Row #	Food	Glycemic Index	Glycemic Load	Diabetic Carb Choices	Serving Size grams	serving oz	Avail. Carb per serving	Reformat GI(Col C) for calculation

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Row #	Food	Glycemic Index	Glycemic Load	Diabetic Carb Choices	Serving Size grams	serving oz	Avail. Carb per serving	Reformat GI(Col C) for calculation
1	**BAKERY PRODUCTS**							
2	**Cakes**							
3	Angel food cake (Loblaw's, Toronto, Canada)	67	19,4	1,9	50	1,76	29	67
4	Banana cake, made with sugar	47±8	17,9	2,5	80	2,82	38	47
5	Banana cake, made without sugar	55±10	16,0	1,9	80	2,82	29	55
6	Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapo	38±3	19,8	3,5	111	3,91	52	38
13	Croissant (Food City, Toronto, Canada)	67	17,4	1,7	57	2,01	26	67
14	Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	69	13,1	1,3	50	1,76	19	69
8	Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Vic, Australia)	73±12	19,0	1,7	38	1,34	26	73
15	Doughnut, cake type (Loblaw's, Canada)	76	17,5	1,5	47	1,66	23	76
16	Flan cake (Weston's Bakery, Toronto, Canada)	65	31,2	3,2	70	2,47	48	65
9	Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)	87±17	25,2	1,9	50	1,76	29	87
10	Pound cake (Sara Lee Canada, Bramalea, Canada)	54	15,1	1,9	53	1,87	28	54
11	Sponge cake, plain	46±6	16,6	2,4	63	2,22	36	46
12	Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA)	42±4	24,4	3,9	111	3,91	58	42
17	**Muffins**							
18	Apple, made with sugar4	44±6	12,8	1,9	60	2,12	29	44
19	Apple, made without sugar4	48±10	9,1	1,3	60	2,12	19	48

20	Apple, oat, sultana, made from packet mix (Defiance Milling Co., Acacia Ridge, Qld, Australia)	54±4	14,0	1,7	50	1,76	26	54
21	Apricot, coconut and honey, made from packet mix (Defiance Milling Co., Australia)	60±4	15,6	1,7	50	1,76	26	60
22	Banana, oat and honey, made from packet mix (Defiance Milling Co., Australia)	65±11	16,9	1,7	50	1,76	26	65
23	Bran (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	60	14,4	1,6	57	2,01	24	60
24	Blueberry (Culinar Inc., Canada)	59	17,1	1,9	57	2,01	29	59
25	Carrot (Culinar Inc., Canada)	62	19,8	2,1	57	2,01	32	62
26	Chocolate butterscotch, made from packet mix (Defiance Milling Co., Australia)	53±5	14,8	1,9	50	1,76	28	53
27	Corn muffin, low-amylose5	102	29,6	1,9	57	2,01	29	102
28	Corn muffin, high-amylose5	49						49
29	Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	69	24,2	2,3	50	1,76	35	69
30	Pancakes, prepared from shake mix (Green's General Foods, Glendenning, NSW, Australia)	67±5	38,9	3,9	80	2,82	58	67
31	Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Vic, Aus	102±11	22,4	1,5	77	2,72	22	102
32	Pastry	59±6	15,3	1,7	57	2,01	26	59
33	Pikelets, Golden brand (Tip Top Bakeries, Chatswood, NSW, Australia)	85±14	17,9	1,4	40	1,41	21	85
34	Scones, plain, made from packet mix (Defiance Milling Co., Australia)	92±8	7,4	0,5	25	0,88	8	92
35	Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76	9,9	0,9	35	1,23	13	76
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37	**BEVERAGES**							
38	**Coca Cola ®**							
39	Coca Cola®, soft drink (Coca Cola Amatil, Sydney, NSW, Australia)	53±7	13,8	1,7	250	8,82	26	53
40	Coca Cola®, soft drink/soda (Coca Cola Bottling Company, Atlanta, GA, USA)	63	16,4	1,7	250	8,82	26	63
41	*mean of two types*	58±5						58
42	Cordial, orange, reconstituted (Berri Ltd., Berri, SA, Australia)	66±8	13,2	1,3	250	8,82	20	66
43	Fanta®, orange soft drink (Coca Cola Amatil, Australia)	68±6	23,1	2,3	250	8,82	34	68
44	Lucozade®, original (sparkling glucose drink) (Glaxo Wellcome Ltd., Uxbridge, Middlesex, UK)	95±10	39,9	2,8	250	8,82	42	95
45	Smoothie, raspberry (Con Agra Inc., Omaha, NE, USA)	33±9	13,5	2,7	250	8,82	41	33
46	Smoothie drink, soy, banana (So Natural Foods, Tarren Point, NSW, Australia)6	30±3	6,6	1,5	250	8,82	22	30
47	Smoothie drink, soy, chocolate hazelnut (So Natural Foods, Australia)6	34±3	8,5	1,7	250	8,82	25	34
48	Solo™, lemon squash, soft drink (Cadbury Schweppes, Sydney, NSW, Australia)6	58±5	16,8	1,9	250	8,82	29	58
49	Up & Go, cocoa malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium Health Foods, Berkeley Vale	43±5	11,2	1,7	250	8,82	26	43
51	Up & Go, original malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium Health Foods, Australia)	46±5	11,0	1,6	250	8,82	24	46
53	Xpress, chocolate (soy bean, cereal and legume extract drink with fructose)6 (So Natural Foods, Australia)	39±2	13,3	2,3	250	8,82	34	39
55	**Juices**							
56	**Apple juice**							
57	Apple juice, pure, unsweetened, reconstituted (Berri Ltd., Berri, SA, Australia)	39±5						39
58	Apple juice, unsweetened	40						40
59	Apple juice, unsweetened (Allens, Toronto, Canada)	41						41
60	*mean of three studies*	40±1	11,6	1,9	250	8,82	29	40
61	Apple juice, pure, clear, unsweetened (Wild About Fruit, Wandin, Vic, Australia)	44±2	13,2	2,0	250	8,82	30	44
62	Apple juice, pure, cloudy, unsweetened (Wild About Fruit, Australia)	37±3	10,4	1,9	250	8,82	28	37
63	Apple and cherry juice, pure, unsweetened (Wild About Fruit, Australia)	43±3	14,2	2,2	250	8,82	33	43
64	Carrot juice, freshly made (Sydney, Australia)6	43±3	9,9	1,5	250	8,82	23	43
65	Cranberry juice cocktail (Ocean Spray®, Melbourne, Vic, Australia)	52±3	16,1	2,1	250	8,82	31	52
66	Cranberry juice cocktail (Ocean Spray® Inc., Lakeville-Middleboro, MA, USA)	68±3	24,5	2,4	250	8,82	36	68
67	Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	16,2	1,9	250	8,82	29	56
68	Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	10,6	1,5	250	8,82	22	48
69	**Orange juice**							
70	Orange Juice (Canada)	46±6						46

71	Orange juice, unsweetened, reconstituted (Quelch®, Berri Ltd., Carlton, Vic, Australia)	53±6						53
72	*mean of two studies*	50±4	13,0	1,7	250	8,82	26	50
73	Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	15,6	2,3	250	8,82	34	46
74	Tomato juice, canned, no added sugar (Berri Ltd., Berri, SA, Australia)6	38±4	3,4	0,6	250	8,82	9	38
75	Yakult®, fermented milk drink with Lactobacilus casei (Yakult, Dandenong, Vic, Australia)	46±6	5,5	0,8	65	2,29	12	46
76	**Sports drinks**							
77	Gatorade® (Spring Valley Beverages Pty Ltd., Cheltenham, Vic, Australia)	78±13	11,7	1,0	250	8,82	15	78
78	Isostar® (Novartis Consumer Health, Nyon, Switzerland)	70±15	12,6	1,2	250	8,82	18	70
79	Sports Plus® (Berri Ltd., Berri, SA, Australia)	74±6	12,6	1,1	250	8,82	17	74
80	Sustagen Sport® (Mead Johnson, Rydalmere, NSW, Australia)	43±9	21,1	3,3	250	8,82	49	43
81	**Drinks made from drinking mix powders**							
82	Build-Up™ nutrient-fortified drink, vanilla with fiber, (Nestlé, Sydney, NSW, Australia)	41±4	13,5	2,2	250	8,82	33	41
83	Complete Hot Chocolate mix made with hot water (Nestlé, Australia)	51±3	11,7	1,5	250	8,82	23	51
84	Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder (Harrod foods, Sefton, NSW, Aus	36±3	6,8	1,3	250	8,82	19	36
86	Malted milk powder in full-fat cow's milk (Nestlé, Australia)	45±3	11,7	1,7	250	8,82	26	45
87	**Milo™ (chocolate nutrient-fortified drink powder)**							
88	Milo™ (Nestlé, Australia) dissolved in water	55±3	8,8	1,1	250	8,82	16	55
89	Milo™ (Nestlé, Auckland, New Zealand) dissolved in water	52±5	8,3	1,1	250	8,82	16	52
90	*mean of two studies*	54±2						54
91	Milo™ (Nestlé, Australia) dissolved in full-fat cow's milk	35±2	8,8	1,7	250	8,82	25	35
92	Milo™ (Nestlé, New Zealand) dissolved in full-fat cow's milk	36±3	9,4	1,7	250	8,82	26	36
93	*mean of two studies*	36±1						36
94	Nutrimeal™, meal replacement drink, Dutch Chocolate (Usana, Salt Lake City, UT, USA)	26±3	4,4	1,1	250	8,82	17	26
95	**Quik™ (sweet drink powder)**							
96	Quik™, chocolate (Nestlé, Sydney, NSW, Australia), dissolved in water	53±5	3,7	0,5	250	8,82	7	53
97	Quik™, chocolate (Nestlé, Australia), dissolved in 1.5% fat milk	41±4	4,5	0,7	250	8,82	11	41
98	Quik™, strawberry (Nestlé, Australia), dissolved in water	64±8	5,1	0,5	250	8,82	8	64
99	Quik™, strawberry (Nestlé, Australia), dissolved in 1.5% fat milk	35±3	4,2	0,8	250	8,82	12	35
	Back to Top							
101	**BREADS**							
102	Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72	25,2	2,3	70	2,47	35	72
103	Baguette, white, plain (France)	95±15	14,3	1,0	30	1,06	15	95
104	French baguette with chocolate spread (France)	72±8	26,6	2,5	70	2,47	37	72
105	French baguette with butter and strawberry jam (France)	62±7	25,4	2,7	70	2,47	41	62
106	Pain au lait (Pasquier, France)	63±10	20,2	2,1	60	2,12	32	63
107	Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74	15,5	1,4	30	1,06	21	74
108	**Barley Breads**							
109	**Coarse barley kernel bread, 75-80% kernels**							
110	75% kernels	27	5,4	1,3	30	1,06	20	27
111	80% scalded intact kernels (20% white wheat flour)	34	6,8	1,3	30	1,06	20	34
112	80% intact kernels (20% white wheat flour)	40	8,0	1,3	30	1,06	20	40
113	*mean of three studies*	34±4						34
114	**Barley kernel bread, 50% kernels**							
115	50% kernels (Canada)	43	8,6	1,3	30	1,06	20	43
116	50% kibbled barley (Australia)	48	9,6	1,3	30	1,06	20	48
117	*mean of two studies*	46±2	9,2	1,3	30	1,06	20	46
118	Sunflower and barley bread (Riga bakeries, Sydney, NSW, Australia)	57±6	6,3	0,7	30	1,06	11	57
119	**Barley flour breads**							

120	100% barley flour (rye bread composition) (Canada)	67	8,7	0,9	30	1,06	13	67
121	Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67	13,4	1,3	30	1,06	20	67
122	Wholemeal barley bread, flat, thin, soft (50% regular barley flour, 50% high-fibre barley flour) (Sweden)	50	7,5	1,0	30	1,06	15	50
124	Wholemeal barley bread, flat, thin, soft (20% regular barley flour, 80% high-fibre barley flour) (Sweden)	43	4,7	0,7	30	1,06	11	43
126	**Wholemeal barley flour (80%) and white wheat flour (20%) breads - fermented or with added organic acids or salts (Sweden)**							
128	Wholemeal barley flour bread (used as reference for the 5 breads below)5	70	14,0	1,3	30	1,06	20	70
129	Wholemeal barley flour bread with sourdough (lactic acid)5	53	10,6	1,3	30	1,06	20	53
130	Wholemeal barley flour bread with lactic acid5	66	12,5	1,3	30	1,06	19	66
131	Wholemeal barley flour bread with calcium lactate5	59	11,8	1,3	30	1,06	20	59
132	Wholemeal barley flour bread with sodium propionate5	65	13,0	1,3	30	1,06	20	65
133	Wholemeal barley flour bread with higher dose sodium propionate5	57	10,8	1,3	30	1,06	19	57
134	**Buckwheat bread**							
135	Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)	47	9,9	1,4	30	1,06	21	47

136	**Fruit Breads**								
137	Bürgen™ Fruit loaf (Tip Top Bakeries, Chatswood, NSW, Australia)	44±5	5,7	0,9	30	1,06	13		44
138	Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, NSW, Australia)	54±6	8,1	1,0	30	1,06	15		54
139	Continental fruit loaf, wheat bread with dried fruit (Australia)	47±6	7,1	1,0	30	1,06	15		47
140	Happiness™ (cinnamon, raisin, pecan bread) (Natural Ovens, Mannitowoc, WI, USA)	63±5	8,8	0,9	30	1,06	14		63
141	Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)	54±6	6,5	0,8	30	1,06	12		54
142	Hamburger bun (Loblaw's, Toronto, Canada)	61	9,2	1,0	30	1,06	15		61
143	Kaiser rolls (Loblaw's, Canada)	73	11,7	1,1	30	1,06	16		73
144	Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70	16,1	1,5	30	1,06	23		70
145	**Gluten-free bread**								
146	Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Vic, Australia)	79±13	10,3	0,9	30	1,06	13		79
147	Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71	10,7	1,0	30	1,06	15		71
148	Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80	12,0	1,0	30	1,06	15		80
149	*mean of two studies*	76±5	11,4	1,0	30	1,06	15		76
150	Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69	9,0	0,9	30	1,06	13		69
151	Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76	9,9	0,9	30	1,06	13		76
152	*mean of two studies*	73±4	9,5	0,9	30	1,06	13		73
153	**Oat Bread**								
154	Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65	12,4	1,3	30	1,06	19		65
155	**Oat bran bread**								
156	50% oat bran (Australia)	44	7,9	1,2	30	1,06	18		44
157	45% oat bran and 50% wheat flour (Sweden)	50	9,0	1,2	30	1,06	18		50
158	*mean of two studies*	47±3	8,5	1,2	30	1,06	18		47
159	**Rice bread**								
160	Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, NSW, Australia)	72±9	8,6	0,8	30	1,06	12		72
161	Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)	61±9	7,3	0,8	30	1,06	12		61
162	**Rye Bread**								
163	**Rye kernel (pumpernickel) bread**								
164	Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	41	4,9	0,8	30	1,06	12		41
165	Rye kernel bread (Pumpernickel) (Canada)	41	4,9	0,8	30	1,06	12		41
166	Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46	5,1	0,7	30	1,06	11		46
167	Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55	6,6	0,8	30	1,06	12		55
168	Cocktail, sliced (Kasselar Food Products, Toronto, Canada)	55	6,6	0,8	30	1,06	12		55
169	Cocktail, sliced (Kasselar Food Products, Canada)	62	7,4	0,8	30	1,06	12		62
170	*mean of six studies*	50±4	6,0	0,8	30	1,06	12		50
171	**Rye bread, wholemeal**								
172	Wholemeal rye bread (Canada)	41							41
173	Wholemeal rye bread (Canada)	62							62
174	Wholemeal rye bread (Canada)	63							63
175	Wholemeal rye bread (Canada)	66							66
176	*mean of four studies*	58±6	8,1	0,9	30	1,06	14		58
177	**Rye breads, specialty**								
178	Blackbread, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	76±14	9,9	0,9	30	1,06	13		76
179	Bürgen™ Dark/Swiss rye (Tip Top Bakeries, Australia)	55±12							55
180	Bürgen™ Dark/Swiss rye (Tip Top Bakeries, Australia)	74±6							74
181	*mean of two studies*	65±10	6,5	0,7	30	1,06	10		65
182	Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67	8,7	0,9	30	1,06	13		67
183	Light rye (Silverstein's Bakery, Toronto, Canada)	68	9,5	0,9	30	1,06	14		68

