 2, 3	Glucose, 3h	140	30	15	14
1907	Classic French baguette (prepared with wheat flour, ascorbic acid, water, salt & 50 g yeast) (France)	83±6	119	Type 2, 8	Glucose, 3h	10	30	18	15
1908	Classic French baguette (prepared with wheat flour, ascorbic acid, water, salt & 50 g yeast) (France)	78±17	112	Normal, 9	Glucose, 3h	10	30	18	14
1909	French bread, fermented with leaven (France)	80±18	114	Normal, 9	Glucose, 3h	10	30	16	13
1910	French bread, fermented with yeast (France)	81±35	116	Normal, 9	Glucose, 3h	10	30	16	13
1911	Traditional French baguette (prepared with wheat flour, water, salt and 20 g yeast) (France)	69±5	99	Type 2, 8	Glucose, 3h	10	30	18	12
1912	Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74	106±10	Type 1 & 2, 10	Bread, 3h	137	30	21	16
	Barley Breads								
1913	Coarse barley kernel bread, 75% kernels	27	39±7	Type 2, 5	Bread, 3h	141	30	20	5
1914	Barley kernel bread, 50% kernels (Canada)	43	62±4	Type 2, 5	Bread, 3h	141	30	20	9

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
1915 Barley flour bread, 100% barley flour (Canada)	67	96±6	Type 2, 6	Bread, 3h	141	30	13	9
1916 Hamburger bun (Loblaw's, Toronto, Canada)	61	87±5	Type 1 & 2, 12	Bread, 3h	137	30	15	9
1917 Kaiser rolls (Loblaw's, Canada)	73	104±5	Type 1 & 2, 12	Bread, 3h	137	30	16	12
1918 Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70	100±6	Type 1 & 2, 11	Bread, 3h	137	30	23	16
Gluten-free bread								
1919 Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71	101±22	Type 2, 11	Bread, 3h	99	30	15	11
1920 Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80	114±21	Type 2, 12	Bread, 3h	99	30	15	12
1921 Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69	99±12	Type 2, 12	Bread, 3h	99	30	13	9
1922 Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76	109±13	Type 2, 12	Bread, 3h	99	30	13	10
Rye kernel (pumpernickel) bread								
1923 Rye kernel bread (Pumpernickel) (Canada)	41	58	Diabetic, number NS	Glucose, time NS	142	30	12	5
1924 Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46	66±7	Type 1 & 2, 9	Bread, 3h	137	30	11	5
1925 Wholemeal rye bread (75% rye flour with 25% cracked rye grains) (Schilstad bread, Aarhus, Denmark)	54	77±9	Type 1, 7	Bread, 3h	143	30	13	7
1926 Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55	78±3	Type 1 & 2, 14	Bread, 3h	144	30	12	7
1927 Cocktail, sliced (Kasselar Food Products, Toronto, Canada)	55	79±3	Type 2, 9	Bread, 3h	145	30	12	7
1928 Pumpernickel bread (Canada)	56	80	Type 2, ≤13	Bread, 3h	146	30	12	7
1929 Cocktail, sliced (Kasselar Food Products, Canada)	62	88±13	Type 1, 6	Bread, 3h	145	30	12	8
mean of seven studies	53±3	75±4				30	12	6
Wholemeal rye bread								
1930 Wholemeal rye bread (Canada)	41	58	Type 2, number NS	Glucose, time NS	147	30	14	6
1931 Wholemeal rye bread (Canada)	62	89±6	Type 1 & 2, 14	Bread, 3h	144	30	14	9
1932 Wholemeal rye bread (Canada)	63	90±7	Type 2, 9	Bread,3h	145	30	14	9
1933 Wholemeal rye bread (Canada)	66	94±10	Type 1, 6	Bread, 3h	145	30	14	9
mean of four studies	58±6	83±8				30	14	8
Specialty rye breads								
1934 Bürgen™ Dark/Swiss rye (Tip Top Bakeries, Australia)	74±6	106	Type 2, 14	Glucose, 2h	29	30	10	7
1935 Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67	95±6	Type 1 & 2, 10	Bread, 3h	137	30	13	9
1936 Light rye (Silverstein's Bakery, Toronto, Canada)	68	97±6	Type 1 & 2, 12	Bread, 3h	137	30	14	10
1937 Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	55	78±8	Type 1 & 2, 9	Bread, 3h	137	30	13	7
1938 Sourdough rye (Canada)	57	83	Type 2, 13	Bread, 3h	146	30	12	7
1939 Volkornbrot, wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	56	80±5	Type 1 & 2, 10	Bread, 3h	137	30	13	7
Wheat Breads								
Cracked wheat kernel (bulgur) bread								
1940 50% cracked wheat kernel (Canada)	58	83±4	Type 2, 6	Bread, 3h	141	30	20	12
1941 75% cracked wheat kernels (Canada)	48	69±4	Type 2, 6	Bread, 3h	141	30	20	10
White wheat flour bread								
1942 White flour (USA)[5]	70	100	Type 2, 5; IGT, 6	Bread, 3h	148	30	14	10
1943 White flour (Dempster's Corporate Foods Ltd., Canada)	71	101±9	Type 1 & 2, 12	Bread, 3h	137	30	14	10
1944 White flour (Canada)	71	102±5	Type 2, 6	Bread, 3h	149	30	14	10
1945 White flour (Israel)	78±5	111	Gestational DM, 8	Glucose, 2h	150	30	15	12
mean of four studies	73±2	104±3				30	14	10
1946 White wheat flour bread, hard, toasted (Italy)	73	104±5	Type 2, 9	Glucose, 3h	151	30	15	11
1947 White Turkish bread (Turkey)	87	124	Type 2, 52; Normal, 31	Glucose, 2h	152	30	17	15
White bread, fiber-enriched								
1948 White, high-fiber (Dempster's Corporate Foods Ltd., Canada)	67	96±6	Type 1 & 2, 13	Bread, 3h	137	30	13	9
1949 White, high-fiber (Weston's Bakery, Toronto, Canada)	69	98±5	Type 1 & 2, 12	Bread, 3h	137	30	13	9

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	White bread with enzyme inhibitors								
1950	White bread + acarbose (200 mg) (Mexico)	18	26±13	Type 2, 12	Bread, 3h	42	30	17	3
1951	White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor) (Switzerland)[6, 7]	48	69	Type 2, 6	Bread, 4h	153	30	12	6
1952	White bread roll + 6 mg trestatin (Switzerland)[6, 7]	29	42	Type 2, 6	Bread, 4h	153	30	12	3
	White bread with soluble fiber								
1953	White bread + 15 g psyllium fiber (*Plantago psyllium*) (Mexico)	41	59±10	Type 2, 12	Bread, 3h	42	30	17	7
	White bread with Sunfibre (*Cyamoposis tetragonolobus*) (Indian cluster guar beans)								
1954	White bread with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	53	75±8	Type 2, 9	Bread, 2h	45	30	16	8
1955	White bread with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Yokaichi Mie, Japan)	49	71±8	Type 2, 9	Bread, 2h	45	30	16	8
1956	White bread with 10 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	47	68±7	Type 2, 9	Bread, 2h	45	30	17	8
1957	White bread with 15 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	37	53±6	Type 2, 9	Bread, 2h	45	30	17	6
1958	White bread with 5 g Sunfibre, viscosity 2 (Taiyo Kagaku Co., Ltd, Japan), viscosity 2	39	55±6	Type 2, 9	Bread, 2h	45	30	16	6
	White bread consumed with fiber drink								
1959	White bread consumed with 5 g Sunfibre (Taiyo Kagaku Co., Ltd, Japan) dissolved in 250 mL water	46	65±7	Type 2, 9	Bread, 2h	45	-	-	-
1960	White bread consumed with 10 g Sunfibre (Taiyo Kagaku Co., Ltd, Japan) dissolved in 250 mL water	41	58±6	Type 2, 9	Bread, 2h	45	-	-	-
1961	White bread consumed with 10 g insoluble dextrin (Matsutani Chemical Industry Co. Ltd, Japan) in 250 mL water	48	69±7	Type 2, 9	Bread, 2h	45	-	-	-
1962	White bread with 10 g inulin (Orafti, Tienen, Belgium) in 250 mL water	46	66±7	Type 2, 9	Bread, 2h	45	-	-	-
	Wholemeal (whole wheat) wheat flour bread								
1963	Wholemeal flour (Canada)[5]	52	74±15	Type 2, 9	Bread, 3h	154	30	12	6
1964	Wholemeal flour (Canada)	64	92±11	Type 2, 6	Bread, 3h	141	30	12	8
1965	Wholemeal flour (Canada)	65	93	Diabetic, number NS	Glucose, time NS	142	30	12	8
1966	Wholemeal flour (Canada)	67	95±7	Type 2, 11	Bread, 3h	145	30	12	8
1967	Wholemeal flour (Canada)	67	96±5	Type 1 & 2, 14	Bread, 3h	144	30	12	8
1968	Wholemeal flour (Canada)	69	98±5	Type 1, 5	Bread, 3h	145	30	12	8
1969	Wholemeal flour (Canada)	69	99±6	Type 2, 6	Bread, 3h	155	30	12	8
1970	Wholemeal flour (Canada)	71	102±6	Type 2, 6	Bread, 3h	149	30	12	9
1971	Wholemeal flour (Denmark)[6, 7]	71	101±8	Type 1, 7	Bread, 3h	153	30	14	10
1972	Wholemeal flour (USA)[4]	73	104	Type 2, 8	Glucose, 3h	138	30	14	10
1973	Wholemeal flour (Kenya)	87	124±40	Type 2, 9	Bread, 2.5h	156	30	13	11
	mean of eleven studies	69± 2	98±4				30	13	9
1974	Wholemeal Turkish bread	49	70	Type 2, 52; Normal, 31	Glucose, 2h	152	30	16	8
	Specialty wheat breads								
1975	Bürgen® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)	69±6	99	Type 2, 13	Glucose, 2h	29	30	11	8
1976	Molenberg™ (Goodman Fielder, New Zealand)	84±8	120	Type 2, 14	Glucose, 2h	29	30	14	12
1977	Multigrain loaf, containing coconut flour (Philippines)	65	93±6	Type 2, 10	Bread, 3h	2	30	12	8
1978	Semolina bread (Kenya)[5]	64	92±7	Type 2, 10	Bread, 3h	157	-	-	-
1979	Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74	105±8	Type 1 & 2, 11	Bread, 3h	137	30	22	16
1980	Middle Eastern flatbread	97±29	139	Normal, 12	Glucose, 2h	124	30	16	15
1981	Pita bread, white (Canada)	57	82±10	Type 1 & 2, 7	Bread, 3h	137	30	17	10
1982	Pita bread, white (Sainsbury's, UK)	67±16	96	Normal, 10	Glucose, 2h	14	30	15	10
1983	Pita bread, white (Value, UK)	69±20	99	Normal, 10	Glucose, 2h	23	30	15	10
1984	Wheat flour flatbread (India)	66±9	94	Type 2, 6	Glucose, 3h[8]	158	30	16	11
1985	Amaranth : wheat (25:75) flour flatbread (India)	66±10	94	Type 2, 6	Glucose, 3h[8]	158	30	15	10
1986	Amaranth : wheat (50:50) flour flatbread (India)	76±20	109	Type 2, 6	Glucose, 3h[8]	158	30	15	11

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	BREAKFAST CEREALS								
1987	All-Bran™, high-fiber, extruded wheat bran cereal (Kellogg's Inc., Etobicoke, Canada)	50	72±5	Type 2, 6	Bread, 3h	149	30	23	12
1988	Amaranth (*Amaranthus esculentum*) popped, eaten with milk and non-nutritive sweetener (India)	97±19	139	Type 2 6	Glucose, 3h[8]	158	30	19	18
1989	Bran Buds™ (Kellogg's Inc., Canada)[9]	58	83±11	Type 1 & 2, 8	Bread, 3h	137	30	12	7
1990	Bran Buds with psyllium (Kellogg's Inc., Canada)[9]	47	67±4	Type 1 & 2, 13	Bread, 3h	137	30	12	6
1991	Bran Chex™ (Nabisco Brands Ltd., Toronto, Canada)[9]	58	83±6	Type 1 & 2, 10	Bread, 3h	137	30	19	11
1992	Cheerios™ (General Mills Inc., Etobicoke, Canada)[9]	74	106±9	Type 1 & 2, 10	Bread, 3h	137	30	20	15
1993	Corn Bran™ (Quaker Oats Co. of Canada, Peterborough, Canada)[9]	75	107±6	Type 1 & 2, 10	Bread, 3h	137	30	20	15
1994	Corn Chex™ (Nabisco Brands Ltd., Canada)[9]	83	118±11	Type 1 & 2, 9	Bread, 3h	137	30	25	21
	Cornflakes™								
1995	Cornflakes™ (Kellogg's, Auckland, New Zealand)	72±16	103	Normal, 11	Glucose, 2h	29	30	25	18
1996	Cornflakes™ (Kellogg's Inc., Canada)	86	123±5	Type 2, 7	Bread, 3h	149	30	26	22
1997	Cornflakes™ (Kellogg's, USA)[4]	92	130	Type 2, 9	Glucose, 3h	138	30	26	24
1998	Cornflakes (Kellogg's, France)	93±16	133	Normal, 11-14	Glucose, 2h	59	30	27	25
1999	Cornflakes (Kellogg's, MI, USA)	132±33	188	Normal, 6	Glucose, 3h	56	30	25	33
	mean of five studies	95±10	135±14				30	26	25
2000	Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada)[9]	74	105±6	Type 1 & 2, 9	Bread, 3h	137	30	23	17
2001	Cream of Wheat™ (Nabisco Brands Ltd., Canada)[9]	66	94±4	Type 1 & 2, 9	Bread, 3h	137	250	26	17
2002	Cream of Wheat™, Instant (Nabisco Brands Ltd., Canada)[9]	74	105±8	Type 1 & 2, 9	Bread, 3h	137	250	30	22
2003	Crispix™ (Kellogg's Inc., Canada)[9]	87	124±5	Type 1 & 2, 12	Bread, 3h	137	30	25	22
2004	Fruitful Lite™ (Hubbards, Auckland, New Zealand)	61±20	86	Normal, 9	Glucose, 2h	29	30	20	12
2005	Golden Grahams™ (General Mills Inc., Canada)[9]	71	102±12	Type 1 & 2, 9	Bread, 3h	137	30	25	18
2006	Grapenuts™ (Post, Kraft General Foods Inc., Canada)[9]	67	96±9	Type 1 & 2, 11	Bread, 3h	137	30	19	13
2007	Grapenuts™ Flakes (Post, Kraft General Foods Inc., Canada)[9]	80	114±8	Type 1 & 2, 10	Bread, 3h	137	30	22	17
2008	Life™ (Quaker Oats Co., Canada)[9]	66	94±8	Type 1 & 2, 9	Bread, 3h	137	30	25	17
2009	Muesli, No Name (Sunfresh Ltd., Toronto, Canada)[9]	60	85±12	Type 1 & 2, 9	Bread, 3h	137	30	18	11
	Oat bran								
2010	Oat bran, raw (Quaker Oats Co., Canada)[9]	50	72±6	Type 1 & 2, 11	Bread, 3h	137	10	5	2
2011	Oat bran, raw	59	84	Type 2, ≤13	Bread, 3h	146	10	5	3
2012	Oat Bran (Quaker Oats Co, Peterborough, ON, Canada)	60	86±6	Type 2, 16	Bread, 3h	159	10	6	4
	mean of three studies	56	81				10	5	3
2013	Oat bran crisp (Natureal® GI-crisp, Finn Cereal, Vantaa, Finland)[10, 11]	79	113	Type 2, 12	Glucose, 2h	160	30	13	10
2014	Oat bran flour (Natureal® GI-flour, Finn Cereal, Vantaa, Finland), consumed mixed with cold water[10, 11]	40	57	Type 2, 12	Glucose, 2h	160	30	6	2
	Porridge made from rolled oats								
2015	Porridge (Canada)	62	88	Diabetic, number NS	Glucose, time NS	142	250	23	14
2016	Porridge (Canada)	69	98±9	Type 2, 6	Bread, 3h	149	250	23	16
2017	Porridge (USA)[4]	75	107	Type 2, 8	Glucose, 3h	138	250	23	17
	mean of three studies	69	98				250	23	16
	Instant Porridge								
2018	Quick Oats (Quaker Oats Co., Canada)	65	93	Type 2, 6	Bread, 3h	161	250	26	17
2019	One Minute Oats (Quaker Oats Co., Canada)[9]	66	94±10	Type 1 & 2, 7	Bread, 3h	137	250	26	17
2020	Pro Stars™ (General Mills Inc., Canada)[9]	71	102±7	Type 1 & 2, 10	Bread, 3h	137	30	24	17
2021	Puffed Wheat (Quaker Oats Co., Canada)[9]	67	96±7	Type 1 & 2, 10	Bread, 3h	137	30	20	13
2022	Red River Cereal (Maple Leaf Mills, Toronto, Canada)[9]	49	70±5	Type 1 & 2, 9	Bread, 3h	137	30	22	11
2023	Rice Chex™ (Nabisco Brands Ltd., Canada)[9]	89	127±5	Type 1 & 2, 11	Bread, 3h	137	30	26	23
2024	Rice Krispies™ (Kellogg's Inc., Canada)[9]	82	117±5	Type 1 & 2, 12	Bread, 3h	137	30	26	22
2025	Shredded Wheat™ (Nabisco Brands Ltd., Canada)[9]	83	118±6	Type 1 & 2, 14	Bread, 3h	137	30	20	17
2026	Sultana Bran (Healthy Living, UK)	90±17	129	Normal, 10	Glucose, 2h	23	30	17	15
2027	Team™ (Nabisco Brands Ltd., Canada)[9]	82	117±9	Type 1 & 2, 10	Bread, 3h	137	30	22	18
2028	Thank Goodness™ (Hubbards, New Zealand)	65±18	93	Normal, 11	Glucose, 2h	29	30	23	15
2029	Total™ (General Mills Inc., Canada)[9]	76	109±6	Type 1 & 2, 10	Bread, 3h	137	30	22	17

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
2030 Wheat flakes, enriched with extruded oat-bran concentrate (8.1% ß-glucan) (Canada)	36	52±5	Type 2, 16	Bread, 3h	159	30	17	6
2031 Weetabix™, plain flaked wheat biscuits (Weetabix of Canada Ltd., Thornhill, Canada)[9]	74	105±8	Type 1 & 2, 11	Bread, 3h	137	30	22	16
2032 Juicy cereal bar (stavnata tycinka FIT, Usovsko, Czech Republic)	85±16	122	Normal, 11	Glucose, 2h	162	30	20	17
2033 Wheat flake bar, containing frutcose and extruded oat bran concentrate (6.5% ß-glucan) (Canada)	30	43±4	Type 2, 16	Bread, 3h	159	30	16	5
CEREAL GRAINS								
Amaranth								
2034 Amaranth (*Amaranthus esculentum*) popped, eaten with milk and non-nutritive sweetener (India)	97±19	139	Type 2, 6	Glucose, 3h[8]	158	30	22	21
Barley								
Pearl Barley								
2035 Barley, pearled (Canada)	22	32±3	Type 2, 12	Bread, 3h	145	150	41	9
2036 Barley (Canada)	22	31	Type 2,13	Bread, 3h	146	150	42	9
2037 Barley (Canada)	27	39±6	Type 2, 4	Bread, 3h	141	150	42	11
2038 Barley, pearled (Canada)	29	41±10	Type 1, 7	Bread, 3h	145	150	42	12
mean of four studies	25±2	36±2				150	42	11
2039 Barley (*Hordeum vulgare*) (India)	37	53	Type 2, 14	Bread, 3h	64	150	42	16
2040 Barley, cracked (Malthouth, Tunisia)	50	72±7	Type 1 & 2, 10	Bread, 3h	137	150	42	21
Buckwheat								
2041 Buckwheat (Canada)	49	70±6	Type 2, 12	Bread, 3h	145	150	30	15
2042 Buckwheat (Canada)	51±10	73	Normal, 5	Glucose, 2h	33	150	30	15
2043 Buckwheat (Canada)	63	90±8	Type 1, 6	Bread, 3h	145	150	30	19
mean of three studies	54	78				150	30	16
Corn/Maize								
2044 Maize meal porridge/gruel (Kenya)	109	156±15	Type 2, 13	Bread, 2.5h	156	-	-	-
Cornmeal								
2045 Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada)	68	97±5	Type 1 & 2, 12	Bread, 3h	137	150	13	9
2046 Cornmeal + margarine (McNair Products Co. Ltd., Canada)	69	99±10	Type 1 & 2, 12	Bread, 3h	137	150	12	8
Sweet corn								
2047 Sweet corn, cooked (Israel)	52±7	74	Gestational DM, 8	Glucose, 2h	150	150	33	17
2048 Sweet corn (Canada)	59±11	84	Normal, 5	Glucose, 2h	33	150	33	19
2049 Sweet corn (USA)[5]	60	85	Type 2, 5; IGT, 6	Bread, 3h	148	150	33	20
mean of three studies	57	81				150	33	19
2050 Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA)[5]	46	66	Type 2, 20	Bread, 3h	163	150	28	13
2051 Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	47	67±4	Type 1 & 2, 9	Bread, 3h	137	150	33	16
2052 Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	68	97±9	Type 1 & 2, 10	Bread, 3h	137	20	12	8
Couscous								
2053 Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA)	61	87±7	Type 1 & 2, 9	Bread, 3h	137	150	35	21
2054 Couscous, boiled 5 min (Tunisia)	69	99±6	Type 1 & 2, 9	Bread, 3h	137	150	34	23
Millet								
2055 Millet, boiled (Canada)	71±10	101	Normal, 5	Glucose, 2h	33	150	36	26
2056 Millet flour porridge (Kenya)	107	153±14	Type 2, 13	Bread, 2h	156	-	-	-
Rice, white								
2057 White (*Oryza sativa*), boiled (India)	69±15	99	Type 2, 6	Glucose, 3h[8]	158	150	43	30
Rice, boiled white, type NS								
2058 Type NS, boiled (France)	43	61	Type 2, 14	Glucose, 3h[12]	164	150	30	13
2059 Type NS, eaten alone (France)	45	64	Type 2, 30	Glucose, 3h[12]	164	150	30	14
2060 Type NS, boiled (France)	47	66	Type 2, 16	Glucose, 3h[12]	164	150	30	14
2061 Type NS (Canada)	51	73	Diabetic, number NS	Glucose, time NS	142	150	42	21