184	Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	55	7,2	0,9	30	1,06	13	55
185	Roggenbrot, Vogel's (Stevns & Co, Sydney, NSW, Australia)	59±5	8,3	0,9	30	1,06	14	59
186	Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	86±15	12,0	0,9	30	1,06	14	86
187	Sourdough rye (Canada)	57						57
188	Sourdough rye (Australia)	48						48
189	*mean of two studies*	53±5	6,4	0,8	30	1,06	12	53
190	Volkornbrot, wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	56	7,3	0,9	30	1,06	13	56
191	**Wheat Breads**							
192	Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	52	10,4	1,3	30	1,06	20	52
193	**Cracked wheat kernel - bulgur bread**							
194	50% cracked wheat kernel (Canada)	58	11,6	1,3	30	1,06	20	58
195	75% cracked wheat kernels (Canada)	48	9,6	1,3	30	1,06	20	48
196	*mean of two studies*	53±3	10,6	1,3	30	1,06	20	53
197	**Spelt wheat breads**							
198	White spelt wheat bread9 (Slovenia)	74	17,0	1,5	30	1,06	23	74
199	Wholemeal spelt wheat bread9 (Slovenia)	63	12,0	1,3	30	1,06	19	63
200	Scalded spelt wheat kernel bread9 (Slovenia)	67	14,7	1,5	30	1,06	22	67
201	Spelt multigrain bread® (Pav's bakery, Australia)	54±10	6,5	0,8	30	1,06	12	54
202	**White wheat flour bread**							
203	White flour (Canada)	69±5	9,7	0,9	30	1,06	14	69
204	White flour (USA)	70	9,8	0,9	30	1,06	14	70
205	White flour, Sunblest™ (Tip Top Bakeries, Australia)	70	9,8	0,9	30	1,06	14	70
206	White flour (Dempster's Corporate Foods Ltd., Canada)	71	9,9	0,9	30	1,06	14	71
207	White flour (South Africa)	71±7	9,2	0,9	30	1,06	13	71
208	White flour (Canada)	71	9,9	0,9	30	1,06	14	71
209	*mean of six studies*	70±0	9,8	0,9	30	1,06	14	70
210	White wheat flour bread, hard, toasted (Italian)	73	11,0	1,0	30	1,06	15	73
211	Wonder™, enriched white bread (Interstate Brands Companies, Kansas City, MO, USA)	71±9						71
212	Wonder™, enriched white bread (Interstate Brands Companies, USA)	72±4						72
213	Wonder™, enriched white bread (Interstate Brands Companies, USA)	77±3						77
214	*mean of three studies*	73±2	10,2	0,9	30	1,06	14	73
215	White Turkish bread (Turkey)	87	14,8	1,1	30	1,06	17	87
216	**White bread with enzyme inhibitors**							
217	White bread + acarbose (200mg) (Mexico)	18	3,1	1,1	30	1,06	17	18
218	White bread + acarbose (200mg) (Mexico)	50	8,5	1,1	30	1,06	17	50
219	*mean in two groups of subjects*	34±16	5,8	1,1	30	1,06	17	34
220	White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor) (Switzerland)5	48	5,8	0,8	30	1,06	12	48
221	White bread roll + 6 mg trestatin (Switzerland)5	29	3,5	0,8	30	1,06	12	29
222	**White bread with soluble fiber**							
223	White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	41	7,0	1,1	30	1,06	17	41
224	White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	65	11,1	1,1	30	1,06	17	65
225	*mean in two groups of subjects*	53±12	9,0	1,1	30	1,06	17	53
226	White bread eaten with vinegar as vinaigrette (Sweden)	45	6,8	1,0	30	1,06	15	45
227	White bread eaten with powdered dried seaweed (Nori alga) (Spain)	48	7,2	1,0	30	1,06	15	48
228	White bread containing Eurylon® high-amylose maize starch (France)12	42	8,0	1,3	30	1,06	19	42
229	**White fiber-enriched bread**							
230	White, high-fiber (Dempster's Corporate Foods Ltd., Canada)	67						67
231	White, high-fiber (Weston's Bakery, Toronto, Canada)	69						69

232	*mean of two studies*	68±1	8,8	0,9	30	1,06	13	68
233	**White resistant starch-enriched bread**							
234	Fibre White™ (Nature's Fresh, Auckland, New Zealand)	77±10	11,6	1,0	30	1,06	15	77
235	Wonderwhite™ (Buttercup Bakeries, Australia)	80±8	11,2	0,9	30	1,06	14	80
236	**Wholemeal wheat flour bread (whole wheat)**							
237	Wholemeal flour (Canada)	52	6,2	0,8	30	1,06	12	52
238	Wholemeal flour (Canada)	64	7,7	0,8	30	1,06	12	64
239	Wholemeal flour (Canada)	65	7,8	0,8	30	1,06	12	65
240	Wholemeal flour (Canada)	67	8,0	0,8	30	1,06	12	67
241	Wholemeal flour (Canada)	67	8,0	0,8	30	1,06	12	67
242	Wholemeal flour (Canada)	69	8,3	0,8	30	1,06	12	69
243	Wholemeal flour (Canada)	71	8,5	0,8	30	1,06	12	71
244	Wholemeal flour (Canada)	72±6	8,6	0,8	30	1,06	12	72
245	Wholemeal flour (USA)5	73	10,2	0,9	30	1,06	14	73
246	Wholemeal flour (South Africa)	75±9	9,8	0,9	30	1,06	13	75
247	Wholemeal flour (Tip Top Bakeries, Australia)	77±9	9,2	0,8	30	1,06	12	77
248	Wholemeal flour (Tip Top Bakeries, Australia)	78±16	9,4	0,8	30	1,06	12	78
249	Wholemeal flour (Kenya)	87	11,3	0,9	30	1,06	13	87
250	*mean of thirteen studies*	71± 2	9,2	0,9	30	1,06	13	71
251	Wholemeal Turkish bread	49	7,8	1,1	30	1,06	16	49
252	**Specialty wheat breads**							
253	**Bürgen® Mixed Grain bread (Australia)**							
254	Bürgen® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)	34±4						34
255	Bürgen® Mixed Grain	45±12						45
256	Bürgen® Mixed Grain	69±6						69
257	*mean of three studies*	49±10	5,4	0,7	30	1,06	11	49
258	Bürgen® Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia)	31±3	3,1	0,7	30	1,06	10	31
259	Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia)	36±4	3,2	0,6	30	1,06	9	36
260	English Muffin™ bread (Natural Ovens, USA)	77±7	10,8	0,9	30	1,06	14	77

261	Healthy Choice™ Hearty 7 Grain (Con Agra Inc., USA)	55±6	7,7	0,9	30	1,06	14	55
262	Healthy Choice™ Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	8,7	0,9	30	1,06	14	62
263	Helga's™ Classic Seed Loaf (Quality Bakers, Sydney, NSW, Australia)	68±9	9,5	0,9	30	1,06	14	68
264	Helga's™ traditional wholemeal bread (Quality Bakers, Australia)	70±14	9,1	0,9	30	1,06	13	70
265	Hunger Filler™, whole grain bread (Natural Ovens, USA)	59±8	7,7	0,9	30	1,06	13	59
266	Molenberg™ (Goodman Fielder, Auckland, New Zealand)	75±10						75
267	Molenberg™ (Goodman Fielder, New Zealand)	84±8						84
268	*mean of two studies*	80±5	11,2	0,9	30	1,06	14	80
269	9-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5	6,0	0,9	30	1,06	14	43
270	Multigrain Loaf, spelt wheat flour (Australia)	54±10	8,1	1,0	30	1,06	15	54
271	Multigrain (50% kibbled wheat grain) (Australia)	43	6,0	0,9	30	1,06	14	43
272	Nutty Natural™, whole grain bread (Natural Ovens, USA)	59±7	7,1	0,8	30	1,06	12	59
273	Performax™ (Country Life Bakeries, Dandenong, Vic, Australia)	38±3	4,9	0,9	30	1,06	13	38
274	Ploughman's™ Wholegrain, original recipe (Quality Bakers, Australia)	47	6,6	0,9	30	1,06	14	47
275	Ploughman's™ Wholemeal, smooth milled (Quality Bakers, Australia)	64±10	8,3	0,9	30	1,06	13	64
276	Semolina Bread (Kenya)	64						64
277	Sourdough wheat (Australia)	54	7,6	0,9	30	1,06	14	54
278	Soy & Linseed bread (made from packet mix in bread maker) (Con Agra Inc., USA)	50±6	5,0	0,7	30	1,06	10	50
279	Stay Trim™, whole grain bread (Natural Ovens, USA)	70±10	10,5	1,0	30	1,06	15	70
280	Sunflower & Barley bread, Riga brand (Berzin's Specialty Bakery, Australia)	57±6	7,4	0,9	30	1,06	13	57
281	Vogel's Honey & Oats (Stevns & Co., Sydney, NSW, Australia)	55±5	7,7	0,9	30	1,06	14	55
282	Vogel's Roggenbrot (Stevns & Co., Australia)	59±5	8,3	0,9	30	1,06	14	59
283	Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74	16,3	1,5	30	1,06	22	74
284	100% Whole Grain™ bread (Natural Ovens, USA)	51±11	6,6	0,9	30	1,06	13	51
285	White wheat flour flatbread (Sweden)	79	12,6	1,1	30	1,06	16	79
286	**Unleavened Breads**							
287	Lebanese bread, white (Seda Bakery, Sydney, NSW, Australia)	75±9	12,0	1,1	30	1,06	16	75
288	Middle Eastern flatbread	97±29	15,5	1,1	30	1,06	16	97
289	Pita bread, white (Canada)	57	9,7	1,1	30	1,06	17	57
290	Wheat flour flatbread (India)	66±9	10,6	1,1	30	1,06	16	66
291	Amaranth : wheat (25:75) composite flour flatbread (India)	66±10	9,9	1,0	30	1,06	15	66
292	Amaranth : wheat (50:50) composite flour flatbread (India)	76±20	11,4	1,0	30	1,06	15	76
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294	**BREAKFAST CEREALS AND RELATED PRODUCTS**							
295	**All-Bran™ (high-fiber, extruded wheat bran cereal)**							
296	All-Bran™ (Kellogg's, Pagewood, NSW, Australia)13	30	4,5	1,0	30	1,06	15	30
297	All-Bran™ (Kellogg's, Battle Creek, MI, USA)	38	8,7	1,5	30	1,06	23	38
298	All-Bran™ (Kellogg's Inc., Etobicoke, Canada)	50	11,5	1,5	30	1,06	23	50
299	All-Bran™ (Kellogg's Inc., Canada)	51±5	11,7	1,5	30	1,06	23	51
300	*mean of four studies*	42±5						42
301	All-Bran Fruit 'n Oats™ (Kellogg's, Australia)	39	6,6	1,1	30	1,06	17	39
302	All-Bran Soy 'n Fibre™ (Kellogg's, Australia)	33±3	4,6	0,9	30	1,06	14	33
303	Amaranth (Amaranthus esculentum) popped, eaten with milk and non-nutritive sweetener (India)	97±19	18,4	1,3	30	1,06	19	97
305	**Barley porridge**							
306	Wholemeal barley flour porridge (100% regular barley) (flour:water = 1:3), boiled 2.5 min (Sweden)	68	23,1	2,3	50 (dry)	1,76	34	68
308	Wholemeal high-fibre barley flour porridge (50% regular barley flour: 50% high-fibre barley flour) (Sweden)	55	8,3	1,0	50 (dry)	1,76	15	55
310	Barley porridge made from steamed thin (0.5 mm) dehulled barley flakes (Sweden)	62	17,4	1,9	50 (dry)	1,76	28	62
311	Barley porridge made from steamed thick (1.0 mm) dehulled barley flakes (Sweden)	65	18,2	1,9	50 (dry)	1,76	28	65