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
2062 Type NS (France)	52	74±9	Type 2, 6	Bread, 3h	102	150	36	19
2063 Type NS (Canada)	56	80±5	Type 2, 6	Bread, 3h	149	150	42	23
2064 Type NS (Pakistan)	69	98	Type 2, 22	Wheat chapatti[13], 3h	165	150	38	26
2065 Type NS (Kenya)	112	160±34	Type 2, 10	Bread, 2h	156	150	42	47
mean of eight studies	59±8	85±12				150	36	21
Long grain, boiled								
2066 Long grain, boiled 5 min (Canada)	41	58±4	Type 2, 13	Bread, 3h	166	150	40	16
2067 Gem long grain (Dainty Food Inc., Toronto, Canada)	55	79	Type 2, 10	Bread, 3h	89	150	40	22
2068 Long grain, boiled 25 min (Surinam)	56±2	80	Type 2, 3	Glucose, 3h	140	150	43	24
2069 Gem long grain (Dainty Food Inc., Canada)	57	82	Type 1, 6	Bread, 3h	89	150	40	23
2070 Long grain, boiled 15 min	58	83±5	Type 1, 5; Type 2, 13	Bread, 3h	166	150	40	23
2071 Gem long grain (Dainty Food Inc., Canada)	60	86±6	Type 2, 13	Bread, 3h	145	150	40	24
2072 Gem long grain (Dainty Food Inc., Canada)	60	86±11	Type 1, 6	Bread, 3h	145	150	40	24
2073 Long grain, nonglutinous (non waxy) rice variety RD 21/23 (low amylose), boiled (Thailand)	71	102	Type 2, 8	Glucose, 3h	167	150	41	29
mean of eight studies	57±3	82±4				150	41	23
Rice, specialty rices								
2074 Cajun Style, Uncle Ben's® (Effem Foods Ltd., Bolton, Canada)	51	72±13	Type 1 & 2, 8	Bread, 3h	137	150	37	19
2075 Garden Style, Uncle Ben's® (Effem Foods Ltd., Canada)	55	79±6	Type 1 & 2, 11	Bread, 3h	137	150	37	20
2076 Glutinous (waxy) rice, low-amylose, boiled (Thailand)	75	107	Type 2, 8	Glucose, 3h	167	-	-	-
2077 Long Grain and Wild, Uncle Ben's® (Effem Foods Ltd., Canada)	54	77±9	Type 1 & 2, 8	Bread, 3h	137	150	37	20
2078 Mexican Fast and Fancy, Uncle Ben's® (Effem Foods Ltd., Canada)	58	83±7	Type 1 & 2, 11	Bread, 3h	137	150	37	21
2079 Saskatchewan wild rice (Canada)	57	81±8	Type 1 & 2, 9	Bread, 3h	137	150	32	18
Rice, white low-amylose								
2080 White, low-amylose, boiled (Turkey)	17	24	Type 2, 52; Normal, 31	Glucose, 2h	152	150	43	7
Rice, white high-amylose								
2081 Bangladeshi rice variety BR16 (28% amylose)	37	53±7	Type 2, 12	Bread, 3h	168	150	39	14
2082 Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min	39	55±5	Type 2, 9	Bread, 3h	169	150	39	15
Japonica rice enriched with Sunfibre (*Cyamoposis tetragonolobus*) (soluble fiber)								
2083 Japonica rice with 3 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	54	77±8	Type 2, 9	Bread, 2h	45	150	40	22
2084 Japonica rice with 5 g Sunfibre, viscosity 1 (Taiyo Kagaku Co., Ltd, Japan)	54	78±8	Type 2, 9	Bread, 2h	45	150	40	22
Milled, white, high amylose rice								
2085 Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	61	87±11	Type 2, 9	Bread, 3h	72	150	43	26
2086 Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	59	84±7	Type 2, 10	Bread, 3h	73	150	43	25
2087 Milled (white), high amylose (IR42) rice, boiled 22 min (Philippines)	61	87±11	Type 2, 7	Bread, 3h	73	150	43	26
Rice, brown								
2088 Brown (*Oryza Sativa*), boiled (South India)[6]	50±19	72	Normal, 12-15	Glucose, 3h[12]	75	150	33	17
2089 Brown, high amylose (IR42) rice, boiled 30 min (Philippines)	39	56±12	Type 2, 9	Bread, 3h	72	150	42	16
Instant/puffed rice								
2090 Instant rice, white, boiled 1 min (Canada)	46	65±5	Type 2, 13	Bread, 3h	166	150	42	19
Parboiled rice								
2091 Parboiled rice (Canada)	48	68±6	Type 2, 13	Bread, 3h	145	150	36	17
2092 Parboiled rice (USA)[5]	72	103	Type 2, 5; IGT, 6	Bread, 3h	148	150	36	26
2093 Converted, white, Uncle Ben's® (Effem Foods Ltd., Canada)	45	64±7	Type 1, 5	Bread, 3h	145	150	36	16
2094 Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)[5]	50	72	Type 2, 20	Bread, 3h	163	150	36	18

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
2095 Boiled, 12 min (Denmark)[4]	39	55±10	Type 2, 7	Bread, 2h	170	150	36	14
2096 Boiled, 12 min (Denmark)	42	60±8	Type 2, 7	Bread, 2h	170	150	36	15
2097 Boiled, 12 min (Denmark)	43	62±9	Type 2, 11	Bread, 5h	171	150	36	15
2098 Boiled, 12 min (Denmark)	46	66±5	Type 2, 12	Bread, 5h	171	150	36	17
2099 Long grain, boiled 5 min (Canada)	38	54±5	Type 2, 13	Bread, 3h	166	150	36	14
2100 Long grain, boiled, 10 min (USA)[4]	61	87	Type 2, 8	Glucose, 3h	138	150	36	22
2101 Long grain, boiled 15 min (Canada)	47	67±5	Type 1, 5, Type 2, 13	Bread, 3h	166	150	36	17
2102 Long grain, boiled 25 min (Canada)	46	66±4	Type 2, 13	Bread, 3h	166	150	36	17
mean of twelve studies	48±3	69±4				150	36	17
2103 Parboiled rice, eaten as part of a traditional Indian meal (India)[6]	99	141	Type 2, 20	Glucose, 2h	172	-	-	-
Parboiled, low-amylose								
2104 Bangladeshi rice variety BR2, parboiled (12% amylose)	51	73±7	Type 2, 12	Bread, 3h	169	150	38	19
Parboiled, high-amylose								
2105 Bangladeshi rice variety BR16, parboiled (28% amylose)	35	50±7	Type 2, 12	Bread, 3h	168	150	37	13
2106 Bangladeshi rice variety BR16, traditionally parboiled (27% amylose)	32	46±8	Type 2, 9	Bread, 3h	169	150	38	12
2107 Bangladeshi rice variety BR16, pressure parboiled (27% amylose)	27	39±6	Type 2, 9	Bread, 3h	169	150	41	11
2108 Bangladeshi rice variety BR4, parboiled (27% amylose)	33	47±4	Type 2, 12	Bread, 3h	168	150	38	13
mean of four studies	32±2	46±2				150	39	12
Rye, whole kernels								
2109 Rye, whole kernels (Canada)	29	42±7	Type 2, 9	Bread, 3h	145	50 (dry)	38	11
2110 Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	34	47±5	Type 1, 5; Type 2, 9	Bread, 3h	144	50 (dry)	38	13
2111 Rye, whole kernels (Canada)	39	56±12	Type 1, 7	Bread, 3h	145	50 (dry)	38	15
mean of three studies	34	48				50 (dry)	38	13
Wheat								
Wheat, whole kernels								
2112 Wheat, whole kernels (Canada)	42	60±8	Type 2, 11	Bread, 3h	145	50 (dry)	33	14
2113 Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	44	63±6	Type 1, 6; Type 2, 11	Bread, 3h	144	50 (dry)	33	14
2114 Wheat, whole kernels (Canada)	48	69±7	Type 1, 7	Bread, 3h	145	50 (dry)	33	16
mean of three studies	45	64				50 (dry)	33	15
2115 Wheat, type NS (India)[11]	63	91	Normal, 5	Glucose, 2h	66	50 (dry)	38	24
2116 Wheat, type NS (India)[6]	90	129	Type 2, 20	Glucose, 2h	172	50 (dry)	38	34
Semolina								
2117 Semolina, roasted at 105°C then gelatinised with water (India)	55±9	79	Type 2, 6	Glucose, 2h	173	150	11	6
2118 Semolina, steamed and gelatinised (India)	54±13	77	Type 2, 6	Glucose, 2h	173	150	11	6
Cracked wheat (bulgur/bourghul)								
2119 Bulgur, boiled (Canada)	46	66±4	Type 2, 6	Bread, 3h	141	150	26	12
2120 Bulgur, boiled in 800 mL water 20 min (Canada)	46	65±4	Type 1, 5; Type 2, 12	Bread, 3h	144	150	26	12
2121 Bulgur, boiled (Canada)	46	65	Type 2, ≤13	Bread, 3h	146	150	26	12
2122 Bulgur, boiled 20 min (Canada)	46	65±5	Type 2, 12	Bread, 3h	145	150	26	12
2123 Bulgur, boiled 20 min (Canada)	53	75±13	Type 1, 6	Bread, 3h	145	150	26	14
mean of five studies	47±1	67±2				150	26	12
COOKIES								
Arrowroot								
2124 Arrowroot (McCormicks's, Interbare Foods, Toronto, Canada)	63	90±4	Type 1 & 2, 13	Bread, 3h	137	25	20	13
2125 Arrowroot plus (McCormicks's, Canada)	62	88±7	Type 1 & 2, 9	Bread, 3h	137	25	18	11
2126 Chocolate chip cookies, containing coconut flour (Philippines)	50	71±7	Type 2, 10	Bread, 3h	2	25	16	8