312	Bran Buds™ (Kellogg's Inc., Canada)15	58	7,0	0,8	30	1,06	12	58
313	Bran Buds with psyllium (Kellogg's Inc., Canada)15	47	5,6	0,8	30	1,06	12	47
314	Bran Chex™ (Nabisco Brands Ltd., Toronto, Canada)15	58	11,0	1,3	30	1,06	19	58
315	Bran Flakes™ (Kellogg's, Australia)	74	13,3	1,2	30	1,06	18	74
316	Cheerios™ (General Mills Inc., Etobicoke, Canada)15	74	14,8	1,3	30	1,06	20	74
317	Chocapic™ (Nestlé, France)	84±9	21,0	1,7	30	1,06	25	84
318	**Coco Pops™ (cocoa flavoured puffed rice)**							
319	Coco Pops™ (Kellogg's, Australia)	77±8						77
320	Coco Pops™ (Kellogg's, Australia)	77±3						77
321	*mean of two studies*	77	20,0	1,7	30	1,06	26	77
322	Corn Bran™ (Quaker Oats Co. of Canada, Peterborough, Canada)15	75	15,0	1,3	30	1,06	20	75
323	Corn Chex™ (Nabisco Brands Ltd., Canada)15	83	20,8	1,7	30	1,06	25	83
324	**Cornflakes™**							
325	Cornflakes™ (Kellogg's, Auckland, New Zealand)	72±16	18,0	1,7	30	1,06	25	72
326	Cornflakes™ (Kellogg's, Australia)	77	19,3	1,7	30	1,06	25	77
327	Cornflakes™ (Kellogg's Inc., Canada)	80±6	20,8	1,7	30	1,06	26	80
328	Cornflakes™ (Kellogg's Inc., Canada)	86	22,4	1,7	30	1,06	26	86
329	Cornflakes™ (Kellogg's, USA)5	92	23,9	1,7	30	1,06	26	92
330	*mean of five studies*	81±3	21,1	1,7	30	1,06	26	81
331	Cornflakes, high-fiber (Presidents Choice, Sunfresh Ltd., Toronto, Canada)15	74	17,0	1,5	30	1,06	23	74
332	Cornflakes, Crunchy Nut™ (Kellogg's, Australia)	72±4	17,3	1,6	30	1,06	24	72
333	Corn Pops™ (Kellogg's, Australia)	80±4	20,8	1,7	30	1,06	26	80
334	Cream of Wheat™ (Nabisco Brands Ltd., Canada)15	66	17,2	1,7	250	8,82	26	66
335	Cream of Wheat™, Instant (Nabisco Brands Ltd., Canada)15	74	22,2	2,0	250	8,82	30	74
336	Crispix™ (Kellogg's Inc., Canada)15	87	21,8	1,7	30	1,06	25	87
337	Energy Mix™ (Quaker, France)	80±7	19,2	1,6	30	1,06	24	80
338	Froot Loops™ (Kellogg's, Australia)	69±9	17,9	1,7	30	1,06	26	69
339	Frosties™, sugar-coated cornflakes (Kellogg's, Australia)	55	14,3	1,7	30	1,06	26	55
340	Fruitful Lite™ (Hubbards, Auckland, New Zealand)	61±20	12,2	1,3	30	1,06	20	61
341	Fruity-Bix™, berry (Sanitarium, Auckland, New Zealand)	113±10	24,9	1,5	30	1,06	22	113
342	Golden Grahams™ (General Mills Inc., Canada)15	71	17,8	1,7	30	1,06	25	71
343	Golden Wheats™ (Kellogg's, Australia)	71±8	16,3	1,5	30	1,06	23	71
344	**Grapenuts™**							
345	Grapenuts™ (Post, Kraft General Foods Inc., Toronto, Canada)15	67	12,7	1,3	30	1,06	19	67
346	Grapenuts™ (Kraft Foods Inc., Port Chester, NY, USA)	75±6	16,5	1,5	30	1,06	22	75
347	*mean of two studies*	71±4	14,9	1,4	30	1,06	21	71
348	Grapenuts™ Flakes (Post, Kraft General Foods Inc., Canada)15	80	17,6	1,5	30	1,06	22	80
349	Guardian™ (Kellogg's, Australia)	37±9	4,4	0,8	30	1,06	12	37
350	Healthwise™ for bowel health (Uncle Toby's, Wahgunyah, Vic, Australia)	66±9	11,9	1,2	30	1,06	18	66
351	Healthwise™ for heart health (Uncle Toby's, Australia)	48±5	9,1	1,3	30	1,06	19	48
352	Honey Rice Bubbles™ (Kellogg's, Australia)	77±4	20,8	1,8	30	1,06	27	77
353	Honey Smacks™ (Kellogg's, Australia)	71±10	16,3	1,5	30	1,06	23	71
354	Hot cereal, apple & cinnamon (Con Agra Inc., USA)	37±6	8,1	1,5	30	1,06	22	37
355	Hot cereal, unflavoured (Con Agra Inc., USA)	25±5	4,8	1,3	30	1,06	19	25
356	Just Right™ (Kellogg's, Australia)	60±15	13,2	1,5	30	1,06	22	60
357	Just Right Just Grains™ (Kellogg's, Australia)	62±11	14,3	1,5	30	1,06	23	62
358	Komplete™ (Kellogg's, Australia)	48±5	10,1	1,4	30	1,06	21	48
359	Life™ (Quaker Oats Co., Canada)15	66	16,5	1,7	30	1,06	25	66

360	Mini Wheats™, whole wheat (Kellogg's, Australia)	58±8	12,2	1,4	30	1,06	21	58
361	Mini Wheats™, blackcurrant (Kellogg's, Australia)	72±10	15,1	1,4	30	1,06	21	72
362	**Muesli**							
363	Muesli, NS8 (Canada)	66±9	15,8	1,6	30	1,06	24	66
364	Alpen Muesli (Wheetabix, France)	55±10	10,5	1,3	30	1,06	19	55
365	Muesli, gluten-free (Freedom Foods, Cheltenham, Vic, Australia) with 1.5% fat milk	39±6	7,4	1,3	30	1,06	19	39
366	Muesli, Lite (Sanitarium, New Zealand)	54±12	9,7	1,2	30	1,06	18	54
367	Muesli, Natural (Sanitarium, New Zealand)	57±9	10,8	1,3	30	1,06	19	57
368	Muesli, Natural (Sanitarium, Australia)	40±6	7,6	1,3	30	1,06	19	40
369	*mean of two studies*	49±9	9,8	1,3	30	1,06	20	49
370	Muesli, No Name (Sunfresh Ltd., Toronto, Canada)15	60	10,8	1,2	30	1,06	18	60
371	Muesli, Swiss Formula (Uncle Toby's, Australia)	56±8	9,0	1,1	30	1,06	16	56
372	Muesli, toasted (Purina, Sydney, NSW, Australia)	43±4	7,3	1,1	30	1,06	17	43
373	Nutrigrain™ (Kellogg's, Australia)	66±12	9,9	1,0	30	1,06	15	66
374	Oat 'n Honey Bake™ (Kellogg's, Australia)	77±11	13,1	1,1	30	1,06	17	77
375	**Oat bran**							
376	Oat bran, raw (Quaker Oats Co., Canada)15	50	2,5	0,3	10	0,35	5	50
377	Oat bran, raw	59	3,0	0,3	10	0,35	5	59
378	*mean of two studies*	55±5	2,8	0,3	10	0,35	5	55
379	**Porridge made from rolled oats**							
380	Porridge (Uncle Toby's, Australia)13	42	8,8	1,4	250	8,82	21	42
381	Porridge (Canada)16	49±8	11,3	1,5	250	8,82	23	49
382	Traditional porridge oats (Lowan Whole Foods, Box Hill, Vic, Australia)	51±8	10,7	1,4	250	8,82	21	51
383	Porridge (Hubbards, New Zealand)	58±9	12,2	1,4	250	8,82	21	58
384	Porridge (Australia)	58±4	12,2	1,4	250	8,82	21	58
385	Porridge (Canada)	62	14,3	1,5	250	8,82	23	62
386	Porridge (Canada)	69	15,9	1,5	250	8,82	23	69
387	Porridge (USA)6	75	17,3	1,5	250	8,82	23	75
388	*mean of eight studies*	58±4	12,8	1,5	250	8,82	22	58
389	Wholemeal oat flour porridge (flour:water = 1:3), boiled 2.5 min (Sweden)	74	23,7	2,1	50 (dry)	1,76	32	74
390	Oat porridge made from thick (1.0 mm) dehulled oat flakes (Sweden)	55	14,9	1,8	250	8,82	27	55
391	Oat porridge made from roasted thin (0.5 mm) dehulled oat flakes (Sweden)	69	18,6	1,8	250	8,82	27	69
392	Oat porridge made from roasted thick (1.0 mm) dehulled oat flakes (Sweden)	50	13,5	1,8	250	8,82	27	50
393	Oat porridge made from roasted and steamed thin (0.5 mm) dehulled oat flakes (Sweden)	80	21,6	1,8	250	8,82	27	80
394	Oat porridge made from steamed thick (1.0 mm) dehulled oat flakes (Sweden)	53	14,3	1,8	250	8,82	27	53
395	**Instant Porridge**							
396	Quick Oats (Quaker Oats Co., Canada)	65						65
397	One Minute Oats (Quaker Oats Co., Canada)15	66						66
398	*mean of two studies*	66±1	17,2	1,7	250	8,82	26	66
399	Pop Tarts™, Double Chocolate (Kellogg's, Australia)	70±2	25,2	2,4	50	1,76	36	70
400	Pro Stars™ (General Mills Inc., Canada)15	71	17,0	1,6	30	1,06	24	71
401	**Puffed Wheat**							
402	Puffed Wheat (Quaker Oats Co., Canada)15	67	13,4	1,3	30	1,06	20	67
403	Puffed Wheat (Sanitarium, Australia)	80±11	16,8	1,4	30	1,06	21	80
404	*mean of two studies*	74±7	15,5	1,4	30	1,06	21	74
405	Raisin Bran™ (Kellogg's, USA)	61±5	11,6	1,3	30	1,06	19	61
406	Red River Cereal (Maple Leaf Mills, Toronto, Canada)	49	10,8	1,5	30	1,06	22	49
407	Rice Bran, extruded (Rice Growers Co-Operative Ltd., Leeton, NSW, Australia)	19±3	2,7	0,9	30	1,06	14	19

408	**Rice Bubbles™ (puffed rice)**							
409	Rice Bubbles™ (Kellogg's, Australia)13	81						81
410	Rice Bubbles™ (Kellogg's, Australia)	85±3						85
411	Rice Bubbles™ (Kellogg's, Australia)	95						95
412	*mean of three studies*	87±4	22,6	1,7	30	1,06	26	87
413	Rice Chex™ (Nabisco Brands Ltd., Canada)15	89	23,1	1,7	30	1,06	26	89
414	Rice Krispies™ (Kellogg's Inc., Canada)15	82	21,3	1,7	30	1,06	26	82
415	**Shredded Wheat**							
416	Shredded Wheat (Canada)	67±10	13,4	1,3	30	1,06	20	67
417	Shredded Wheat™ (Nabisco Brands Ltd., Canada)15	83	16,6	1,3	30	1,06	20	83
418	*mean of two studies*	75±8	15,0	1,3	30	1,06	20	75
419	**Special K™ - formulation of this cereal varies in different countries**							
420	Special K™ (Kellogg's, Australia)	54±4	11,3	1,4	30	1,06	21	54
421	Special K™ (Kellogg's, USA)	69±5	14,5	1,4	30	1,06	21	69
422	Special K™ (Kellogg's, France)	84±12	20,2	1,6	30	1,06	24	84
423	Soy Tasty™ (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)	60±5	12,0	1,3	30	1,06	20	60
424	Soytana™, Vogel's, soy and linseed bran crunch with sultanas (20.1 g fiber per 100 g), (Specialty Cereals,	49±3	12,3	1,7	45	1,59	25	49
426	Sultana Bran™ (Kellogg's, Australia)	73±13	13,9	1,3	30	1,06	19	73
427	Sustain™ (Kellogg's, Australia)13	68	15,0	1,5	30	1,06	22	68
428	Team™ (Nabisco Brands Ltd., Canada)15	82	18,0	1,5	30	1,06	22	82
429	Thank Goodness™ (Hubbards, New Zealand)	65±18	15,0	1,5	30	1,06	23	65
430	Total™ (General Mills Inc., Canada)15	76	16,7	1,5	30	1,06	22	76
431	Ultra-bran™, Vogel's, soy and linseed extruded wheat bran cereal (30.2 g fiber per 100 g) (Specialty Cerea	41±4	5,3	0,9	30	1,06	13	41
433	Wheat-bites™ (Uncle Toby's, Australia)	72±11	18,0	1,7	30	1,06	25	72
434	**Wheat biscuits (plain flaked wheat)**							
435	Vita-Brits™ (Uncle Toby's, Australia)13	61	12,2	1,3	30	1,06	20	61
436	Vita-Brits™ (Uncle Toby's, Australia)	68±6	13,6	1,3	30	1,06	20	68
437	Weet-Bix™ (Sanitarium, Australia)	69	11,7	1,1	30	1,06	17	69
438	Weet-Bix™ (Sanitarium, Australia)	69±4	11,7	1,1	30	1,06	17	69
439	Weetabix™ (Weetabix of Canada Ltd., Thornhill, Canada)15	74	16,3	1,5	30	1,06	22	74
440	Weetabix™ (Weetabix of Canada Ltd.)	75±10	16,5	1,5	30	1,06	22	75
441	Whole wheat Goldies™ (Kellogg's, Australia)	70±4	14,0	1,3	30	1,06	20	70
442	*mean of seven studies*	70±2	13,3	1,3	30	1,06	19	70
443	**Wheat biscuits (flaked wheat) with additional ingredients**							
444	Good Start™, muesli wheat biscuits (Sanitarium, Australia)	68±4	13,6	1,3	30	1,06	20	68
445	Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia)	61±4	10,4	1,1	30	1,06	17	61
446	Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia)	57±3	9,1	1,1	30	1,06	16	57
447	Honey Goldies™ (Kellogg's Australia)	72±3	15,1	1,4	30	1,06	21	72
448	Lite-Bix™, plain, no added sugar (Sanitarium, Australia)	70±3	14,0	1,3	30	1,06	20	70
449	Oat bran Weet-Bix™ (Sanitarium, Australia)	57±4	11,4	1,3	30	1,06	20	57
450	Sultana Goldies™ (Kellogg's Australia)	65±6	13,7	1,4	30	1,06	21	65
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452	**BREAKFAST CEREAL BARS**							
453	Crunchy Nut Cornflakes™ bar (Kellogg's, Australia)	72±6	18,7	1,7	30	1,06	26	72
454	Fibre Plus™ bar (Uncle Toby's, Australia)	78±9	17,9	1,5	30	1,06	23	78
455	Fruity-Bix™ bar, fruit and nut, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium	56±4	10,6	1,3	30	1,06	19	56
457	Fruity-Bix™ bar, wild berry, wheat biscuit cereal with fruit and covered with yoghurt coating (Sanitarium, Au	51±4	9,7	1,3	30	1,06	19	51
459	K-Time Just Right™ bar (Kellogg's, Australia)	72±4	17,3	1,6	30	1,06	24	72