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	Digestives								
2127	Digestives (Canada)	55	79±9	Type 2, 6	Bread, 3h	149	25	16	9
2128	Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada)	62	88±7	Type 1 & 2, 13	Bread, 3h	137	25	15	9
2129	Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	58	83±14	Type 2, 11	Bread, 3h	99	25	17	10
2130	Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand)	77±25	110	Normal, 10	Glucose, 2h	29	25	17	13
2131	Graham Wafers (Christie Brown & Co., Toronto, Canada)	74	106±9	Type 1 & 2, 9	Bread, 3h	137	25	18	13
2132	Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland)	57	81±6	Type 1 & 2, 12	Bread, 3h	137	25	15	8
2133	Macaroons, prepared with coconut flour (Philippines)	33	47±4	Type 2, 10	Bread, 3h	2	30	18	6
2134	Oro (Saiwa, Italy)	67±17	96	Normal, 13	Glucose, 2h	UO[14]	40	32	21
2135	Vanilla Wafers (Christie Brown & Co., Canada)	77	110±4	Type 1 & 2, 8	Bread, 3h	137	25	18	14
	CRACKERS								
2136	Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	67	96±4	Type 1 & 2, 10	Bread, 3h	137	25	14	9
	Rye crispbread								
2137	Rye crispbread (Canada)	63	90	Type 2, number NS	Glucose, time NS	147	25	16	10
2138	Rye crispbread (Ryvita Company Ltd., UK)	63	90±4	Type 1 & 2, 12	Bread, 3h	137	25	18	11
2139	High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	59	84±7	Type 1 & 2, 9	Bread, 3h	137	25	15	9
2140	Premium Soda Crackers (Christie Brown & Co., Canada)	74	106±5	Type 1 & 2, 10	Bread, 3h	137	25	17	12
2141	Stoned Wheat Thins (Christie Brown & Co., Canada)	67	96±4	Type 1 & 2, 11	Bread, 3h	137	25	17	11
	DAIRY PRODUCTS AND ALTERNATIVES								
	Ice cream, Regular/NS								
2142	Ice cream, NS (Canada)	36±8	51	Normal, 5	Glucose, 2h	33	50	13	5
2143	Ice cream, NS (USA)[15]	62	89	Type 2, 7	Glucose, 5h	174	50	12	7
2144	Ice cream, chocolate flavored (USA)	68±15	97	Type 2, 12	Glucose, 3h	175	50	14	10
2145	Ice cream (half vanilla, half chocolate) (Italy)[16]	80	114±31	Type 2, 14	Bread, 2h	76	50	13	10
	mean of four studies	62±9	88±13				50	13	8
	Milk, full-fat								
2146	Full-fat (Italy)[16]	24	34±9	Type 2, 14	Bread, 2h	76	250 mL	12	3
2147	Full-fat (USA)[15]	40	57	Type 2, 7	Glucose, 5h	174	250 mL	11	4
2148	Milk, Full-fat + 20 g wheat bran (Italy)[16]	25	35±11	Type 2, 14	Bread, 2h	76	250 mL	12	3
2149	Probiotic drink, pink grapefruit (UK)[4]	60±18	86	Normal, 10	Glucose, 2h	23	250 mL	33	20
	Yoghurt								
2150	Yoghurt, type NS (Canada)	36±4	51	Normal, 5	Glucose, 2h	33	200	9	3
2151	Yoghurt, Strawberry (Healthy Living Light, UK)[4]	45±16	64	Normal, 9	Glucose, 2h	23	200	12	5
2152	Yoghurt, low-fat, toffee (UK)[4]	51±18	73	Normal, 10	Glucose, 2h	23	200	29	15
	Soy-based dairy product alternatives								
2153	Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA)	115±14	164	Type 2, 12	Glucose, 3h	175	50	9	10
	FRUIT AND FRUIT PRODUCTS								
	Apples, raw								
2154	Apple, NS (Denmark)	28	40±11	Type 2, 8	Bread, 3h	176	120	13	4
2155	Apple, Braeburn (New Zealand)[4]	32±4	46	Type 2, IGT, 15	Glucose, 3h	177	120	13	4
2156	Apple, NS (Canada)	34	48	Type 2, number NS	Glucose, time NS	147	120	16	5
2157	Apple, NS (USA)[15]	40	57	Type 2, 7	Glucose, 5h	174	120	16	6
2158	Apple, NS (Italy)	44	63±3	Type 2, 7	Bread, 3h	178	120	13	6
	mean of five studies	36±3	51±4				120	14	5
	Apricots								
2159	Apricots, raw, NS (Italy)	57	82±3	Type 2, 7	Bread, 3h	178	120	9	5
2160	Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	64	91±6	Type 2, 9	Bread, 3h	179	120	19	12

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
2161 Apricots, dried (Wasco foods, Montreal, Canada)	32	46±7	Type 2, 9	Bread, 3h	179	60	30	10
Banana, raw								
2162 Banana (Canada)	46	66	Diabetic, number NS	Glucose, time NS	142	120	25	12
2163 Banana (Israel)	49±6	70	Gestational DM, 9	Glucose, 2h	150	120	25	12
2164 Banana (Italy)	58	83±3	Type 2, 8	Bread, 3h	178	120	23	13
2165 Banana (Canada)	58	83±7	Type 2, 6	Bread, 3h	149	120	25	15
2166 Banana, ripe (all yellow) (USA)[15]	51	73	Type 2, 7	Glucose, 5h	180	120	25	13
2167 Banana, under-ripe (Denmark)[7, 17]	30	43±10	Type 2, 10	Bread, 4h	181	120	21	6
2168 Banana, slightly under-ripe (yellow with green sections) (USA)[15]	42	60	Type 2, 7	Glucose, 5h	180	120	25	11
2169 Banana, over-ripe (yellow flecked with brown) (USA)[15]	48	69	Type 2, 7	Glucose, 5h	180	120	25	12
2170 Banana, over-ripe (Denmark)[7, 17]	52	74±9	Type 2, 10	Bread, 4h	181	120	20	11
mean of nine studies	48±3	69±4				120	24	11
2171 Cherries, raw, sour (Canada)	22	32	Type 2, number NS	Glucose, time NS	147	120	12	3
2172 Chico (*Zapota zapotilla coville*), raw (Philippines)[4]	40	57	Type 2, 10	Bread, 3h	182	120	29	12
2173 Dates, dried (Australia)	103±21	147±30	Normal, 10	Bread, 2h	UO[18]	60	40	42
2174 Dates, NS type (Israel)	62±4	88	Gestational DM, 7	Glucose, 2h	150	60	33	21
2175 Fruit Cocktail, canned (Delmonte Canadian Canners Ltd., Hamilton, Canada)	55	79±5	Type 2, 8	Bread, 3h	179	120	16	9
2176 Grapefruit, raw (Canada)	25	36	Type 2, number NS	Glucose, time NS	147	120	11	3
Grapes, raw								
2177 Grapes, NS (Canada)	43	62	Type 2, number NS	Glucose, time NS	147	120	17	7
2178 Grapes, NS (Italy)	49	70±3	Type 2, 9	Bread, 3h	178	120	19	9
2179 Kiwi fruit, Hayward (New Zealand)[4]	47±4	68	Type 2 & IGT, 15	Glucose, 3h	177	120	12	6
Mango, raw								
2180 Mango (*Mangifera indica*) (Philippines)[4]	41	59	Type 2, 10	Bread, 3h	182	120	20	8
2181 Mango, ripe (*Mangifera indica*) (India)[6]	60±16	86	Normal, 12-15	Glucose, 3h[12]	75	120	15	9
Oranges, raw								
2182 Oranges, NS (Denmark)	31	44±13	Type 2, 8	Bread, 3h	176	120	11	3
2183 Orange, NS (Israel)	47±5	67	Gestational DM, 8	Glucose, 2h	150	120	12	6
2184 Oranges, NS (Italy)	48	68±2	Type 2, 8	Bread, 3h	178	120	11	5
2185 Oranges (Sunkist, Van Nuys, CA, USA)	48	69±11	Type 2, 10	Bread, 3h	179	120	11	5
2186 Oranges NS (Canada)	51	73	Type 2, number NS	Glucose, time NS	147	120	11	6
mean of five studies	45±4	64±5				120	11	5
Papaya/Paw paw, raw								
2187 Papaya/Paw paw, raw (*Carica papaya*) (Philippines)[4]	60	86	Type 2, 10	Bread, 3h	182	120	15	9
2188 Paw paw (papaya), ripe (India)[6]	60±16	86	Normal, 12-15	Glucose, 3h[12]	75	120	29	17
Peach, raw								
2189 Peach, raw (Canada)	28	40	Type 2, number NS	Glucose, time NS	147	120	13	4
2190 Peach, raw (Italy)	56	80±3	Type 2, 7	Bread, 3h	178	120	8	5
2191 Peach, canned in light syrup (Delmonte, Canadian Canners Ltd., Canada)	52	74±7	Type 2, 11	Bread, 3h	179	120	18	9
Pear, raw								
2192 Pear, raw, NS (Canada)	33	47	Type 2, number NS	Glucose, time NS	147	120	13	4
2193 Pear, Winter Nellis, raw (New Zealand)[4]	34±4	49	Type 2, IGT, 15	Glucose, 3h	177	120	12	4
2194 Pear, Bartlett, raw (Canada)	41	58±7	Type 2, 13	Bread, 3h	179	120	8	3
2195 Pear, raw, NS (Italy)	42	60±2	Type 2, 8	Bread, 3h	178	120	11	5
mean of four studies	38±2	54±3				120	11	4
2196 Pear, canned in pear juice, Bartlett (Delmonte, Canadian Canners Ltd., Canada)	44	63±6	Type 2, 10	Bread, 3h	179	120	11	5
2197 Pineapple (*Ananas comosus*), raw (Philippines)[4]	51	73	Type 2, 10	Bread, 3h	182	120	16	8
Plum, raw								
2198 Plum, raw, NS (Canada)	24	34	Type 2, number NS	Glucose, time NS	147	120	14	3
2199 Plum, raw, NS (Italy)	53	75±3	Type 2, 7	Bread, 3h	178	120	11	6
2200 Raisins (Israel)	66±6	94	Gestational DM, 9	Glucose, 2h	150	60	43	28
FRUIT JUICES								
Apple juice								
2201 Apple juice, unsweetened (USA)[15]	41	59	Type 2, 7	Glucose, 5h	174	250 mL	30	12
2202 Apple juice, unsweetened (Allens, Toronto, Canada)	41	59±8	Type 2, 6	Bread, 3h	179	250 mL	30	12