460	K-Time Strawberry Crunch™ bar (Kellogg's, Australia)	77±5	19,3	1,7	30	1,06	25	77
461	Rice Bubble Treat™ bar (Kellogg's, Australia)	63±11	15,1	1,6	30	1,06	24	63
462	Sustain™ bar (Kellogg's, Australia)	57±10	14,3	1,7	30	1,06	25	57
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464	**CEREAL / GRAINS**							
465	**Amaranth**							
466	Amaranth (Amaranthus esculentum) popped, eaten with milk and non-nutritive sweetener (India)	97±19	21,3	1,5	30	1,06	22	97
468	**Barley**							
469	**Pearl Barley**							
470	Barley, pearled (Canada)	22						22
471	Barley (Canada)	22						22
472	Barley, pot, boiled in salted water 20 min (Gouda's foods, Concord, Canada)	25±2						25
473	Barley (Canada)	27						27
474	Barley, pearled (Canada)	29						29
475	*mean of five studies*	25±1	10,5	2,8	150	5,29	42	25
476	Barley (Hordeum vulgare) (India)	37						37
477	Barley (Hordeum vulgare) (India)	48						48
478	*mean of two groups of subjects*	43±6	18,1	2,8	150	5,29	42	43
479	Barley, cracked (Malthouth, Tunisia)	50	21,0	2,8	150	5,29	42	50
480	Barley, rolled (Australia)	66±5	25,1	2,5	50 (dry)	1,76	38	66
481	**Buckwheat**							
482	Buckwheat (Canada)	49						49
483	Buckwheat (Canada)	51±10						51
484	Buckwheat (Canada)	63						63
485	*mean of three studies*	54±4	16,2	2,0	150	5,29	30	54
486	Buckwheat groats, hydrothermally treated, dehusked, boiled 12 min (Sweden)	45	13,5	2,0	150	5,29	30	45
487	**Corn/Maize**							
488	Maize (Zea Mays), flour made into chapatti (India)	59						59
489	Maize meal porridge/gruel (Kenya)	109						109
490	**Cornmeal**							
491	Cornmeal, boiled in salted water 2 min (McNair Products Co. Ltd., Toronto, Canada)	68	8,8	0,9	150	5,29	13	68
492	Cornmeal + margarine (McNair Products Co. Ltd., Canada)	69	8,3	0,8	150	5,29	12	69
493	*mean of two studies*	69±1	9,0	0,9	150	5,29	13	69
494	**Sweet corn**							
495	Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	11,1	2,0	150	5,29	30	37
496	Sweet corn, on the cob, boiled 20 min (Australia)	48	14,4	2,0	150	5,29	30	48
497	Sweet corn (Canada)	59±11	19,5	2,2	150	5,29	33	59
498	Sweet corn (USA)	60	19,8	2,2	150	5,29	33	60
499	Sweet corn (USA)	60	19,8	2,2	150	5,29	33	60
500	Sweet corn (South Africa)	62±5	20,5	2,2	150	5,29	33	62
501	*mean of six studies*	53±4	17,0	2,1	150	5,29	32	53
502	Sweet corn, whole kernel, canned, diet-pack, drained (Featherweight, USA)	46	12,9	1,9	150	5,29	28	46
503	Sweet corn, frozen, reheated in microwave (Green Giant Pillsbury Ltd., Toronto, Canada)	47	15,5	2,2	150	5,29	33	47
505	Taco shells, cornmeal-based, baked (Old El Paso Foods Co., Toronto, Canada)	68	8,2	0,8	20	0,71	12	68
506	**Couscous**							
507	Couscous, boiled 5 min (Near East Food Products Co., Leominster, MA, USA)	61						61
508	Couscous, boiled 5 min (Tunisia)	69						69
509	*mean of two studies*	65±4	22,8	2,3	150	5,29	35	65

510	**Millet**								
511	Millet, boiled (Canada)	71±10	25,6	2,4	150	5,29	36		71
512	Millet flour porridge (Kenya)	107							107
513	**Rice, white**								
514	Arborio, risotto rice, boiled (Sun Rice brand, Rice Growers Co-Op., Australia)	69±7	36,6	3,5	150	5,29	53		69
515	White (Oryza sativa), boiled (India)	69±15	29,7	2,9	150	5,29	43		69
516	**Rice, boiled white, type NS8**								
517	Type NS, eaten alone (France)	45	13,5	2,0	150	5,29	30		45
518	Type NS (India)	48	18,2	2,5	150	5,29	38		48
519	Type NS (Canada)	51	21,4	2,8	150	5,29	42		51
520	Type NS (France)	52	18,7	2,4	150	5,29	36		52
521	Type NS (Canada)	56	23,5	2,8	150	5,29	42		56
522	Type NS (Pakistan)	69	26,2	2,5	150	5,29	38		69
523	Type NS (Canada)	72±9	30,2	2,8	150	5,29	42		72
524	Type NS, boiled in salted water (India)	72	27,4	2,5	150	5,29	38		72
525	Type NS, boiled 13 min (Italy)	102	30,6	2,0	150	5,29	30		102
526	Type NS (Kenya)	112	47,0	2,8	150	5,29	42		112
527	Type NS, boiled (France)	43	12,9	2,0	150	5,29	30		43
528	Type NS, boiled (France)	47	14,1	2,0	150	5,29	30		47
529	*mean of 12 studies*	64±7	23,0	2,4	150	5,29	36		64
530	Type NS, boiled in salted water, refrigerated 16-20h, reheated (India)	53	20,1	2,5	150	5,29	38		53
531	Type NS, boiled 13 min, then baked 10 min (Italy)	104	31,2	2,0	150	5,29	30		104
532	**Long grain, boiled**								
533	Long grain, boiled 5 min (Canada)	41	16,4	2,7	150	5,29	40		41
534	Long grain, white, unconverted, boiled 15 min (Mahatma brand, Riviana Foods, Wetherill Park, NSW, Austr	50	21,5	2,9	150	5,29	43		50
536	Gem long grain (Dainty Food Inc., Toronto, Canada)	55	22,0	2,7	150	5,29	40		55
537	Long grain, white (Uncle Bens, Auckland, New Zealand)	56±7	24,1	2,9	150	5,29	43		56
538	Long grain, boiled 25 min (Surinam)	56±2	24,1	2,9	150	5,29	43		56
539	Gem long grain (Dainty Food Inc., Canada)	57	22,8	2,7	150	5,29	40		57
540	Long grain, boiled 15 min	58	23,2	2,7	150	5,29	40		58
541	Gem long grain (Dainty Food Inc., Canada)	60	24,0	2,7	150	5,29	40		60
542	Gem long grain (Dainty Food Inc., Canada)	60	24,0	2,7	150	5,29	40		60
543	Long grain, white, boiled 7 min (Star brand, Gouda foods, Concord, Canada)	64±3	25,6	2,7	150	5,29	40		64
544	*mean of 10 studies*	56±2	23,0	2,7	150	5,29	41		56
545	**Rice, long grain, quick-cooking varieties**								
546	Long grain, parboiled 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)	68±6	25,2	2,5	150	5,29	37		68
547	Long grain, parboiled, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)	75±7	27,8	2,5	150	5,29	37		75
548	Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods King's Ly	52±5	19,2	2,5	150	5,29	37		52
550	**Rice, specialty rices**								
551	Cajun Style, Uncle Ben's® (Effem Foods Ltd., Bolton, Canada)	51	18,9	2,5	150	5,29	37		51
552	Garden Style, Uncle Ben's® (Effem Foods Ltd., Canada)	55	20,4	2,5	150	5,29	37		55
553	Long Grain and Wild, Uncle Ben's® (Effem Foods Ltd., Canada)	54	20,0	2,5	150	5,29	37		54
554	Mexican Fast and Fancy, Uncle Ben's® (Effem Foods Ltd., Canada)	58	21,5	2,5	150	5,29	37		58
555	Saskatchewan wild rice (Canada)	57	18,2	2,1	150	5,29	32		57
556	Broken rice, white, cooked in rice cooker (Lion Foods, Bangkok, Thailand)	86±10	37,0	2,9	150	5,29	43		86
557	Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand)	98±7	31,4	2,1	150	5,29	32		98
558	Jasmine rice, white long grain, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	45,8	2,8	150	5,29	42		109
559	**Rice, white low-amylose**								

560	Calrose, white, medium grain, boiled (Rice Growers Co-op., Australia)	83±13	35,7	2,9	150	5,29	43		83
561	Sungold, Pelde, parboiled (Rice Growers Co-op., Australia)	87±7	37,4	2,9	150	5,29	43		87
562	Waxy (0-2% amylose) (Rice Growers Co-op., Australia)	88±11	37,8	2,9	150	5,29	43		88
563	Pelde, white (Rice Growers Co-op., Australia)	93±11	40,0	2,9	150	5,29	43		93
564	White, low-amylose, boiled (Turkey)	139	59,8	2,9	150	5,29	43		139
565	**Rice, white high-amylose**								
566	Bangladeshi rice variety BR16 (28% amylose)	37	14,4	2,6	150	5,29	39		37
567	Bangladeshi rice variety BR16, white, long-grain (27% amylose), boiled 17.5 min	39	15,2	2,6	150	5,29	39		39
568	*mean of two studies*	38	14,8	2,6	150	5,29	39		38
569	Doongara, white (Rice Growers Co-op., Australia)	50±6							50
570	Doongara, white (Rice Growers Co-op., Australia)	64±9							64
571	Doongara, white (Rice Growers Co-op., Australia)	54±7							54
572	*mean of three studies*	56±4	21,8	2,6	150	5,29	39		56
573	Koshikari (Japonica), white, short-grain, boiled 15 min then steamed 10 min (Japan)	48±8	18,2	2,5	150	5,29	38		48
574	**Basmati**								
575	Basmati, white, boiled (Mahatma brand, Sydney, NSW, Australia)	58±8	22,0	2,5	150	5,29	38		58
576	Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® (Masterfoods. King	57±4	23,4	2,7	150	5,29	41		57
578	Quick cooking white basmati, cooked 10 min, Uncle Ben's® Superior (Masterfoods Olen, Belgium)	60±5	22,8	2,5	150	5,29	38		60
579	**Rice, brown**								
580	Brown (Canada)	66±5	21,8	2,2	150	5,29	33		66
581	Brown, steamed (USA)5	50	16,5	2,2	150	5,29	33		50
582	Brown (Oriza Sativa), boiled (South India)5	50±19	16,5	2,2	150	5,29	33		50
583	*mean of three studies*	55±5	18,2	2,2	150	5,29	33		55
584	Calrose brown (Rice Growers Co-op., Australia)	87±8	33,1	2,5	150	5,29	38		87
585	Doongara brown, high amylose (Rice Growers Co-op., Australia)	66±7	24,4	2,5	150	5,29	37		66
586	Pelde brown (Rice Growers Co-op., Australia)	76±6	28,9	2,5	150	5,29	38		76
587	Parboiled, cooked 20 min, Uncle Ben's Natur-reis ® (Masterfoods Olen, Belgium)	64±7	23,0	2,4	150	5,29	36		64
588	Sunbrown Quick™ (Rice Growers Co-op., Australia)	80±7	30,4	2,5	150	5,29	38		80
589	**Instant/puffed rice**								
590	Instant rice, white, boiled 1 min (Canada)	46	19,3	2,8	150	5,29	42		46
591	Instant rice, white, cooked 6 min (Trice brand, Australia)	87	36,5	2,8	150	5,29	42		87
592	Puffed, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods Olen, Belgium)	74±5	31,1	2,8	150	5,29	42		74
593	*mean of three studies*	69±12	29,0	2,8	150	5,29	42		69
594	Instant doongara, white, cooked 5 min (Rice Growers Co-op., Australia)	94±7	39,5	2,8	150	5,29	42		94
595	**Parboiled rice**								
596	Parboiled rice (Canada)	48	17,3	2,4	150	5,29	36		48
597	Parboiled rice (USA)	72	25,9	2,4	150	5,29	36		72
598	Converted, white, Uncle Ben's® (Effem Foods Ltd., Canada)	45	16,2	2,4	150	5,29	36		45
599	Converted, white, boiled 20-30 min, Uncle Ben's® (Masterfoods USA, Vernon, CA)	38	13,7	2,4	150	5,29	36		38
600	Converted, white, long grain, boiled 20-30 min, Uncle Ben's® (Masterfoods USA)	50	18,0	2,4	150	5,29	36		50
601	Boiled, 12 min (Denmark)6	39	14,0	2,4	150	5,29	36		39
602	Boiled, 12 min (Denmark)	42	15,1	2,4	150	5,29	36		42
603	Boiled, 12 min (Denmark)	43	15,5	2,4	150	5,29	36		43
604	Boiled, 12 min (Denmark)	46	16,6	2,4	150	5,29	36		46
605	Long grain, boiled 5 min (Canada)	38	13,7	2,4	150	5,29	36		38
606	Long grain, boiled, 10 min (USA)5	61	22,0	2,4	150	5,29	36		61
607	Long grain, boiled 15 min (Canada)	47	16,9	2,4	150	5,29	36		47
608	Long grain, boiled 25 min (Canada)	46	16,6	2,4	150	5,29	36		46

609	*mean of thirteen studies*	47±3	16,9	2,4	150	5,29	36	47
610	Parboiled rice, eaten as part of a traditional Indian meal (India)5	99						99
611	**Parboiled, low-amylose**							
612	Bangladeshi rice variety BR2, parboiled (12% amylose)	51	19,4	2,5	150	5,29	38	51
613	Parboiled, low-amylose, Pelde, Sungold (Rice Growers Co-op., Australia)	87±7	33,9	2,6	150	5,29	39	87
614	**Parboiled, high-amylose**							
615	Parboiled, high-amylose (28%), Doongara (Rice Growers Co-op., Australia)	50±6	19,5	2,6	150	5,29	39	50
616	Bangladeshi rice variety BR16, parboiled (28% amylose)	35	13,0	2,5	150	5,29	37	35
617	Bangladeshi rice variety BR16, traditionally parboiled (27% amylose)	32	12,2	2,5	150	5,29	38	32
618	Bangladeshi rice variety BR16, pressure parboiled (27% amylose)	27	11,1	2,7	150	5,29	41	27
619	Bangladeshi rice variety BR4, parboiled (27% amylose)	33	12,5	2,5	150	5,29	38	33
620	*Mean of 5 studies*	35±4	13,7	2,6	150	5,29	39	35
621	**Rye, whole kernels**							
622	Rye, whole kernels (Canada)	29	11,0	2,5	50 (dry)	1,76	38	29
623	Rye, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	34	12,9	2,5	50 (dry)	1,76	38	34
624	Rye, whole kernels (Canada)	39	14,8	2,5	50 (dry)	1,76	38	39
625	*mean of three studies*	34±3	12,9	2,5	50 (dry)	1,76	38	34
626	**Wheat**							
627	**Wheat, whole kernels**							
628	Wheat, whole kernels (Triticum aestivum) (India)11	30±9	11,4	2,5	50 (dry)	1,76	38	30
629	Wheat, whole kernels (Canada)	42	13,9	2,2	50 (dry)	1,76	33	42
630	Wheat, whole kernels, pressure cooked (15 psi) 30 min in 2 L water (Canada)	44	14,5	2,2	50 (dry)	1,76	33	44
631	Wheat, whole kernels (Canada)	48	15,8	2,2	50 (dry)	1,76	33	48
632	*mean of four studies*	41±3	13,9	2,3	50 (dry)	1,76	34	41
633	Wheat, type NS8 (India)	90	34,2	2,5	50 (dry)	1,76	38	90
634	**Wheat, precooked kernels**							
635	Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)	52±4	19,2	2,5	50 (dry)	1,76	37	52
636	Durum wheat, precooked, cooked 10 min (Ebly, France)	50±5	16,5	2,2	50 (dry)	1,76	33	50
637	Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)	40±5	15,6	2,6	125	4,41	39	40
638	Quick cooking (White Wings, Sydney, NSW, Australia)	54±11	25,2	3,1	150	5,29	47	54
639	**Semolina**							
640	Semolina, roasted at 105 °C then gelatinised with water (India)	55±9						55
641	Semolina, steamed and gelatinised (India)	54±13						54
642	*mean of two studies*	55±1	6,1	0,7	150	5,29	11	55
643	**Cracked wheat (bulgur/bourghul)**							
644	Bulgur, boiled (Canada)	46						46
645	Bulgur, boiled in 800 mL water 20 min (Canada)	46						46
646	Bulgur, boiled 20 min (Canada)	46						46
647	Bulgur, boiled 20 min (Canada)	53						53
648	*mean of four studies*	48±2	12,5	1,7	150	5,29	26	48
650	**COOKIES**							
651	**Arrowroot**							
652	Arrowroot (McCormicks's, Interbare Foods, Toronto, Canada)	63	12,6	1,3	25	0,88	20	63
653	Arrowroot plus (McCormicks's, Canada)	62	11,2	1,2	25	0,88	18	62
654	Milk Arrowroot™ (Arnotts, Sydney, NSW, Australia)	69±7	12,4	1,2	25	0,88	18	69
655	*mean of three studies*	65±2	12,4	1,3	25	0,88	19	65
656	Barquette Abricot (LU, Ris, Orangis, France)	71±6	22,7	2,1	40	1,41	32	71
657	Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)	57±9	18,8	2,2	50	1,76	33	57