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
2203 Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	69±5	Type 2, 13	Bread, 3h	179	250 mL	20	9
2204 Orange juice, reconstituted from frozen concentrate (USA)[15]	57±6	81±8	Type 2, 7	Glucose, 5h	174	250 mL	26	15
2205 Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	66±3	Type 2, 13	Bread, 3h	179	250 mL	34	15
LEGUMES AND NUTS								
2206 Baked beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada)	56	80±8	Type 2, 7	Bread, 3h	183	150	15	9
2207 Beans, dried, boiled, type NS (Italy)[16]	20	28±14	Type 2, 14	Bread, 2h	76	150	30	6
2208 Blackeyed beans/peas (Cowpeas), boiled (Canada)	50	71±5	Type 2, 6	Bread, 3h	149	150	30	15
Butter Beans								
2209 Butter beans, dried, soaked, cooked 1.25 h (South Africa)	29±8	41	Type 2, 21; Type 1, 8; and Normal, 11	Glucose, 2h	184	150	20	6
2210 Butter beans, dried, boiled + 5 g sucrose (South Africa)	30±2	43	Type 2, 21; Type 1, 8; and Normal, 11	Glucose, 2h	184	150	20	6
2211 Butter beans, dried, boiled + 10 g sucrose (South Africa)	31±2	44	Type 2, 21; Type 1, 8; and Normal, 11	Glucose, 2h	184	150	20	6
2212 Butter beans, dried, boiled + 15 g sucrose (South Africa)	54±4	77	Type 2, 21; Type 1, 8; and Normal, 11	Glucose, 2h	184	150	20	11
Chickpeas (Garbanzo beans, Bengal gram), boiled								
2213 Chickpeas, dried, boiled (Canada)	31	44±8	Type 2, 6	Bread, 3h	183	150	30	9
2214 Chickpeas (Canada)	33	47±9	Type 2, 7	Bread, 3h	149	150	30	10
2215 Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	42	60±7	Type 2, 11	Bread, 3h	183	150	22	9
2216 Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	41	58±7	Type 1 & 2, 7	Bread, 3h	137	150	16	7
Haricot/Navy beans								
2217 Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	29	41±5	Type 2, 7	Bread, 3h	155	150	33	9
2218 Haricot/Navy beans, dried, boiled (Canada)	30	43±5	Type 2, 7	Bread, 3h	183	150	30	9
2219 Haricot/Navy beans, pressure cooked at15 psi for 25 min (King Grains, Canada)	59	84±10	Type 1, 6	Bread, 3h	155	150	33	19
mean of three studies	39	56				150	32	12
Kidney Beans								
2220 Kidney beans (USA)[4]	23	33	Type 2, 8	Glucose, 3h	138	150	25	6
2221 Kidney beans, dried, boiled (France)	23±1	33	Type 2, 3	Glucose, 3h	140	150	25	6
2222 Kidney beans, dried, boiled (Canada)	42	60±6	Type 2, 8	Bread, 3h	183	150	25	10
2223 Kidney beans (Canada)	46	66±7	Type 2, 7	Bread, 3h	149	150	25	11
mean of four studies	34±6	48±9				150	25	9
2224 Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	52	74±8	Type 2, 11	Bread, 3h	183	150	17	9
Lentils								
2225 Lentils, type NS (USA)[4]	28	40	Type 2, 8	Glucose, 3h	138	150	18	5
Lentils, green								
2226 Lentils, green, dried, boiled (Canada)	22	31±5	Type 2, 11	Bread, 3h	183	150	18	4
2227 Lentils, green, dried, boiled (France)	30±15	43	Type 2, 3	Glucose, 3h	140	150	18	5
2228 Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	52	74±5	Type 2, 11	Bread, 3h	183	150	17	9
Lentils, red								
2229 Lentils, red, dried, boiled (Canada)	18	25	Normal, 3	Bread, 1h	185	150	18	3
2230 Lentils, red, dried, boiled (Canada)	21	30±4	Type 2, 14	Bread, 3h	145	150	18	4
2231 Lentils, red, dried, boiled (Canada)	31	44±7	Type 2, 7	Bread, 3h	149	150	18	6
2232 Lentils, red, dried, boiled (Canada)	32	45±9	Type 1, 11	Bread, 3h	145	150	18	6
mean of four studies	26±4	36±5				150	18	5
2233 Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	32	46±13	Type 1 & 2, 5	Bread, 3h	137	150	30	10
2234 Marrowfat peas, dried, boiled (USA)[4]	31	44	Type 2, number NS	Glucose, time NS	138	150	19	6

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
2235 Peas, dried, boiled (Australia)	22	32	Type 2, number NS	Glucose, time NS	51	150	9	2
Pinto beans								
2236 Pinto beans, dried, boiled (Canada)	39	55±6	Type 2, 9	Bread, 3h	183	150	26	10
2237 Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	45	64±6	Type 2, 9	Bread, 3h	183	150	22	10
2238 Romano beans (Canada)	46	65±7	Type 2, 6	Bread, 3h	149	150	18	8
2239 Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada)	32	45±4	Type 1 & 2, 8	Bread, 3h	137	150	19	6
MEAL REPLACEMENT & WEIGHT MANAGEMENT PRODUCTS								
2240 Boost®, vanilla flavor (Mead Johnson, Evansville, Ind, USA)	53±4	76	Normal, 5	Glucose, 2h	139	250 mL	44	23
2241 Boost High-Protein®, vanilla flavor (Mead Johnson, Evansville, Ind, USA)	59±9	84	Normal, 5	Glucose, 2h	139	250 mL	36	21
2242 Chocolate soya weight management drink (UK)[16]	73±17	104	Normal, 10	Glucose, 2h	32	250 mL	36	26
2243 GatorPro®, chocolate flavor (Gatorade, Chicago, IL, USA)	89±8	127	Normal, 5	Glucose, 2h	12	250 mL	45	40
2244 Met-RX ®, vanilla (Met-RX substrate Technology Inc., Irvine, CA, USA)	58±16	83	Normal, 5	Glucose, 2h	12	250 mL	10	6
2245 Optifuel (Twin Laboratories Inc, Ronkonkowa, NY, USA)	78±8	112	Normal, 5	Glucose, 2h	139	250 mL	35	27
MIXED MEALS AND CONVENIENCE FOODS								
2246 Fish Fingers (Canada)	38±6	54	Normal, 5	Glucose, 2h	33	100	19	7
2247 Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) (Israel)	65±6	93	Type 2, 7; Normal, 7	Glucose, 3h[12]	186	150	48	31
Pizza								
2248 Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada)	60	86±5	Type 1 & 2, 12	Bread, 3h	137	100	27	16
2249 Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy)	80	114±14	Type 2, 9	Bread, 3h	151	100	27	22
2250 Sausages, NS type (Canada)	28±6	40	Normal, 5	Glucose, 2h	33	100	3	1
2251 Stirfried vegetables with chicken and boiled white rice, home made (Australia)	73±17	104	Normal, 8	Glucose, 2h	90	360	75	55
2252 White boiled rice, grilled beefburger, cheese, and butter (France)	27	38	Type 2, 16	Glucose, 3h[12]	164	440	50	14
2253 White boiled rice, grilled beefburger, cheese and butter (France)	22	32	Type 2, 14	Glucose, 3h[12]	164	440	50	11
White bread with accompaniments								
2254 Classic French Baguette with 10 g butter and 2 slices of ham (25 g) (France)	59±16	84	Normal, 9	Glucose, 3h	10	100	42	25
2255 White bread with butter (Canada)	59	84±10	Type 2, 6	Bread, 3h	155	100	48	28
2256 White bread with Haricot/navy beans (Canada)	42	60±8	Type 2, 7	Bread, 3h	155	100	29	12
2257 White bread with Haricot/navy beans (Canada)	54	77±7	Type 1, 6	Bread, 3h	155	100	29	16
2258 White bread with butter and skim milk cheese (Canada)	62	89±9	Type 2, 5	Bread, 3h	155	100	38	23
2259 White bread with skim milk cheese (Canada)	55	79±10	Type 2, 6	Bread, 3h	155	100	47	26
2260 White/wholemeal wheat bread with peanut butter (Canada)	51	73±6	Type 1, 6	Bread, 3h	155	100	44	23
2261 White/wholemeal wheat bread with peanut butter (Canada)	67	95±9	Type 1, 6	Bread, 3h	155	100	44	29
NUTRITIONAL SUPPORT PRODUCTS								
2262 Biosorb® drink, standard (Nutricia N.V., Netherlands)[4]	50±16	72	Normal, 9	Glucose, 3h	96	250 mL	31	15
2263 Ensure™, vanilla flavor (Abbott Laboratories, Columbus, Ohio, USA)	75±10	107	Normal, 5	Glucose, 2h	139	250 mL	44	33
2264 Nutridrink® enteral formula (Nutricia N.V., Netherlands)[4]	61±19	87	Normal, 10	Glucose, 3h	96	250 mL	46	28
2265 Nutridrink Multi Fibre® enteral formula (Nutricia N.V., Netherlands)[4]	53±19	76	Normal, 10	Glucose, 3h	96	250 mL	46	24

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	NUTS								
	Peanuts								
2266	Peanuts (Canada)[4]	13±6	19	Normal, 5	Glucose, 2h	33	50	7	1
2267	Peanuts (Mexico)[4]	23	33±17	Normal, 21; Type 2, 27	Bread, 3h	187	50	7	2
	PASTA and NOODLES								
2268	Capellini (Primo Foods Ltd., Toronto, Canada)	45	64±8	Type 1 & 2, 8	Bread, 3h	137	180	45	20
2269	Instant noodles (Mr Noodle, Vancouver, Canada)	47	67±8	Type 1 & 2, 10	Bread, 3h	137	180	40	19
	Mung bean noodles								
2270	Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	37±6	Type 1 & 2, 9	Bread, 3h	137	180	45	12
2271	Mung bean noodles, boiled (Thailand)	45	64	Type 2, 8	Glucose, 3h	167	180	45	20
2272	Imitation mung bean noodles, boiled (Thailand)	51	73	Type 2, 8	Glucose, 3h	167	-	-	-
	Macaroni								
2273	Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45	64±8	Type 1 & 2, 13	Bread, 3h	188	180	49	22
2274	Macaroni, plain, boiled (Turkey)	48	69	Type 2, 52; Type 1, 31	Glucose, 2h	152	180	49	23
2275	Macaroni, boiled (Italy)[7]	56	80	Type 1, 12	Bread, 4h	189	180	48	27
	mean of three studies	50	71				180	48	24
2276	Macaroni and Cheese, boxed (Kraft General Foods Inc., Don Mills, Ontario, Canada)	64	92±5	Type 1 & 2, 9	Bread, 3h	137	180	51	33
	Rice noodles/pasta								
2277	Rice noodles made from IR42 (high amylose) rice flour, boiled for 22 min (Philippines)	45	64±7	Type 2, 10	Bread, 3h	73	-	-	-
2278	Rice noodles made from IR42 (high amylose) rice flour, boiled for 22 min (Philippines)	46	66±7	Type 2, 7	Bread, 3h	73	-	-	-
2279	Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58	83±5	Type 1 & 2, 9	Bread, 3h	137	180	39	23
	Spaghetti								
2280	Spaghetti, homemade, durum wheat, no monoglyceride, boiled 6 min (Denmark)	59	84±13	Type 2, 7	Bread, 3h	190	180	48	28
2281	Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27	38±4	Type 1& 2, 13	Bread, 3h	188	180	52	14
	Spaghetti, white, boiled 5 min								
2282	Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32	45±6	Type 1& 2, 13	Bread, 3h	188	180	48	15
2283	Boiled 5 min (Canada)	34	49±7	Type 2, 11	Bread, 3h	145	180	48	16
2284	Boiled 5 min (Canada)	40	57±8	Type 1, 6	Bread, 3h	188	180	48	19
2285	Boiled 5 min (Middle East)	44	63±9	Type 1, 7	Bread, 3h	145	180	48	21
	mean of four studies	38±3	54±4				180	48	18
	Spaghetti, white or type NS, boiled 10-15 min								
2286	White, durum wheat, boiled 12 min (Denmark)	34	49±7	Type 2, 7	Bread, 3h	190	180	48	16
2287	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32	46±5	Type 1& 2, 13	Bread, 3h	188	180	48	15
2288	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36	52±7	Type 2, 7	Bread, 3h	145	180	48	17
2289	Boiled 15 min (Canada)	41	59±11	Type 1, 4	Bread, 3h	145	180	48	20
	mean of four studies	36±2	52±3				180	48	17
2290	Spaghetti, Durum wheat, boiled 20 min (USA)	64±15	91	Type 2, 3	Glucose, 3h	140	180	43	27
	Spaghetti, white, boiled								
2291	White (Denmark)	33	47±9	Type 2, 6	Bread, 3h	191	180	48	16
2292	White, durum wheat (Catelli Ltd, Montreal, Canada)[5]	34	48±5	Type 2, 9	Bread, 3h	154	180	48	16
2293	White (Australia)[5]	38	54±13	Type 2, 10	Bread, 3h	157	180	44	17
2294	White (Israel)	42±7	60	Gestational DM, 7	Glucose, 2h	150	180	48	20
2295	White (Canada)	42	60±9	Type 2, 6	Bread, 3h	149	180	48	20
2296	White (Italy)	42	59	Type 2, 7	Bread, 5h	192	180	46	19
2297	White (Canada)	45	64±6	Type 2, 7	Bread, 2h	193	180	48	22
2298	White (Canada)	48	68	Diabetic, number NS	Glucose, time NS	142	180	48	23
	mean of eight studies	41±2	58±3				180	47	19
2299	Spaghetti, wholemeal, boiled (Australia)[5]	32	46±7	Type 2, 10	Bread, 3h	157	180	44	14
2300	Star Pastina, white, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	38	54±6	Type 1 & 2, 13	Bread, 3h	188	180	48	18