658	Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)	51±9	17,3	2,3	50	1,76	34	51
659	Bebe Jemne Susenky (Opavia/LU, Czech Republic)	67±11	13,4	1,3	25	0,88	20	67
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660	**COOKIES (DIGESTIVES)**							
661	Digestives (Canada)	55						55
662	Digestives (Canada)	59±7						59
663	Digestives, Peak Freans (Nabisco Ltd., Toronto, Canada)	62						62
664	*mean of three studies*	59±2	9,4	1,1	25	0,88	16	59
665	Digestives, gluten-free (maize starch) (Nutricia Dietary Care Ltd., Redish, Stockport, UK)	58	9,9	1,1	25	0,88	17	58
666	Evergreen met Krenten (LU, Netherlands)	66±12	13,9	1,4	38	1,34	21	66
667	Golden Fruit (Griffin's Foods Ltd., Auckland, New Zealand)	77±25	13,1	1,1	25	0,88	17	77
668	Graham Wafers (Christie Brown & Co., Toronto, Canada)	74	13,3	1,2	25	0,88	18	74
669	Gran'Dia Banana, Oats and Honey (LU, Brazil)	28±5	6,4	1,5	30	1,06	23	28
670	Grany en-cas Abricot (LU, France)	55±6	8,8	1,1	30	1,06	16	55
671	Grany en-cas Fruits des bois (LU, France)	50±5	7,0	0,9	30	1,06	14	50
672	Grany Rush Apricot (LU, Netherlands)	62±3	12,4	1,3	30	1,06	20	62
673	Highland Oatmeal™ (Westons biscuits, Sydney, NSW, Australia)	55±8	9,9	1,2	25	0,88	18	55
674	Highland Oatcakes (Walker's Shortbread Ltd., Aberlour-on-Spey, Scotland)	57	8,6	1,0	25	0,88	15	57
675	LU P'tit Déjeuner Chocolat (LU, France)	42±5	14,3	2,3	50	1,76	34	42
676	LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	45±5	15,8	2,3	50	1,76	35	45
677	LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	52±3	18,2	2,3	50	1,76	35	52
678	LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)	49±8	17,2	2,3	50	1,76	35	49
679	*mean of three studies*	49±2	17,2	2,3	50	1,76	35	49
680	Maltmeal wafer (Griffin's Foods Ltd., New Zealand)	50±10	8,5	1,1	25	0,88	17	50
681	Morning Coffee™ (Arnotts, Australia)	79±6	15,0	1,3	25	0,88	19	79
682	Nutrigrain Fruits des bois (Kellogg's, France)	57±4	13,1	1,5	35	1,23	23	57
683	Oatmeal (Canada)	54±4	9,2	1,1	25	0,88	17	54
684	Oro (Saiwa, Italy)	61±9	19,5	2,1	40	1,41	32	61
685	Oro (Saiwa, Italy)	67±17	21,4	2,1	40	1,41	32	67
686	*mean of two studies*	64±3	20,5	2,1	40	1,41	32	64
687	Petit LU Normand (LU, France)	51±3	9,7	1,3	25	0,88	19	51
688	Petit LU Roussillon (LU, France)	48±4	8,6	1,2	25	0,88	18	48
689	Prince Energie+ (LU, France)	73±5	12,4	1,1	25	0,88	17	73
690	Prince fourré chocolat (LU, France)	53±5						53
691	Prince fourré chocolat (LU, France)	50±5						50
692	*mean of two studies*	52±2	15,6	2,0	45	1,59	30	52
693	Prince Meganana Chocolate (LU, Spain)	49±12	17,6	2,4	50	1,76	36	49
694	Prince Petit Déjeuner Vanille (LU, France and Spain)	45±6	16,2	2,4	50	1,76	36	45
695	Rich Tea (Canada)	55±4	10,5	1,3	25	0,88	19	55
696	Sablé des Flandres (LU, France)	57±10	8,6	1,0	20	0,71	15	57
697	Shortbread (Arnotts, Australia)	64±8	10,2	1,1	25	0,88	16	64
698	Shredded Wheatmeal™ (Arnotts, Australia)	62±4	11,2	1,2	25	0,88	18	62
699	Snack Right Fruit Slice (97% fat-free) (Arnott's, Australia)	45±3	8,6	1,3	25	0,88	19	45
700	Thé (LU, France)	41±7	6,6	1,1	20	0,71	16	41
701	Vanilla Wafers (Christie Brown & Co., Canada)	77	13,9	1,2	25	0,88	18	77
702	Véritable Petit Beurre (LU, France)	51±8	9,2	1,2	25	0,88	18	51
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704	**CRACKERS**							
705	Breton wheat crackers (Dare Foods Ltd., Kitchener, Canada)	67	9,4	0,9	25	0,88	14	67
706	Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, NSW, Australia)	87±10	17,4	1,3	25	0,88	20	87
707	Cream Cracker (LU Triumfo, Brazil)	65±11	11,1	1,1	25	0,88	17	65
708	High-calcium cracker (Danone, Malaysia)	52±8	8,8	1,1	25	0,88	17	52
709	Jatz™, plain salted craker biscuits (Arnotts, Australia)	55±5	9,4	1,1	25	0,88	17	55
710	Puffed Crispbread (Westons, Australia)	81±9	15,4	1,3	25	0,88	19	81
711	**Puffed rice cakes**							
712	Puffed rice cakes, white (Rice Growers Co-op., Leeton, NSW, Australia)	82±11	17,2	1,4	25	0,88	21	82
713	Rice cakes, Calrose rice (low-amylose) (Rice Growers Co-op., Australia)	91±7	19,1	1,4	25	0,88	21	91
714	Rice cakes, Doongara rice (high-amylose) (Rice Growers Co-op., Australia)	61±5	12,8	1,4	25	0,88	21	61
715	*mean of three studies*	78±9	16,4	1,4	25	0,88	21	78
716	**Rye crispbread**							
717	Rye crispbread (Canada)	63	10,1	1,1	25	0,88	16	63
718	Ryvita™ (Canada)	69±10	11,0	1,1	25	0,88	16	69
719	High-fiber rye crispbread (Ryvita Company Ltd., Poole, Dorset, UK)	59	8,9	1,0	25	0,88	15	59
720	Rye crispbread (Ryvita Company Ltd., UK)	63	11,3	1,2	25	0,88	18	63
721	*mean of four studies*	64±2	10,2	1,1	25	0,88	16	64
722	Kavli™ Norwegian Crispbread (Players Biscuits, Sydney, NSW, Australia)	71±7	11,4	1,1	25	0,88	16	71
723	Sao™, plain square crackers (Arnotts, Australia)	70±9	11,9	1,1	25	0,88	17	70
724	Stoned Wheat Thins (Christie Brown & Co., Canada)	67	11,4	1,1	25	0,88	17	67
725	**Water cracker**							
726	Water cracker (Canada)	63±9	11,3	1,2	25	0,88	18	63
727	Water cracker (Arnotts, Australia)	78±11	14,0	1,2	25	0,88	18	78
728	*mean of two studies*	71±8	12,8	1,2	25	0,88	18	71
729	Premium Soda Crackers (Christie Brown & Co., Canada)	74	12,6	1,1	25	0,88	17	74
730	Vita-wheat™, original, crispbread (Arnott's, Australia)	55±4	10,5	1,3	25	0,88	19	55

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732	**DAIRY PRODUCTS AND ALTERNATIVES**							
733	**Custard**							
734	No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Sydney, NSW, Australia)	35±2	6,0	1,1	100	3,53	17	35
735	Custard, home made from milk, wheat starch, and sugar (Australia)	43±10	7,3	1,1	100	3,53	17	43
736	TRIM™, reduced-fat custard (Pauls Ltd., South Brisbane, Qld, Australia)	37±4	5,6	1,0	100	3,53	15	37
737	*mean of three studies*	38±2	6,1	1,1	100	3,53	16	38
738	**Ice cream, Regular/NS8**							
739	Ice cream, NS (Canada)	36±8						36
740	Ice cream (half vanilla, half chocolate) (Italy)	57						57
741	Ice cream, NS (USA)	62						62
742	Ice cream, chocolate flavored (USA)	68±15						68
743	Ice cream (half vanilla, half chocolate) (Italy)	80						80
744	*mean of five studies*	61±7	7,9	0,9	50	1,76	13	61
745	**Ice cream, Reduced- or Low-fat**							
746	Ice cream, low-fat, vanilla, 'Light' (Peter's, Sydney, NSW, Australia)	50±8	3,0	0,4	50	1,76	6	50
747	Ice-cream, low-fat (1.2 % fat), Prestige Light rich vanilla (Norco, Lismore, NSW, Australia)6	47±5	4,7	0,7	50	1,76	10	47
748	Ice-cream, low-fat (1.4% fat), Prestige Light traditional toffee (Norco, Australia)6	37±4	5,2	0,9	50	1,76	14	37
749	Ice-cream, reduced-fat (7.1 % fat), Prestige golden macadamia (Norco, Australia)6	39±3	4,7	0,8	50	1,76	12	39
750	**Ice cream, Premium (high-fat)**							

751	Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)	37±3	3,3	0,6	50	1,76	9	37
752	Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)	38±3	3,4	0,6	50	1,76	9	38
753	**Milk, full-fat**							
754	Full-fat (Italy)	11						11
755	Full-fat (3% fat, Skånemejerier, Malmö, Sweden)6	21						21
756	Full-fat (Italy)	24						24
757	Full-fat cow's milk, fresh (Dairy Farmers, Sydney, NSW, Australia)	31±2						31
758	Full-fat (Canada)	34±6						34
759	Full-fat (USA)	40						40
760	*mean of five studies*	27±4	3,2	0,8	250	8,82	12	27
761	Fermented cow's milk (ropy milk, långfil, 3% fat) (Arla, Gävle, Sweden)6	11						11
762	Fermented cow's milk (filmjölk, 3% fat) (Skånemejerier, Malmö, Sweden)6	11						11
763	*mean of two foods*	11						11
764	**Milk, full-fat, plus bran**							
765	Full-fat + 20g wheat bran (Italy)	25						25
766	Full-fat + 20g wheat bran (Italy)	28						28
767	*mean of two studies*	27±2	3,2	0,8	250	8,82	12	27
768	Milk, skim (Canada)	32±5	4,2	0,9	250	8,82	13	32
769	Milk, condensed, sweetened (Nestlé, Sydney, NSW, Australia)	61±6	16,5	1,8	50	8,82	27	61
770	Milk, low-fat, chocolate, with aspartame, Lite White™ (Dairy Farmers, Australia)	24±6	3,6	1,0	250	8,82	15	24
771	Milk, low-fat, chocolate, with sugar, Lite White™ (Dairy Farmers, Australia)	34±4	8,8	1,7	250	8,82	26	34
772	**Mousse, reduced-fat, prepared from commerical mousse mix with water**							
773	Butterscotch, 1.9% fat (Nestlé, Australia)	36±4	3,6	0,7	50	1,76	10	36
774	Chocolate, 2% fat (Nestlé, Australia)	31±4	3,4	0,7	50	1,76	11	31
775	Hazelnut, 2.4% fat (Nestlé, Australia)	36±4	3,6	0,7	50	1,76	10	36
776	Mango, 1.8% fat (Nestlé, Australia)	33±5	3,6	0,7	50	1,76	11	33
777	Mixed berry, 2.2% fat (Nestlé, Australia)	36±5	3,6	0,7	50	1,76	10	36
778	Strawberry, 2.3% fat (Nestlé, Australia)	32±3	3,2	0,7	50	1,76	10	32
779	*mean of six foods*	34±1	3,4	0,7	50	1,76	10	34
780	**Pudding**							
781	instant, chocolate, made from powder and whole milk (White Wings, Sydney, NSW, Australia)	47±4	7,5	1,1	100	3,53	16	47
782	instant, vanilla, made from powder and whole milk (White Wings, Australia)	40±4	6,4	1,1	100	3,53	16	40
783	*mean of two foods*	44±4	7,0	1,1	100	3,53	16	44
784	**Yoghurt**							
785	Yoghurt, type NS8 (Canada)	36±4	3,2	0,6	200	7,05	9	36
786	**Low-fat yoghurt**							
787	Low-fat, fruit, aspartame, Ski™ (Dairy Farmers, Australia)	14±4	1,8	0,9	200	7,05	13	14
788	Low-fat, fruit, sugar, Ski™ (Dairy Farmers, Australia)	33±7	10,2	2,1	200	7,05	31	33
789	Low-fat (0.9%), fruit, wild strawberry (Ski d'lite™, Dairy Farmers, Australia)	31±14	9,3	2,0	200	7,05	30	31
790	**Non-fat yoghurt, sweetened with acesulfame K and Splenda**							
791	Diet Vaalia™, exotic fruits (Pauls Ltd., Australia)6	23±2	3,7	1,1	200	7,05	16	23
792	Diet Vaalia™, mango (Pauls Ltd., Australia)6	23±2	3,2	0,9	200	7,05	14	23
793	Diet Vaalia™, mixed berry (Pauls Ltd., Australia)6	25±3	3,3	0,9	200	7,05	13	25
794	Diet Vaalia™, strawberry (Pauls Ltd., Australia)6	23±2	3,0	0,9	200	7,05	13	23
795	Diet Vaalia™, vanilla (Pauls Ltd, Australia)6	23±2	3,0	0,9	200	7,05	13	23
796	*mean of five foods*	24±1	3,4	0,9	200	7,05	14	24
797	**Reduced-fat yoghurt**							