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
2301	Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50	71±5	Type 1 & 2, 8	Bread, 3h	137	180	21	10
2302	Wheat (egg) noodles, boiled (Thailand)	57	82	Type 2, 8	Glucose, 3h	167	-	-	-
	SNACK FOODS AND CONFECTIONERY								
2303	Brownies, containing coconut flour (Philippines)	43	61±6	Type 2, 10	Bread, 2h	2	50	27	12
2304	Burger Rings™, barbeque-flavored (Smith's Snack Food Co, Chatswood, NSW, Australia)	90±16	129	Normal, 10	Glucose, 2h	UO[18]	50	31	28
2305	Chocolate crinkles, containing coconut flour (Philippines)	54	77±4	Type 2, 10	Bread, 2h	2	50	23	12
2306	Chocolate, milk, plain, low-sugar with maltitol (Belgium)[4]	35±16	50	Normal, 8	Glucose, 3h	104	50	22	8
2307	Corn chips, Nachips™ (Old El Paso Foods Co., Canada)	74	106±8	Type 1 & 2, 9	Glucose, 2h	137	50	29	21
2308	Granola bar, containing coconut flour (Philippines)	50	72±5	Type 2, 10	Bread, 2h	2	50	20	10
2309	Juicy cereal bar (Stavnata Tycinka FIT, Usovsko, Czech Republic)	85±16	122	Normal, 11	Glucose, 2h	162	30	20	17
	SPORTS (ENERGY) BARS								
2310	Clif bar, Cookies & Cream flavor (Clif Bar Inc, Berkeley, CA, USA)	101±6	144	Normal, 5	Glucose, 2h	139	65	49	49
2311	MET-Rx Bar, vanilla flavor (Met-Rx Sibstrate Technology Inc, Irvine, CA, USA)	74±12	106	Normal, 5	Glucose, 2h	139	65	33	24
2312	Power bar®, chocolate (Powerfood Inc, Berkeley, CA, USA)	83±11	119	Normal, 5	Glucose, 2h	139	65	45	37
2313	PR-bar, Cookies 'N Cream flavor (Twin Laboratories Inc, Ronkonkowa, NY, USA)	81±12	116	Normal, 5	Glucose, 2h	139	65	28	23
	SOUPS								
2314	Black Bean soup (Wil-Pack Foods, San Pedro, CA, USA)	64	92±9	Type 1 & 2, 6	Bread, 3h	137	250	27	17
2315	Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	66	94±7	Type 1 & 2, 10	Bread, 3h	137	250	41	27
2316	Lentil, canned (Unico, Concord, Canada)	44	63±6	Type 1 & 2, 9	Bread, 3h	137	250	21	9
2317	Noodle soup (traditional Turkish soup with stock and noodles)	1	1	Normal, 31; Type 2, 52	Glucose, 2h	152	250	9	0
2318	Split Pea (Wil-Pak Foods, USA)	60	86±12	Type 1 & 2, 5	Bread, 3h	137	250	27	16
2319	Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers)	20	29	Normal, 31; Type 2, 52	Glucose, 2h	152	-	-	-
2320	Tomato soup (Canada)	38±9	54	Normal, 5	Glucose, 2h	33	250	17	6
	SUGARS, SYRUPS, AND SUGAR ALCOHOLS								
	Fructose								
2321	50 g portion	20±5	29	Normal, 5	Glucose, 2h	33	10	10	2
2322	50 g portion	21	30	Type 2, number NS	Glucose, time NS	147	10	10	2
2323	50 g portion (Sigma Chemical Company, St. Louis, MO, USA)[15]	24	34	Type 2, 7	Glucose, 5h	174	10	10	2
2324	25 g portion, fed with oats[19]	25	35±12	Type 2, 6	Bread, 3h	161	10	10	2
	mean of four studies	23±1	32±1				10	10	2
	Glucose								
2325	50 g portion (dextrose)[5]	85	121	Type 2, 20	Bread, 3h	163	10	10	9
2326	25 g portion, fed with oats[19]	92	131±13	Type 2, 6	Bread, 3h	161	10	10	9
2327	50 g portion[5]	93	132	Type 2, 5; IGT, 6	Bread, 3h	148	10	10	9
2328	50 g portion	96	137	Diabetic, number NS	Glucose, time NS	142	10	10	10
	mean of four studies	92±2	130±3				10	10	9
	Glucose consumed with American ginseng (*Panax quinquefolius L.*)								
2329	25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng[4, 11]	78	112	Type 2, 9	Glucose, 2h	110	10	10	8
2330	25 g glucose (Glucodex) 40 min after 3 g dried ginseng[4, 11]	80	115	Type 2, 9	Glucose, 2h	110	10	10	8

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
2331	100 g Glucose + 20 g cellulose[20] (CSIR Biochemical Unit, New Delhi, India)	103±5	147	Normal, 5	Glucose, 2h	194	10	10	10
	Glucose consumed with a mixed meal								
2332	30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate) (France)	55	79	Type 2, 16	Glucose, 3h[12]	164	250	35	19
2333	30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate) (France)	57	81	Type 2, 14	Glucose, 3h[12]	164	250	35	20
2334	25 g glucose with 30 g oat bran flour (Natureal® GI-flour, Finn Cereal, Vantaa, Finland)[4]	80	114	Type 2, 12	Glucose, 2h	160	10	10	8
2335	Locust honey (Romania)[4, 11]	32	46	Type 2, 32	Glucose, 2h	195	25	21	7
	Lactose								
2336	50 g portion (Sigma Chemical Company, USA)[15]	43	61	Type 2, 7	Glucose, 5h	174	10	10	4
2337	25 g portion, fed with oats[19]	48	69±10	Type 2, 6	Bread, 3h	161	10	10	5
	Sucrose								
2338	50 g portion (Sigma Chemical Company, USA)[15]	58	83	Type 2, 7	Glucose, 5h	174	10	10	6
2339	50 g portion	59±10	84	Normal, 5	Glucose, 2h	33	10	10	6
2340	50 g portion	60	86	Type 2, number NS	Glucose, time NS	147	10	10	6
2341	25 g portion, fed with oats[19]	64	91±18	Type 2, 6	Bread, 3h	161	10	10	6
2342	30 g portion[16]	82	117±22	Type 2, 14	Bread, 2h	76	10	10	8
2343	25 g portion[4]	110±21	157	Normal, 8	Glucose, 3h	104	10	10	11
	mean of six studies	72±8	103±12				10	10	7
	Sugar alcohols and sugar-replacement compounds - GI values based on the assumption that their carbohydrate is available								
2344	Isomalt (Sudzucker AG, Mannheim, Germany)[21]	2±1	3	Normal, 10	Glucose, 2h	UO[18]	10	10	0
2345	Isomaltulose, Palatinose™ (Sudzucker AG, Mannheim, Germany)[21]	32±3	46	Normal, 10	Glucose, 2h	UO[18]	10	10	3
	Lactitol								
2346	25 g lactitol[5, 22]	-1±7	-1	Normal, 8	Glucose, 3h	196	10	10	0
2347	25 g lactitol MC (Danisco sweeteners, Surrey, UK)[22]	3±1	4	Normal, 10	Glucose, 2h	UO[18]	10	10	0
	Litesse								
2348	25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK)[22]	7±2	5	Normal, 10	Glucose, 2h	UO[18]	10	10	1
2349	25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK)[22]	4±2	6	Normal, 10	Glucose, 2h	UO[18]	10	10	0
2350	Lycasin® HBC, syrup containing 50-55% maltitol, 5-8% sorbitol and 35-40% hydrogenated oligo-saccharides (lab 2212, Roquette, France)[21]	47±10	67	Normal, 6	Glucose, 3h	197	10	10	5
2351	Lycasin® HBC, syrup containing 50-55% maltitol, 5-8% sorbitol and 35-40% hydrogenated oligo-saccharides (lab 2212, Roquette, France)[21]	25±6	36	Type 2, 6	Glucose, 3h	197	10	10	3
	Maltitol-based sweeteners or bulking agents								
2352	Maltitol, 50 g portion (Japan)[21]	26	32	Normal, 16	Glucose, 2h	114	10	10	3
2353	25 g Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium)[22]	30±12	43	Normal, 8	Glucose, 3h	104	10	10	3
2354	25 g Maltidex 100 (> 72% maltitol) (Cerestar, Vilvoorde, Belgium)[22]	44±11	63	Normal, 8	Glucose, 3h	104	10	10	4
2355	Maltitol and Sucrose mixture (25 g Maltitol + 25 g Sucrose) (Japan)[21]	46	66	Normal, 19	Glucose, 2h	114	10	10	5
2356	25 g Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium)[22]	73±29	104	Normal, 8	Glucose, 3h	104	10	10	7
2357	25 g Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium)[22]	89±28	127	Normal, 8	Glucose, 3h	104	10	10	9
2358	Tagatose sugar replacement, Gaio® (Arla Foods, Germany)[21]	3±1	4	Normal, 10	Glucose, 2h	UO[18]	10	10	0
	Xylitol								
2359	25 g xylitol[22]	7±7	10	Normal, 8	Glucose, 3h	196	10	10	1
2360	25 g Xylitol C (Danisco Sweeteners, UK)[22]	8±2	12	Normal, 10	Glucose, 2h	UO[18]	10	10	1

	Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
							g	*g/serve*	
	VEGETABLES								
2361	Broad beans (Canada)[4]	79±16	113	Normal, 6	Glucose, 2h	33	80	11	9
	Green peas								
2362	Pea, cooked (Israel)	35±4	50	Gestational DM, 8	Glucose, 2h	150	80	15	5
2363	Pea, frozen, boiled (Canada)[4]	39	55	Type 2, number NS	Glucose, time NS	142	80	7	3
	Sweet corn								
2364	Sweet corn, cooked (Israel)	52±7	74	Gestational DM, 8	Glucose, 2h	150	150	33	17
2365	Sweet corn (Canada)	59±11	84	Normal, 5	Glucose, 2h	33	80	18	11
2366	Sweet corn, boiled (USA)[5]	60	85	Type 2, 5; IGT, 6	Bread, 3h	148	80	18	11
	mean of three studies	57	81				80	23	13
2367	Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA)[5]	46	66	Type 2, 20	Bread, 3h	163	80	14	6
2368	Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto, Canada)	47	67±4	Type 1 & 2, 9	Bread, 3h	137	80	15	7
	Root vegetables								
2369	Beetroot (Canada)[4]	64±16	91	Normal, 5	Glucose, 2h	33	80	7	4
	Carrots								
2370	Carrots, raw (Romania)[4, 11]	16	23	Type 2, 30	Glucose, 2h	195	80	8	1
2371	Carrots, NS (Canada)[4]	92±20	131	Normal, 5	Glucose, 2h	33	80	6	6
2372	Carrots, peeled, boiled, ground to smooth paste (Australia)	60±17	86	Normal, 7	Glucose, 2h	51	80	6	4
2373	Cassava, boiled, with salt (Kenya, Africa)	46	65±12	Type 2, 14	Bread, 2.5h	156	100	27	12
2374	Parsnips (Canada)[4]	97±19	139	Normal, 5	Glucose, 2h	33	80	12	12
	Potato								
	Baked potato								
2375	Ontario, white, baked in skin (Canada)	60	85±4	Type 1 & 2, 16	Bread, 3h	137	150	30	18
	Baked, Russet Burbank potatoes								
2376	Russet, baked without fat (Canada)	56	80±5	Diabetic, 7	Bread, time NS	198	150	30	17
2377	Russet, baked without fat, 45-60 min (USA)[5]	78	112	Type 2, 20	Bread, 3h	163	150	30	23
2378	Russet, baked without fat (USA)[5]	94	134	Type 2, 5; IGT, 6	Bread, 3h	148	150	30	28
	mean of three studies	76	109				150	30	23
	Boiled potato								
2379	Desiree, peeled, quartered, boiled 15 min in unsalted water (UK)	77±17	110	Normal, 10	Glucose, 2h	118	150	17	13
2380	Maris Peer potato, peeled, quartered, boiled 15 min in unsalted water (UK)	94±16	134	Normal, 10	Glucose, 2h	118	150	29	27
2381	Nardine, boiled (New Zealand)	70±17	100	Normal, 8	Glucose, 2h	29	150	25	18
2382	Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada)	58	83±5	Type 1 & 2, 16	Bread, 3h	137	150	27	16
2383	Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada)	63	90±7	Type 1 & 2, 12	Bread, 3h	137	150	18	11
	Boiled/cooked, white/Type NS								
2384	Type NS (Kenya, Africa)	24	34±9	Type 2, 14	Bread, 2.5h	156	150	28	7
2385	White, cooked (Romania)[4, 11]	41	59	Type 2, 30	Glucose, 2h	195	150	30	12
2386	Potatoes (Germany)	49	70	Diabetic, NS	Glucose, NS	147	150	30	15
2387	White, boiled (Canada)	54	77±8	Diabetic, 7	Bread, time NS	198	150	27	15
2388	Type NS, boiled 19 min (Denmark)	56	80±9	Type 2, 6	Bread, 3h	191	150	19	11
2389	Potatoes, white (Italy)	61	88	Type 2, 7	Bread, 5h	192	150	26	16
2390	Type NS, peeled, boiled (Lebanon)	85	122±18	Normal, 5, IR, 4	Bread, 3h	199	150	30	26
	mean of seven studies	53±7	76±10				150	27	14
	Boiled potato cooked then cooled								
2391	Type NS, peeled, boiled and then cooled to 26°C (Lebanon)	54	78±12	Normal, 5, IR, 4	Bread, 3h	199	150	30	16
	Canned potatoes								
2392	Prince Edward Island, canned, heated in microwave (Avon, Cobi Foods Inc., Port Williams, Canada)	61	87±8	Type 1 & 2, 9	Bread, 3h	137	150	18	11
	French Fries								
2393	French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	75	107±6	Type 1 & 2, 6	Bread, 3h	137	150	29	22

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
Instant Mashed potato								
2394 Instant (France)	74±12	106	Type 2, 3	Glucose, 3h	140	150	20	15
2395 Instant (Carnation Foods Co. Ltd., Manitoba, Canada)	86	123±5	Type 1 & 2, 16	Bread, 3h	137	150	20	17
2396 Instant (Canada)	88	126±6	Diabetic, 7	Bread, time NS	198	150	20	18
2397 Instant (UK)	95±16	136	Normal, 10	Glucose, 2h	14	150	18	17
mean of four studies	86±4	123±6				150	20	17
Mashed potato								
2398 Type NS (Canada)	67	96±7	Diabetic, 7	Bread, time NS	198	150	20	13
2399 Ontario, white, peeled, cubed, boiled 15 min, mashed (Canada)	73	104±5	Type 1 & 2, 14	Bread, 3h	137	150	27	20
2400 Prince Edward Island, peeled, cubed, boiled 15 min mashed (Canada)	73	104±4	Type 1 & 2, 14	Bread, 3h	137	150	18	13
mean of three studies	71	101				150	22	15
Microwaved potato								
2401 Type NS, microwaved (USA)[4]	82	117	Type 2, 8	Glucose, 3h	138	150	33	27
New Potato								
2402 New (Canada)	47	67	Diabetic, number NS	Glucose, time NS	142	150	21	10
2403 New (Canada)	54	77±11	Type 2, 6	Bread, 3h	149	150	21	11
Steamed potato								
2404 Potato dumplings (60% white potatoes, 40% white wheat flour, boiled in salted water), consumed with olive oil, tomato sauce and parmesan cheese (Italy)	52	74±12	Type 2, 8	Bread, 3h	151	150	45	23
Sweet potato								
2405 Sweet potato, NS (Canada)	48±6	69	Normal, 5	Glucose, 2h	33	150	34	16
2406 Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada)	59	84±5	Type 1 & 2, 13	Bread, 3h	137	150	30	18
2407 Sweet potato, kumara (New Zealand)	78±6	111	Type 2, 14	Glucose, 2h	29	150	25	20
mean of three studies	62	88				150	30	19
Swede								
2408 Swede (rutabaga) (Canada)[4]	72±8	103	Normal, 5	Glucose, 2h	33	150	10	7
Tapioca								
2409 Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	81	115±9	Type 1 & 2, 10	Bread, 3h	137	250	18	14
2410 Tapioca, boiled (India)[6]	93±2	133	Type 2, 6	Glucose, 2h	200	250	18	17
Yam								
2411 Yam, peeled, boiled (New Zealand)	25±4	36	Type 2, 13	Glucose, 2h	29	150	36	9
2412 Yam (Canada)	51±12	73	Normal, 5	Glucose, 2h	33	150	36	18
INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS								
AFRICAN								
2413 Cassava, boiled, with salt (Kenya)	46	65±12	Type 2, 14	Bread, 2.5h	36	100	27	12
2414 Ga Kenkey, prepared from fermented cornmeal (*Zea mays*) (Ghana)[23]	44±6	62	Type 2, 9	Glucose, 2h[24]	201	150	41	18
2415 Gari, roasted cassava dough (*Manihot utilissima*) (Ghana)[23]	49±3	70	Type 2, 9	Glucose, 2h[24]	201	100	27	13
2416 Green plantain (*musa paradisiaca*), boiled (Ghana)[23]	41±5	58	Type 2, 9	Glucose, 2h[24]	201	120 (raw)	37	15
2417 Maize meal porridge/gruel (Kenya)	109	156±15	Type 2, 13	Bread, 2.5h	36	50 (dry)	38	41
2418 Millet flour porridge/gruel (Kenya)	107	153±14	Type 2, 13	Bread, 2.5h	36	-	-	-
2419 White rice (*Oryza sativa*), boiled (Ghana)[23]	40±6	57	Type 2, 9	Glucose, 2h[24]	201	150	42	17
2420 White yam (*Dyscoria* species) (Ghana)[23]	65±7	93	Type 2, 9	Glucose, 2h[24]	201	150	40	26
ARABIC AND TURKISH								
2421 Kibbeh saynieh (made with lamb and burghul)	61±16	87	Normal, 12	Glucose, 2h	124	120	15	9
2422 Majadra (Syrian, lentils and rice)	24±5	34	Type 2, 9; Normal, 9	Glucose, 3h[12]	186	250	41	10
2423 Middle Eastern flatbread	97±29	139	Normal, 12	Glucose, 2h	124	30	17	16
2424 Moroccan Couscous (stew of semolina, chickpeas, vegetables)	58±9	83	Type 2, 8; Normal, 8	Glucose, 3h[12]	186	250	29	17
2425 Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	20	29	Type 2, 52; Normal, 31	Glucose, 2h	152	-	-	-
2426 Turkish bread, white wheat flour	87	124	Type 2, 52; Normal, 31	Glucose, 2h	152	30	17	15