798	Reduced-fat, Vaalia™, apricot & mango (Pauls Ltd., Australia)6	26±4	7,8	2,0	200	7,05	30	26
799	Reduced-fat, Vaalia™, french vanilla (Pauls Ltd., Australia)6	26±4	2,6	0,7	200	7,05	10	26
800	Reduced-fat, Extra-Lite™, strawberry (Pauls Ltd., Australia)6	28±4	9,2	2,2	200	7,05	33	28
801	*mean of three foods*	27±1	6,5	1,6	200	7,05	24	27
802	Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit (Pauls Ltd., Australia)6	38±4	11,0	1,9	200	7,05	29	38
803	**Soy-based dairy product alternatives**							
804	**Soy milks (containing maltodextrin)**							
805	Soy milk, full-fat (3%), 0 mg calcium, Original (So Natural Foods, Taren Point, NSW, Australia)6	44±5	7,5	1,1	250	8,82	17	44
806	Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia)6	36±4	6,5	1,2	250	8,82	18	36
807	Soy milk, reduced-fat (1.5%), 120 mg calcium, Light (So Natural Foods, Australia)6	44±3	7,5	1,1	250	8,82	17	44
808	**Soy milk drinks**							
809	Soy smoothie drink, banana, 1% fat (So Natural Foods, Australia)6	30±3	6,6	1,5	250	8,82	22	30
810	Soy smoothie drink, chocolate hazelnut, 1% fat (So Natural Foods, Australia)6	34±3	8,5	1,7	250	8,82	25	34
811	*mean of two drinks*	32±2	7,4	1,5	250	8,82	23	32
812	Up & Go™, cocoa malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium, Berkeley Vale, NSW, Aus	43±5	11,2	1,7	250	8,82	26	43
814	Up & Go™, original malt flavor (soy milk, rice cereal liquid breakfast)6 (Sanitarium, Australia)	46±5	11,0	1,6	250	8,82	24	46
816	*mean of two drinks*	45±2	11,3	1,7	250	8,82	25	45
817	Xpress™, chocolate (soy bean, cereal and legume extract drink with fructose)6 (So Natural Foods, Australi	39±2	13,3	2,3	250	8,82	34	39
819	**Soy yoghurt**							
820	Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia)6	50±3	13,0	1,7	200	7,05	26	50
821	Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup (USA)	115±14	10,4	0,6	50	1,76	9	115
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823	**FRUIT AND FRUIT PRODUCTS**							
824	**Apples, raw**							
825	Apple, NS8 (Denmark)	28	3,6	0,9	120	4,23	13	28
826	Apple, Braeburn (New Zealand)6	32±4	4,2	0,9	120	4,23	13	32
827	Apple, NS8 (Canada)	34	5,4	1,1	120	4,23	16	34
828	Apple, Golden Delicious (Canada)	39±3	6,2	1,1	120	4,23	16	39
829	Apple, NS8 (USA)	40	6,4	1,1	120	4,23	16	40
830	Apple, NS8 (Italy)	44	5,7	0,9	120	4,23	13	44
831	*mean of six studies*	38±2	5,7	1,0	120	4,23	15	38
832	**Apple juice**							
833	Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, SA, Australia)	39±5	9,8	1,7	250	8,82	25	39
834	Apple juice, unsweetened (USA)	40	11,6	1,9	250	8,82	29	40
835	Apple juice, unsweetened (Allens, Toronto, Canada)	41	12,3	2,0	250	8,82	30	41
836	*mean of three studies*	40±1	11,2	1,9	250	8,82	28	40
837	Apple, dried (Australia)	29±5	9,9	2,3	60	2,12	34	29
838	**Apricots**							
839	Apricots, raw, NS8 (Italy)	57	5,1	0,6	120	4,23	9	57
840	Apricots, canned in light syrup (Riviera, Aliments Caneast Foods, Montreal, Canada)	64	12,2	1,3	120	4,23	19	64
841	Apricots, dried (Australia)	30±7	8,1	1,8	60	2,12	27	30
842	Apricots, dried (Wasco foods, Montreal, Canada)	32	9,6	2,0	60	2,12	30	32
843	*mean of two studies*	31±1	8,7	1,9	60	2,12	28	31
844	Apricot fruit bar, pureed dried apricot filling in wholemeal pastry (Mother Earth, Auckland, New Zealand)	50±8	17,0	2,3	50	1,76	34	50
846	Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, SA, Australia)	55±7	7,2	0,9	30	1,06	13	55
847	Apricot Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Balgowlah, NSW, Au	42±3	5,0	0,8	15	0,53	12	42
849	**Banana, raw**							
850	Banana (Canada)	46	11,5	1,7	120	4,23	25	46

851	Banana (Italy)	58	13,3	1,5	120	4,23	23		58
852	Banana (Canada)	58	14,5	1,7	120	4,23	25		58
853	Banana (Canada)	62±9	15,5	1,7	120	4,23	25		62
854	Banana (South Africa)	70±5	16,1	1,5	120	4,23	23		70
855	Banana, ripe (all yellow) (USA)	51	12,8	1,7	120	4,23	25		51
856	Banana, under-ripe (Denmark)	30	6,3	1,4	120	4,23	21		30
857	Banana, slightly under-ripe (yellow with green sections) (USA)	42	10,5	1,7	120	4,23	25		42
858	Banana, over-ripe (yellow flecked with brown) (USA)	48	12,0	1,7	120	4,23	25		48
859	Banana, over-ripe (Denmark)	52	10,4	1,3	120	4,23	20		52
860	*mean of 10 studies*	52±4	12,5	1,6	120	4,23	24		52
861	Banana, processed fruit fingers, Heinz Kidz™ (H J Heinz, Malvern, Vic, Australia)	61±11	12,2	1,3	30	1,06	20		61
862	Breadfruit (Artocarpus altilis), raw (Australia)6	68	18,4	1,8	120	4,23	27		68
863	Cherries, raw, NS8 (Canada)	22	2,6	0,8	120	4,23	12		22
864	Chico (Zapota zapotilla coville), raw (Philippines)6	40	11,6	1,9	120	4,23	29		40
865	**Cranberry juice**								
866	Cranberry juice cocktail (Ocean Spray, Melbourne, Vic, Australia)	52±3	16,1	2,1	250	8,82	31		52
867	Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)	68±3	23,8	2,3	250	8,82	35		68
868	Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)	56±4	16,2	1,9	250	8,82	29		56
869	Custard apple, raw, flesh only (Australia)	54±2	10,3	1,3	120	4,23	19		54
870	Dates, dried (Australia)	103±21	41,2	2,7	60	2,12	40		103
871	Figs, dried, tenderised, Dessert Maid brand (Ernest Hall & Sons, Sydney, NSW, Australia)	61±6	15,9	1,7	60	2,12	26		61
872	Fruit Cocktail, canned (Delmonte Canadian Canners Ltd., Hamilton, Canada)	55	8,8	1,1	120	4,23	16		55
873	Grapefruit, raw (Canada)	25	2,8	0,7	120	4,23	11		25
874	Grapefruit juice, unsweetened (Sunpac, Toronto, Canada)	48	9,6	1,3	250	8,82	20		48
875	**Grapes, raw**								
876	Grapes, NS8(Canada)	43	7,3	1,1	120	4,23	17		43
877	Grapes, NS8 (Italy)	49	9,3	1,3	120	4,23	19		49
878	*mean of two studies*	46±3	8,3	1,2	120	4,23	18		46
879	Grapes, black, Waltham Cross (Australia)	59	10,6	1,2	120	4,23	18		59
880	**Kiwi fruit, raw**								
881	Kiwi fruit, Hayward (New Zealand)6	47±4	5,6	0,8	120	4,23	12		47
882	Kiwi fruit (Australia)6	58±7	7,0	0,8	120	4,23	12		58
883	*mean of two studies*	53±6	6,4	0,8	120	4,23	12		53
884	Lychee, canned in syrup and drained, Narcissus brand (China)	79±8	15,8	1,3	120	4,23	20		79
885	**Mango, raw**								
886	Mango (Mangifera indica) (Philippines)6	41	8,2	1,3	120	4,23	20		41
887	Mango (Mangifera indica) (Australia)6	51±3	7,7	1,0	120	4,23	15		51
888	Mango, ripe (Mangifera indica) (India)11	60±16	9,0	1,0	120	4,23	15		60
889	*mean of three studies*	51±5	8,7	1,1	120	4,23	17		51
890	Mango, low-fat frozen fruit dessert, Frutia™ (Weis Frozen Foods, Toowong, Qld, Australia)	42±3	9,7	1,5	100	3,53	23		42
891	Marmalade, orange (Australia)	48±9	9,6	1,3	30	1,06	20		48
892	**Oranges, raw**								
893	Oranges, NS8 (Denmark)	31	3,4	0,7	120	4,23	11		31
894	Oranges, NS8 (South Africa)	33±6	3,3	0,7	120	4,23	10		33
895	Oranges, NS8 (Canada)	40±3	4,4	0,7	120	4,23	11		40
896	Oranges, NS8 (Italy)	48	5,3	0,7	120	4,23	11		48
897	Oranges (Sunkist, Van Nuys, CA, USA)	48	5,3	0,7	120	4,23	11		48
898	Oranges NS8 (Canada)	51	5,6	0,7	120	4,23	11		51

899	*mean of six studies*	42±3	4,6	0,7	120	4,23	11	42
900	**Orange juice**							
901	Orange Juice (Canada)	46±6	12,0	1,7	250	8,82	26	46
902	Orange juice, unsweetened, reconstituted concentrate, Quelch brand (Berri Ltd., Australia)	53±6	9,5	1,2	250	8,82	18	53
903	Orange juice, reconstituted from frozen concentrate (USA)	57±6	14,8	1,7	250	8,82	26	57
904	*mean of three studies*	52±3	12,0	1,5	250	8,82	23	52
905	**Paw paw/papaya, raw**							
906	Paw paw (Carica papaya) (Australia)6	56±6	4,5	0,5	120	4,23	8	56
907	Paw paw (papaya), ripe (India)11	60±16	17,4	1,9	120	4,23	29	60
908	Papaya (Carica papaya) (Philippines)6	60	9,0	1,0	120	4,23	15	60
909	*mean of three studies*	59±1	10,0	1,1	120	4,23	17	59
910	**Peaches**							
911	Peach, raw (Canada)	28	3,6	0,9	120	4,23	13	28
912	Peach, raw (Italy)	56	4,5	0,5	120	4,23	8	56
913	*mean of two studies*	42±14	4,6	0,7	120	4,23	11	42

914	Peach, canned in natural juice (Goulburn Valley, Ardmona Foods, Mooroopna, Vic, Australia)	30±4	3,3	0,7	120	4,23	11	30
915	Peach, canned in natural juice (SPC Ltd., Shepparton, Vic, Australia)	45±6	5,0	0,7	120	4,23	11	45
916	*mean of two studies*	38±8	4,2	0,7	120	4,23	11	38
917	Peach, canned in heavy syrup (Letona Foods, Hawthorn East, Vic, Australia)	58±11	8,7	1,0	120	4,23	15	58
918	Peach, canned in light syrup (Delmonte, Canadian Canners Ltd.)	52	9,4	1,2	120	4,23	18	52
919	Peach, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	62±9	10,5	1,1	120	4,23	17	62
920	**Pears**							
921	Pear, raw, NS8 (Canada)	33	4,3	0,9	120	4,23	13	33
922	Pear, Winter Nellis, raw (New Zealand)6	34±4	4,1	0,8	120	4,23	12	34
923	Pear, Bartlett, raw (Canada)	41	3,3	0,5	120	4,23	8	41
924	Pear, raw, NS8 (Italy)	42	4,6	0,7	120	4,23	11	42
925	*mean of four studies*	38±2	4,2	0,7	120	4,23	11	38
926	Pear halves, canned in reduced-sugar syrup, SPC Lite (SPC Ltd., Australia)	25±6	3,5	0,9	120	4,23	14	25
927	Pear halves, canned in natural juice (SPC Ltd., Australia)	43±15	5,6	0,9	120	4,23	13	43
928	Pear, canned in pear juice, Bartlett (Delmonte, Canadian Canners Ltd.)	44	4,8	0,7	120	4,23	11	44
929	**Pineapple**							
930	Pineapple, raw (Australia)6	66±7	6,6	0,7	120	4,23	10	66
931	Pineapple (Ananas comosus), raw (Philippines)6	51	8,2	1,1	120	4,23	16	51
932	*mean of two studies*	59±8	7,7	0,9	120	4,23	13	59
933	Pineapple juice, unsweetened (Dole Packaged Foods, Toronto, Canada)	46	15,6	2,3	250	8,82	34	46
934	**Plums**							
935	Plum, raw, NS8 (Canada)	24	3,4	0,9	120	4,23	14	24
936	Plum, raw, NS8 (Italy)	53	5,8	0,7	120	4,23	11	53
937	*mean of two studies*	39±15	4,7	0,8	120	4,23	12	39
938	Prunes, pitted (Sunsweet Growers Inc., Yuba City, CA, USA)	29±4	9,6	2,2	60	2,12	33	29
939	Raisins (Canada)	64±11	28,2	2,9	60	2,12	44	64
940	Rockmelon/Cantaloupe, raw (Australia)6	65±9	3,9	0,4	120	4,23	6	65
941	Strawberries, fresh, raw (Sydney, NSW, Australia)6	40±7	1,2	0,2	120	4,23	3	40
942	Strawberry jam	51±10	10,2	1,3	30	1,06	20	51
943	Strawberry processed fruit bars, Real Fruit Bars (Uncle Toby's, Australia)	90±12	23,4	1,7	30	1,06	26	90
944	Sultanas	56±11	25,2	3,0	60	2,12	45	56
945	Tomato juice, no added sugar (Berri Ltd., Berri, SA, Australia)6	38±4	3,4	0,6	250	8,82	9	38
946	Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	41±3	4,5	0,7	15	0,53	11	41
948	Vitari, wild berry, non-dairy, frozen fruit dessert (Nestlé, Sydney, NSW, Australia)	59±8	12,4	1,4	100	3,53	21	59
949	Watermelon, raw (Australia)6	72±13	4,3	0,4	120	4,23	6	72
950	Wild Berry Fruity Bitz™, vitamin and mineral enriched dried fruit snack (Blackmores Ltd., Australia)	35±4	4,2	0,8	15	0,53	12	35

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953	**INFANT FORMULA AND WEANING FOODS**							
954	**Formula**							
955	Infasoy™, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia)6	55±6	3,8	0,5	100 mL	3,53	7	55
956	Karicare™ gold starter formula with omega plsu LCP oils (Nutricia, Auckland, New Zealand)6	35±5	2,5	0,5	100 mL	3,53	7	35
957	Nan-1™ infant formula with iron (Nestlé, Sydney, NSW, Australia)6	30±6	2,3	0,5	100 mL	3,53	8	30
958	S-26™ infant formula (Wyeth Nutritionals, Australia)6	36±6	2,6	0,5	100 mL	3,53	7	36
959	**Weaning Foods**							
960	Farex™ baby rice (Heinz Wattie's Ltd., Malvern, Vic, Australia)6	95±13	5,7	0,4	87	3,07	6	95
961	**Robinsons First Tastes from 4 months (Nutricia, Wells, UK)**							
962	Apple, apricot and banana cereal6	56±8	7,3	0,9	75	2,65	13	56
963	Creamed porridge6	59±8	5,4	0,6	75	2,65	9	59

964	Rice pudding6	59±6	6,5	0,7	75	2,65	11	59
965	**Heinz for Baby from 4 months (Heinz Wattie's Ltd., Australia)**							
966	Chicken and noodles with vegetables, strained6	67±11	4,8	0,5	120	4,23	7	67
967	Sweetcorn and rice6	65±13	9,7	1,0	120	4,23	15	65
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969	**LEGUMES AND NUTS**							
970	**Baked Beans**							
971	Baked Beans, canned (Canada)	40±3						40
972	Baked Beans, canned haricot/navy beans in tomato sauce (Libby, McNeill & Libby, Chatham, Canada)	56						56
974	*mean of two studies*	48±8	7,2	1,0	150	5,29	15	48
975	**Beans, dried, boiled**							
976	Beans, dried, type NS8 (Italy)	36	10,8	2,0	150	5,29	30	36
977	Beans, dried, type NS8 (Italy)	20	6,0	2,0	150	5,29	30	20
978	*mean of two studies*	29±9	8,7	2,0	150	5,29	30	29
979	**Blackeyed beans/peas (Cowpeas), boiled**							
980	Blackeyed beans (Canada)	50	15,0	2,0	150	5,29	30	50
981	Blackeyed beans (Canada)	33±4	9,9	2,0	150	5,29	30	33
982	*mean of two studies*	42±9	12,6	2,0	150	5,29	30	42
983	**Butter Beans**							
984	Butter beans (South Africa)	28±7	5,6	1,3	150	5,29	20	28
985	Butter beans, dried, cooked 1.25 h (South Africa)	29±8	5,8	1,3	150	5,29	20	29
987	Butter beans (Canada)	36±4	7,2	1,3	150	5,29	20	36
988	*mean of three studies*	31±3	6,2	1,3	150	5,29	20	31
989	Butter beans, dried, boiled + 5g sucrose (South Africa)	30±2	6,0	1,3	150	5,29	20	30
991	Butter beans, dried, boiled + 10g sucrose (South Africa)	31±2	6,2	1,3	150	5,29	20	31
993	Butter beans, dried, boiled + 15g sucrose (South Africa)	54±4	10,8	1,3	150	5,29	20	54
995	**Chickpeas (Garbanzo beans, Bengal gram), boiled**							
996	Chickpeas (Cicer arietinum Linn), dried, soaked, boiled 35 min (Philippines)	10	3,0	2,0	150	5,29	30	10
997	Chickpeas, dried, boiled (Canada)	31	9,3	2,0	150	5,29	30	31
998	Chickpeas (Canada)	33	9,9	2,0	150	5,29	30	33
999	Chickpeas (Canada)	36±5	10,8	2,0	150	5,29	30	36
1000	*mean of four studies*	28±6	8,4	2,0	150	5,29	30	28
1001	Chickpeas, canned in brine (Lancia-Bravo Foods Ltd., Toronto, Canada)	42	9,2	1,5	150	5,29	22	42
1002	Chickpeas, curry, canned (Canasia Foods Ltd., Scarborough, Canada)	41	6,6	1,1	150	5,29	16	41
1003	**Haricot/Navy beans**							
1004	Haricot/Navy beans, pressure cooked at 15 psi for 25 min (King Grains, Toronto, Canada)	29	9,6	2,2	150	5,29	33	29
1005	Haricot/Navy beans, dried, boiled (Canada)	30	9,0	2,0	150	5,29	30	30
1006	Haricot/Navy beans, boiled (Canada)	31±6	9,3	2,0	150	5,29	30	31
1007	Haricot/Navy beans (King Grains, Canada)	39	11,7	2,0	150	5,29	30	39
1008	Haricot/Navy beans, pressure cooked at15 psi for 25 min (King Grains, Canada)	59	19,5	2,2	150	5,29	33	59
1009	*mean of five studies*	38±6	11,8	2,1	150	5,29	31	38
1010	**Kidney Beans**							
1011	Kidney/white bean (Phaseolus vulgaris Linn), soaked, boiled 17 min (Philippines)	13	3,3	1,7	150	5,29	25	13
1012	Kidney beans (Phaseolus vulgaris) (India)	19	4,8	1,7	150	5,29	25	19
1013	Kidney beans (USA)5	23	5,8	1,7	150	5,29	25	23
1014	Kidney beans, dried, boiled (France)	23±1	5,8	1,7	150	5,29	25	23
1015	Kidney beans (Phaseolus vulgaris L.), red, soaked 20 min, boiled 70 min (Sweden)	25	6,3	1,7	150	5,29	25	25

1016	Kidney beans (Canada)	29±8	7,3	1,7	150	5,29	25	29
1017	Kidney beans, dried, boiled (Canada)	42	10,5	1,7	150	5,29	25	42
1018	Kidney beans (Canada)	46	11,5	1,7	150	5,29	25	46
1019	*mean of eight studies*	28±4	7,0	1,7	150	5,29	25	28
1020	Kidney beans (Phaseolus vulgaris L.) - autoclaved	34	8,5	1,7	150	5,29	25	34
1021	Kidney beans, canned (Lancia-Bravo Foods Ltd., Canada)	52	8,8	1,1	150	5,29	17	52
1022	Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h (India)11	70±11	17,5	1,7	150	5,29	25	70
1023	Black bean (Phaseolus vulgaris Linn), soaked overnight, cooked 45 min (Philippines)	20	5,0	1,7	150	5,29	25	20
1024	**Lentils, type NS8**							
1025	Lentils, type NS (USA)	28						28
1026	Lentils, type NS (Canada)	29±3						29
1027	*mean of two studies*	29±1	5,2	1,2	150	5,29	18	29
1028	**Lentils, green**							
1029	Lentils, green, dried, boiled (Canada)	22	4,0	1,2	150	5,29	18	22
1030	Lentils, green, dried, boiled (France)	30±15	5,4	1,2	150	5,29	18	30
1031	Lentils, green, dried, boiled (Australia)	37±3	5,2	0,9	150	5,29	14	37
1032	*mean of three studies*	30±4	5,1	1,1	150	5,29	17	30
1033	Lentils, green, canned in brine (Lancia-Bravo Foods Ltd., Canada)	52	8,8	1,1	150	5,29	17	52
1034	**Lentils, red**							
1035	Lentils, red, dried, boiled (Canada)	18	3,2	1,2	150	5,29	18	18
1036	Lentils, red, dried, boiled (Canada)	21	3,8	1,2	150	5,29	18	21
1037	Lentils, red, dried, boiled (Canada)	31	5,6	1,2	150	5,29	18	31
1038	Lentils, red, dried, boiled (Canada)	32	5,8	1,2	150	5,29	18	32
1039	*mean of four studies*	26±4	4,7	1,2	150	5,29	18	26
1040	Lima beans, baby, frozen, reheated in microwave oven (York, Canada Packers, Toronto, Canada)	32	9,6	2,0	150	5,29	30	32
1041	**Marrowfat peas**							
1042	Marrowfat peas, dried, boiled (USA)	31						31
1043	Marrowfat peas, dried, boiled (Canada)	47±3						47
1044	*mean of two studies*	39±8	7,4	1,3	150	5,29	19	39
1045	**Mung beans**							
1046	Mung bean (Phaseolus areus Roxb), soaked, boiled 20 min (Philippines)	31	5,3	1,1	150	5,29	17	31
1047	Mung bean, fried (Australia)	53±8						53
1048	Mung bean, germinated (Australia)	25±4	4,3	1,1	150	5,29	17	25
1049	Mung bean, pressure cooked (Australia)	42±5	7,1	1,1	150	5,29	17	42
1050	Peas, dried, boiled (Australia)	22	2,0	0,6	150	5,29	9	22
1051	Pigeon Pea (Cajanus cajan Linn. Huth.), soaked, boiled 45 min (Philippines)	22	4,4	1,3	150	5,29	20	22
1052	**Pinto beans**							
1053	Pinto beans, dried, boiled (Canada)	39	10,1	1,7	150	5,29	26	39
1054	Pinto beans, canned in brine (Lancia-Bravo Foods Ltd., Canada)	45	9,9	1,5	150	5,29	22	45
1055	Romano beans (Canada)	46	8,3	1,2	150	5,29	18	46
1056	**Soya beans**							
1057	Soya beans, dried, boiled (Canada)	15±5	0,9	0,4	150	5,29	6	15
1058	Soya beans, dried, boiled (Australia)	20±3	1,2	0,4	150	5,29	6	20
1059	*mean of two studies*	18±3	1,1	0,4	150	5,29	6	18
1060	Soya beans, canned (Canada)	14±2	0,8	0,4	150	5,29	6	14
1061	Split peas, yellow, boiled 20 min (Nupack, Mississauga, Canada)	32	6,1	1,3	150	5,29	19	32

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1063	**MEAL REPLACEMENT PRODUCTS**							
1064	Hazelnut & Apricot bar (Dietworks, South Yarra, Vic, Australia)	42±7	9,2	1,5	50	1,76	22	42
1065	**L.E.A.N™ products (Usana Inc., Salt Lake City, UT, US)**							
1066	L.E.A.N Fibergy™ bar, Harvest Oat	45±4	13,1	1,9	50	1,76	29	45
1067	Nutrimeal™, drink powder, Dutch Chocolate	26±3	3,4	0,9	250	8,82	13	26
1068	L.E.A.N (Life long) Nutribar™, Peanut Crunch	30±4	5,7	1,3	40	1,41	19	30
1069	L.E.A.N (Life long) Nutribar™, Chocolate Crunch	32±4	6,1	1,3	40	1,41	19	32
1070	*mean of two Nutri bars*	31±1	5,9	1,3	40	1,41	19	31
1071	**Worldwide Sport Nutrition reduced-carbohydrate products (2000 formulations)**							
1072	**(Worldwide Sport Nutritional Supplements Inc., Largo, FL, US)**							
1073	Designer chocolate, sugar-free6	14±3	3,1	1,5	35	1,23	22	14
1074	**Burn-it™ bars**							
1075	Chocolate deluxe6	29±3	2,3	0,5	50	1,76	8	29
1076	Peanut butter6	23±3	1,4	0,4	50	1,76	6	23
1077	**Pure-protein™ bars**							
1078	Chewy choc-chip6	30±4	4,2	0,9	80	2,82	14	30
1079	Chocolate deluxe6	38±4	4,9	0,9	80	2,82	13	38
1080	Peanut butter6	22±4	2,0	0,6	80	2,82	9	22
1081	Strawberry shortcake6	43±4	5,6	0,9	80	2,82	13	43
1082	White chocolate mousse6	40±4	6,0	1,0	80	2,82	15	40
1083	**Pure-protein™ cookies**							
1084	Choc-chip cookie dough6	25±3	2,8	0,7	55	1,94	11	25
1085	Coconut6	42±5	3,8	0,6	55	1,94	9	42
1086	Peanut butter6	37±7	3,3	0,6	55	1,94	9	37
1087	**Ultra pure-protein™ shakes**							
1088	Cappuccino	47±6	0,5	0,1	250	8,82	1	47
1089	Frosty chocolate	37±6	1,1	0,2	250	8,82	3	37
1090	Strawberry shortcake	42±4	0,4	0,1	250	8,82	1	42
1091	Vanilla ice cream	32±5	1,0	0,2	250	8,82	3	32
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1093	**MIXED MEALS AND CONVENIENCE FOODS**							
1094	Chicken nuggets, frozen, reheated in microwave oven 5 min (Savings, Grocery Holdings, Tooronga, Vic, A	46±4	7,4	1,1	100	3,53	16	46
1096	Fish Fingers (Canada)	38±6	7,2	1,3	100	3,53	19	38
1097	Greek lentil stew with a bread roll, home made (Australia)	40±5	14,8	2,5	360	12,70	37	40
1098	Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) (Israel)	65±6	31,2	3,2	150	5,29	48	65
1099	Lean Cuisine™, French style chicken with rice, reheated (Nestlé, Sydney, NSW, Australia)6	36±6	24,5	4,5	400	14,11	68	36
1100	Pies, beef, party size (Farmland, Grocery Holdings, Australia)	45±6	12,2	1,8	100	3,53	27	45
1101	**Pizza**							
1102	Pizza, cheese (Pillsbury Canada Ltd., Toronto, Canada)	60	16,2	1,8	100	3,53	27	60
1103	Pizza, plain baked dough, served with parmesan cheese and tomato sauce (Italy)	80	21,6	1,8	100	3,53	27	80
1104	Pizza, Super Supreme, pan (11.4% fat) (Pizza Hut, Sydney, NSW, Australia)	36±6	8,6	1,6	100	3,53	24	36
1105	Pizza, Super Supreme, thin and crispy (13.2 % fat) (Pizza Hut, Australia)	30±4	6,6	1,5	100	3,53	22	30
1106	Pizza, Vegetarian Supreme, thin and crispy (7.8 % fat) (Pizza Hut, Australia)6	49±6	12,3	1,7	100	3,53	25	49
1107	Sausages, NS8 (Canada)	28±6	0,8	0,2	100	3,53	3	28
1108	Sirloin chop with mixed vegetables and mashed potato, home made (Australia)	66±12	35,0	3,5	360	12,70	53	66
1109	Spaghetti bolognaise, home made (Australia)	52±9	25,0	3,2	360	12,70	48	52
1110	Stirfried vegetables with chicken and boiled white rice, home made (Australia)	73±17	54,8	5,0	360	12,70	75	73