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
2427 Turkish bread, whole wheat	49	70	Type 2, 52; Normal, 31	Glucose, 2h	152	30	16	8
2428 Turkish noodle soup	1	1	Type 2, 52; Normal, 31	Glucose, 2h	152	250	9	0
ASIAN								
2429 Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	37±6	Type 1 & 2, 9	Bread, 3h	137	180	45	12
2430 Rice vermicelli, Kongmoon (National Cereals, China)	58	83±5	Type 1 & 2, 9	Bread, 3h	137	180	39	23
2431 Stirfried vegetables, chicken and rice, home made (Australia)	73±17	104	Normal, 8	Glucose, 2h	90	360	75	55
ASIAN INDIAN								
2432 Amaranth (*Amaranthus esculentum*), popped, eaten with milk and non-nutritive sweetener	97±19	139	Type 2, 6	Glucose, 3h[8]	158	30	19	18
2433 Appam (thin pancake made from fermented rice flour batter with tender coconut) eaten with Bengal gram curry[6]	90±4	129	Type 2, 6	Glucose, 2h	200	250	64	58
2434 Bajra (*Penniseteum typhoideum*), eaten as roasted bread made from bajra flour	55±13	79	Type 2, 6	Glucose, 2h	202	75 (dry)	50	28
2435 Bajra (*Penniseteum typhoideum*)	67	96	Type 2, 6	Bread, 3h	64	75 (dry)	50	34
2436 Barley (*Hordeum vulgare*)	37	53	Type 2, 6	Bread, 3h	64	150	37	14
Chapatti								
2437 Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	66±10	94	Type 2, 6	Glucose, 3h[8]	158	60	30	20
2438 Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd amd tomato curry	76±20	108	Type 2, 6	Glucose, 3h[8]	158	60	30	23
2439 Chapatti, baisen (Pakistan)	27	39	Type 2, 11	Wheat chapatti[13], 3h	165	-	-	-
2440 Chapatti, bajra (*Pennisetum typhoideum*)	67	96	Type 2, 14	Bread, 3h	64	-	-	-
2441 Chapatti, barley	37	53	Type 2, 14	Bread, 3h	64	-	-	-
2442 Chapatti, maize (*Zea mays*)	64	92	Type 2, 14	Bread, 3h	64	-	-	-
2443 Chapatti, wheat, served with bottle gourd and tomato curry	66±9	94	Type 2, 6	Glucose, 3h[8]	158	60	32	21
2444 Chapatti, wheat flour, thin, with green gram (*Phaseolus aureus*) dhal	81±4	116	Type 2, 8	Glucose, 2h	126	200	50	41
2445 Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35±4	50	Normal, 5	Glucose, 2h	203	100	20	7
2446 Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31±6	44	Type 2, 5	Glucose, 2.5h	203	150	30	9
2447 Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	77±3	110	Type 2, 9	Glucose, 2h	126	150	39	30
2448 Green gram, whole with varagu (*Paspalum scorbiculatum*), pressure cooked	57±6	81	Type 2, 6	Glucose, 2h	202	80 (dry)	50	29
2449 Green gram dhal with varagu, pressure cooked	78±12	111	Type 2, 6	Glucose, 2h	202	78 (dry)	50	39
2450 Idiappam (steamed rice flour dough with tender coconut) eaten with Bengal gram curry[6]	86±4	123	Type 2, 6	Glucose, 2h	200	250	61	52
2451 Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	77±2	110	Type 2, 10	Glucose, 2h	126	250	52	40
2452 Jowar, roasted bread made from Jowar flour (*Sorghum vulgare*)	77±8	110	Type 2, 6	Glucose, 2h	202	70 (dry)	50	39
2453 Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	24±4	34	Normal, 5 females	Glucose, 2h	203	50	31	7
2454 Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	29±4	41	Type 2, 5 males	Glucose, 2h	203	50	31	9
2455 Millet/Ragi (*Eleucine coracana*)[6]	84	120	Type 2, 20	Glucose, 2h	172	70 (dry)	50	42
2456 Millet/Ragi (*Eleucine coracana*) flour eaten as roasted bread	104±13	149	Type 2, 6	Glucose, 2h	202	70 (dry)	50	52
2457 Pongal (rice and roasted green gram dhal, pressure cooked)	90±3	129	Type 2, 10	Glucose, 2h	126	250	52	47
2458 Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	82±2	117	Type 2, 8	Glucose, 2h	126	150	41	34
2459 Puttu (rice flour, steamed with tender coconut) eaten with Bengal gram curry[6]	79±4	113	Type 2, 6	Glucose, 2h	200	250	74	58

Food Number and Item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (type & number)	Reference food & time period	Ref.	Serve Size	Avail. carbo-hydrate	GL[3] per serve
						g	*g/serve*	
2460 Rice (*Oryza Sativa*), boiled served with bottle gourd and tomato curry	69±15	99	Type 2, 6	Glucose, 3h[8]	158	150	38	26
Semolina								
2461 Semolina (*Triticum aestivum*), steamed	55±9	79	Type 2, 30	Glucose, 2h[25]	173	67 (dry)	50	28
2462 Semolina (*Triticum aestivum*), pre-roasted	76±6	109	Type 2, 30	Glucose, 2h[25]	173	67 (dry)	50	38
2463 Semolina (*Triticum aestivum*) with fermented black gram dhal *(Phaseolus mungo*)	46±12	66	Type 2, 30	Glucose, 2h[25]	173	71 (dry)	50	23
2464 Semolina (*Triticum aestivum*) with fermented green gram dhal (*Phaseolus aureus*)	62±20	89	Type 2, 30	Glucose, 2h[25]	173	71 (dry)	50	31
2465 Semolina (*Triticum aestivum*) with fermented bengal gram dhal (*Cicer arietum*)	54±7	77	Type 2, 30	Glucose, 2h[25]	173	71 (dry)	50	27
2466 Varagu (*Paspalum scorbiculatum*), pressure cooked 15lb 12-15 min	68±8	97	Type 2, 6	Glucose, 2h	202	76 (dry)	50	34
2467 Upittu (roasted semolina and onions, cooked in water)	67±3	96	Type 2, 12	Glucose, 2h	126	150	42	28
2468 Uppuma kedgeree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3	25	Normal, 5	Glucose, 2h	203	150	33	6
2469 Uppuma kedgeree (millet, legumes, fenugreek seeds; roasted and cooked in water)	19±3	28	Type 2, 5	Glucose, 2h	203	150	33	6
2470 Varagu (*Paspalum scorbiculatum*), pressure cooked 15lb 12-15 min	68±8	97	Type 2, 6	Glucose, 2h	202	76 (dry)	50	34
ISRAELI								
2471 Melawach (dough made from white wheat flour and butter, fried)	61±10	87	Type 2, 9; Normal, 9	Glucose, 3h[12]	186	115	53	32
2472 Melawach	71±7	101	Type 2, 14	Glucose, 3h[12]	204	115	53	38
2473 Melawach + 15 g locust bean (*Ceratonia siliqua*) fiber (soluble)	31±6	44	Type 2, 9	Glucose, 3h[12]	204	130	53	16
2474 Melawach + 15 g maize cob fiber (insoluble)	59±10	84	Type 2, 9	Glucose, 3h[12]	204	130	53	31
2475 Melawach + 15 g lupin (*Lupinus albus*) fiber	72±10	103	Type 2, 10	Glucose, 3h[12]	204	130	53	38
PACIFIC ISLANDERS								
2476 Sweet potato, kumara (New Zealand)	78±6	111	Type 2, 14	Glucose, 2h	29	150	25	20
2477 Yam, peeled, boiled (New Zealand)	25±4	36	Type 2, 13	Glucose, 2h	29	150	36	9
PIMA INDIAN								
2478 Mesquite cakes (*Prosopis velutina*)[4]	25±3	36	Normal, 4	Glucose, 2h	129	60	4	1
SOUTH AMERICAN								
2479 Black Beans	30	43±17	Type 2, 27; Normal, 21	Bread, 3h	187	150	23	7
2480 Brown beans	38	54±15	Type 2, 27; Normal, 21	Bread, 3h	187	150	25	9
2481 Burrito (made from scrambled eggs, tomato, onions, vegeatble oil, boiled pinto beans and flour tortilla)	37±4	53±6	Type 2, 9	Bread, 2h	205	-	-	-
2482 Burrito (made from scrambled eggs, tomato, onions, vegeatble oil, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	29±3	41±5	Type 2, 9	Bread, 2h	205	-	-	-
2483 Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans)	51±9	71±12	Type 2, 11	Bread, 2h	205	-	-	-
2484 Chilaquiles (casserole made from corn tortilla, vegetable oil, tomato sauce, cheese, boiled pinto beans), consumed with nopales (prickly pear cactus)	35±8	50±11	Type 2, 11	Bread, 2h	205	-	-	-
2485 Nopales (prickly pear cactus)	7	10±17	Type 2, 27; Normal, 21	Bread, 3h	187	100	6	0
2486 Quesadillas (made from low-fat cheese, avocado, boiled pinto beans and flour tortilla)	36±3	50±5	Type 2, 9	Bread, 2h	205	-	-	-
2487 Quesadillas (made from low-fat cheese, avocado, boiled pinto beans and flour tortilla) consumed with nopales (prickly pear cactus)	25±4	35±5	Type 2, 9	Bread, 2h	205	-	-	-

Footnotes for Table 2.

1. NS, not specified; AUC, area under the curve. Serving sizes in grams unless otherwise specified.
2. Mean ± SEM. Two GI values are shown for each food – one in which glucose sugar was used as the reference food and one in which white bread was used as the reference food.
3. Estimated by multiplying the food's listed GI value with glucose as the reference food by the listed g carbohydrate per serving and dividing by 100.
4. Portions of the test food and the reference food contained 25 g carbohydrate.
5. GI calculated from the 180 min AUC data included in the original article using the AUC food/AUC reference food formula.
6. Portions of the test food and the reference food contained 75 g carbohydrate.
7. GI calculated from the 240 min AUC data included in the original article using the AUC food/AUC reference food formula.
8. GI value included in original article determined from AUC measured over 3 h for only 4 time points (0, 1, 2, and 3 h).
9. GI corrected for added milk and adjusted to represent a 50 g carbohydrate portion size.
10. Portions of the test food and the reference food contained 12.5 g carbohydrate.
11. GI calculated from the 120 min AUC data included in the original article using the AUC food/AUC reference food formula.
12. GI value included in original article determined from AUC measured over 3 h for only 5 time points (0, 30, 60, 120 and 180 min).
13. Wheat chapatti was used as the reference food and given a GI of 100. The GI of the test food was measured by expressing the glucose AUC value for the test food as a percentage of the AUC value for wheat chapatti.
14. M Champ (INRA, France) and V Lang (Danone Vitapole Company, France), unpublished observations, 1998.
15. GI calculated from the 300 min AUC data included in the original article using the AUC food/AUC reference food formula.
16. Portions of the test food and the reference food contained 30 g carbohydrate.
17. Portions of the test food and the reference food contained 20 g carbohydrate.
18. Sydney University's Glycemic Index Research Service (Human Nutrition Unit, University of Sydney, Australia), unpublished observations, 1995-2007.
19. GI for sugars calculated from the glycemic response for a meal of sugar and rolled oats minus the glycemic response for the oats alone.
20. Portions of the test food and the reference food contained 100 g carbohydrate.
21. Total weight of the test food was 50 g, whereas the reference food contained 50 g available carbohydrate. The carbohydrate content of the test food was assumed to be 100% available, which may be an overestimation.
22. Total weight of the test food was 25 g, whereas the reference food contained 25 g available carbohydrate. The carbohydrate content of the test food was assumed to be 100% available, which may be an overestimation.
23. Eaten as part of a mixed meal with fish, tomato, and onion sauce.
24. GI value included in original article determined from AUC measured over 2 h for only 5 time points (0, 30, 60, 90 and 120 min).
25. GI value included in original article determined from AUC measured over 2 h for only 4 time points (0, 30, 60 and 120 min).