1111	**Sushi**							
1112	Sushi, salmon (from 'I Love Sushi' chain store, Sydney, NSW, Australia)6	48±8	17,3	2,4	100	3,53	36	48
1113	Sushi, roasted sea algae, vinegar and rice (Japan)	55	20,4	2,5	100	3,53	37	55
1114	*Mean of two studies*	52±4	19,2	2,5	100	**3,53**	37	52
1115	White boiled rice, grilled beefburger, cheese, and butter (France)	27	13,5	3,3	440	15,52	50	27
1116	White boiled rice, grilled beefburger, cheese and butter (France)	22	11,0	3,3	440	15,52	50	22
1117	*Mean in two groups of subjects*	25±2	12,5	3,3	440	15,52	50	25
1118	**White bread with toppings**							
1119	White wheat flour bread, butter, cheese, regular cow's milk and fresh cucumber (Sweden)6	55	37,4	4,5	200	7,05	68	55
1120	White wheat flour bread, butter, yoghurt and pickled cucumber (Sweden)6	39	10,9	1,9	200	7,05	28	39
1121	White bread with butter (Canada)	59	28,3	3,2	100	3,53	48	59
1122	White bread with skim milk cheese (Canada)	55	25,9	3,1	100	3,53	47	55
1123	White bread with butter and skim milk cheese (Canada)	62	23,6	2,5	100	3,53	38	62
1124	White/wholemeal wheat bread with peanut butter (Canada)	51	22,4	2,9	100	3,53	44	51
1125	White/wholemeal wheat bread with peanut butter (Canada)	67	29,5	2,9	100	3,53	44	67
1126	*mean of two studies*	59±8	26,0	2,9	100	3,53	44	59
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1128	**NUTRITIONAL SUPPORT PRODUCTS**							
1129	Choicedm™, vanilla (Mead Johnson Nutritionals, Evansville, IN, US)	23±4	5,5	1,6	237mL	8,36	24	23
1130	Enercal Plus™, made from powder (Wyeth-Ayerst International Inc., Madison, NJ, US)	61±13	24,4	2,7	237mL	8,36	40	61
1131	Ensure™ (Abbott Australasia, Kurnell, NSW, Australia)	50±8	20,0	2,7	237mL	8,36	40	50
1132	Ensure™, vanilla (Abbott Australasia)	48±3	16,3	2,3	250mL	8,82	34	48
1133	Ensure™ bar, chocolate fudge brownie (Abbott Australasia)	43±3	8,6	1,3	38	1,34	20	43
1134	Ensure Plus™, vanilla (Abbott Australasia)	40±4	18,8	3,1	237mL	8,36	47	40
1135	Ensure Pudding™, old fashioned vanilla (Abbott Laboratories Inc., Ashland, OH, USA)	36±4	9,4	1,7	113	3,99	26	36
1136	Glucerna™, vanilla (Abbott Laboratories Inc., USA)6	31±2	7,1	1,5	237mL	8,36	23	31
1137	Jevity™ (Abbott Australasia)	48±3	17,3	2,4	237mL	8,36	36	48
1138	Resource Diabetic™, French vanilla (Novartis Nutrition Corp., Young America, MN, USA)6	34±3	7,8	1,5	237mL	8,36	23	34
1139	Resource Diabetic™, Swiss chocolate (Novartis, Auckland, New Zealand)	16±4	6,6	2,7	237mL	8,36	41	16
1140	Resource™ thickened orange juice, honey consistency (Novartis, New Zealand)	47±9	18,3	2,6	237mL	8,36	39	47
1141	Resource™ thickened orange juice, nectar consistency (Novartis, New Zealand)	54±7	19,4	2,4	237mL	8,36	36	54
1142	Resource™ fruit beverage, peach flavour (Novartis, New Zealand)	40±8	16,4	2,7	237mL	8,36	41	40
1143	Sustagen™, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, NSW, Australia)	31±4	12,7	2,7	250mL	8,82	41	31
1144	Sustagen™ Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia)	33±4	14,5	2,9	250mL	8,82	44	33
1145	Sustagen™ Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia)	27±3	12,7	3,1	250	8,82	47	27
1146	Ultracal™ with fiber (Mead Johnson, Evansville, IN, USA)	40	11,6	1,9	237 mL	8,36	29	40
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1148	**PASTA and NOODLES**							
1149	Capellini (Primo Foods Ltd., Toronto, Canada)	45	20,3	3,0	180	6,35	45	45
1150	Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Vic, Australia)	78±10	32,8	2,8	180	6,35	42	78
1151	**Fettucine, egg**							
1152	Fettucine, egg	32±4	14,7	3,1	180	6,35	46	32
1153	Fettucine, egg (Mother Earth Fine Foods, Rowville, Vic, Australia)	47±6	21,6	3,1	180	6,35	46	47
1154	*mean of two studies*	40±8	18,4	3,1	180	6,35	46	40
1155	Gluten-free pasta, maize starch, boiled 8 min (UK)	54	22,7	2,8	180	6,35	42	54
1156	Gnocchi, NS8 (Latina, Pillsbury Australia Ltd., Mt. Waverley, Vic, Australia)	68±9	32,6	3,2	180	6,35	48	68
1157	**Instant noodles**							
1158	Instant 'two-minute' noodles, Maggi® (Nestlé, Sydney, NSW, Australia)	46±5						46

1159	Instant 'two-minute' noodles, Maggi® (Nestlé, Auckland, New Zealand)	48±8						48
1160	Instant noodles (Mr Noodle, Vancouver, Canada)	47						47
1161	*mean of three studies*	47±1	18,8	2,7	180	6,35	40	47
1162	**Linguine**							
1163	Thick, durum wheat, white, fresh (Sweden)	43	20,6	3,2	180	6,35	48	43
1164	Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48	23,0	3,2	180	6,35	48	48
1165	*mean of two studies*	46±3	22,1	3,2	180	6,35	48	46
1166	Thin, durum wheat (Sweden)	49	23,5	3,2	180	6,35	48	49
1167	Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61	29,3	3,2	180	6,35	48	61
1168	Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45	18,5	2,7	180	6,35	41	45
1169	Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden)	53	21,7	2,7	180	6,35	41	53
1170	*mean of four studies*	52±3	23,4	3,0	180	6,35	45	52
1171	**Mung bean noodles**							
1172	Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	11,7	3,0	180	6,35	45	26
1173	Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)	39±9	17,6	3,0	180	6,35	45	39
1174	*mean of two studies*	33±7						33
1175	**Macaroni**							
1176	Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45	22,1	3,3	180	6,35	49	45
1177	Macaroni, plain, boiled (Turkey)	48	23,5	3,3	180	6,35	49	48
1178	*mean of two studies*	47±2	22,6	3,2	180	6,35	48	47
1179	Macaroni and Cheese, boxed (Kraft General Foods Canada Inc., Don Mills, Ontario)	64	32,6	3,4	180	6,35	51	64
1180	Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	14,8	2,5	180	6,35	38	39
1181	**Rice noodles/pasta**							
1182	Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	23,8	2,6	180	6,35	39	61
1183	Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4	15,6	2,6	180	6,35	39	40
1184	Rice pasta, brown, boiled 16 min (Rice Grower's Co-op., Leeton, NSW, Australia)	92±8	35,0	2,5	180	6,35	38	92
1185	Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Carrum Downs, Vic, Australia)	76±6	37,2	3,3	180	6,35	49	76
1186	Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58	22,6	2,6	180	6,35	39	58
1187	**Spaghetti**							
1188	Spaghetti, gluten-free, rice and split pea, canned in tomato sauce (Orgran Foods, Australia)	68±9	18,4	1,8	220	7,76	27	68
1189	Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27	14,0	3,5	180	6,35	52	27
1190	**Spaghetti, white, boiled 5 min**							
1191	Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32	15,4	3,2	180	6,35	48	32
1192	Boiled 5 min (Canada)	34	16,3	3,2	180	6,35	48	34
1193	Boiled 5 min (Canada)	40	19,2	3,2	180	6,35	48	40
1194	Boiled 5 min (Middle East)	44	21,1	3,2	180	6,35	48	44
1195	*mean of four studies*	38±3	18,2	3,2	180	6,35	48	38
1196	**Spaghetti, white or type NS, boiled 10-15 min**							
1197	White, durum wheat, boiled 10 min in salty water (Barilla, Parma, Italy)12	58	27,8	3,2	180	6,35	48	58
1198	White, durum wheat flour, boiled 12 min (Starhushålls, Kungsörnen AB, Järna, Sweden)	47	22,6	3,2	180	6,35	48	47
1199	White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53	25,4	3,2	180	6,35	48	53
1200	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32	15,4	3,2	180	6,35	48	32
1201	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36	17,3	3,2	180	6,35	48	36
1202	Boiled 15 min (Canada)	41	19,7	3,2	180	6,35	48	41
1203	White, boiled 15 min in salted water (Unico, Concord, Canada)	44±3	21,1	3,2	180	6,35	48	44
1204	*mean of seven studies*	44±3	21,1	3,2	180	6,35	48	44
1205	**Spaghetti, white or type NS8, boiled 20 min**							

1206	White, durum wheat, boiled 20 min (Australia)	58±7	25,5	2,9	180	6,35	44	58
1207	Durum wheat, boiled 20 min (USA)	64±15	27,5	2,9	180	6,35	43	64
1208	*mean of two studies*	61±3	26,8	2,9	180	6,35	44	61
1209	**Spaghetti, white, boiled**							
1210	White (Denmark)	33	15,8	3,2	180	6,35	48	33
1211	White, durum wheat (Catelli Ltd, Montreal, Canada)	34	16,3	3,2	180	6,35	48	34
1212	White (Australia)	38	16,7	2,9	180	6,35	44	38
1213	White (Canada)	42	20,2	3,2	180	6,35	48	42
1214	White (Canada)	48	23,0	3,2	180	6,35	48	48
1215	White (Vetta, Greens Foods, Glendenning, NSW, Australia)	49±7	21,6	2,9	180	6,35	44	49
1216	White (Canada)	50±8	24,0	3,2	180	6,35	48	50
1217	*mean of seven studies*	42±3	19,7	3,1	180	6,35	47	42
1218	**Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)**							
1219	Boiled in 0.7% salted water for 11 min	59±15	28,3	3,2	180	6,35	48	59
1220	Boiled in 0.7% salted water for 16.5 min	65±15	31,2	3,2	180	6,35	48	65
1221	Boiled in 0.7% salted water for 22 min	46±10	22,1	3,2	180	6,35	48	46
1222	*mean of three cooking times*	57±6	27,4	3,2	180	6,35	48	57
1223	**Spaghetti, wholemeal, boiled**							
1224	Wholemeal (USA)	32	14,1	2,9	180	6,35	44	32
1225	Wholemeal (Canada)	42±4	16,8	2,7	180	6,35	40	42
1226	*mean of two studies*	37±5	15,5	2,8	180	6,35	42	37
1227	Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia)	43±10	18,9	2,9	180	6,35	44	43
1228	Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6	9,0	2,1	180	6,35	31	29
1229	Star Pastina, white, boiled 5 minutes (Lancia-Bravo Foods Ltd., Canada)	38	18,2	3,2	180	6,35	48	38
1230	Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50	10,5	1,4	180	6,35	21	50
1231	Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia)6	62±8	29,8	3,2	180	6,35	48	62
1232	Vermicelli, white, boiled (Australia)	35±7	15,4	2,9	180	6,35	44	35

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1234	**SNACK FOODS AND CONFECTIONERY**							
1235	Burger Rings™, barbeque-flavored (Smith's Snack Food Co., Chatswood, NSW, Australia)	90±16	27,9	2,1	50	1,76	31	90
1236	**Chocolate, milk, plain**							
1237	Chocolate, milk, plain with sucrose (Belgium)6	34±5	7,5	1,5	50	1,76	22	34
1238	Chocolate, milk (Cadbury's Confectionery, Ringwood, Vic, Australia)	49±6	14,7	2,0	50	1,76	30	49
1239	Chocolate, milk, Dove® (Mars Confectionery, Ballarat, Vic, Australia)	45±8	13,5	2,0	50	1,76	30	45
1240	Chocolate, milk (Nestlé, Sydney, NSW, Australia)	42±8	13,0	2,1	50	1,76	31	42
1241	*mean of four studies*	43±3	12,0	1,9	50	1,76	28	43
1242	Chocolate, milk, plain, low-sugar with maltitol (Belgium)6	35±16	7,7	1,5	50	1,76	22	35
1243	Chocolate, white, Milky Bar® (Nestlé, Australia)	44±6	12,8	1,9	50	1,76	29	44
1244	**Corn chips**							
1245	Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia, 1998)	42±4	10,5	1,7	50	1,76	25	42
1246	Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia, 1985)	72	18,0	1,7	50	1,76	25	72
1247	Nachips™ (Old El Paso Foods Co., Canada)	74	21,5	1,9	50	1,76	29	74
1248	*mean of three studies*	63±10	16,4	1,7	50	1,76	26	63
1249	**Fruit Bars**							
1250	Apricot filled fruit bar (pureed dried apricot filling in wholemeal pastry) (Mother Earth, Auckland, New Zealar	50±8	17,0	2,3	50	1,76	34	50
1252	Heinz Kidz™ Fruit Fingers, banana (HJ Heinz, Malvern, Vic, Australia)	61±11	12,2	1,3	30	1,06	20	61
1253	Real Fruit Bars, strawberry (Uncle Toby's, Wahgunyah, Vic, Australia)	90±12	23,4	1,7	30	1,06	26	90
1254	Roll-Ups®, processed fruit snack (Uncle Toby's, Australia)	99±12	24,8	1,7	30	1,06	25	99

1255	**Fruity Bitz™, vitamin and mineral enriched dried fruit snacks**							
1256	Fruity Bitz™, apricot (Blackmores Ltd., Balgowlah, NSW, Australia)	42±3	5,0	0,8	15	0,53	12	42
1257	Fruity Bitz™, berry (Blackmores Ltd., Australia)	35±4	4,2	0,8	15	0,53	12	35
1258	Fruity Bitz™, tropical (Blackmores Ltd., Australia)	41±3	4,5	0,7	15	0,53	11	41
1259	*mean of three flavours*	39±2	4,7	0,8	15	0,53	12	39
1260	**Jelly beans**							
1261	Jelly beans, assorted colors (Allen's, Nestle, Sydney, NSW, Australia)	80±8						80
1262	Jelly beans, assorted colors (Savings, Grocery Holdings, Tooronga, Vic, Australia)	76±6						76
1263	*mean of two studies*	78±2	21,8	1,9	30	1,06	28	78
1264	Kudos Whole Grain Bars, chocolate chip (M & M/Mars, Hackettstown, NJ, USA)	62±8	19,8	2,1	50	1,76	32	62
1265	Life Savers®, peppermint candy (Nestlé, Australia)	70±6	21,0	2,0	30	1,06	30	70
1266	M & M's®, peanut (Mars Confectionery, Australia)	33±3	5,6	1,1	30	1,06	17	33
1267	**Mars Bar®**							
1268	Mars Bar® (Mars Confectionery, Australia)	62±8	24,8	2,7	60	2,12	40	62
1269	Mars Bar® (M&M/Mars, USA)	68±12	27,2	2,7	60	2,12	40	68
1270	*mean of two studies*	65±3	26,0	2,7	60	2,12	40	65
1271	Muesli bar containing dried fruit (Uncle Toby's, Australia)	61±7	12,8	1,4	30	1,06	21	61
1272	Nougat, Jijona (La Fama, Spain)	32	3,8	0,8	30	1,06	12	32
1273	Nutella®, chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia)	33±4	4,0	0,8	20	0,71	12	33
1274	**Nuts**							
1275	Cashew nuts, salted (Coles Supermarkets, Australia)6	22±5	2,9	0,9	50	1,76	13	22
1276	**Peanuts**							
1277	Peanuts, crushed (South Africa)6	7±4	0,3	0,3	50	1,76	4	7
1278	Peanuts (Canada)6	13±6	0,9	0,5	50	1,76	7	13
1279	Peanuts (Mexico)6	23	1,6	0,5	50	1,76	7	23
1280	*mean of three studies*	14±8	0,8	0,4	50	1,76	6	14
1281	**Popcorn**							
1282	Popcorn, plain, cooked in microwave oven (Green's Foods, Glendenning, NSW, Australia)	55±7	6,1	0,7	20	0,71	11	55
1283	Popcorn, plain, cooked in microwave oven (Uncle Toby's, Australia)	89	9,8	0,7	20	0,71	11	89
1284	*mean of two studies*	72±17	7,9	0,7	20	0,71	11	72
1285	Pop Tarts™, double choc (Kellogg's, Pagewood, NSW, Australia)	70±2	24,5	2,3	50	1,76	35	70
1286	**Potato crisps**							
1287	Potato crisps, plain, salted (Arnott's, Homebush, NSW, Australia)	57	10,3	1,2	50	1,76	18	57
1288	Potato crisps, plain, salted (Canada)	51±7	12,2	1,6	50	1,76	24	51
1289	*mean of two studies*	54±3	11,3	1,4	50	1,76	21	54
1290	Pretzels, oven-baked, traditional wheat flavour (Parker's, Smith's Snack Food Co., Australia)	83±9	16,6	1,3	30	1,06	20	83
1291	Skittles® (Mars Confectionery, Australia)	70±5	31,5	3,0	50	1,76	45	70
1292	**Snack bars**							
1293	Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)	40±8	11,6	1,9	50	1,76	29	40
1294	Snack bar, Peanut Butter & Choc-Chip (Con Agra Inc., USA)	37±6	10,0	1,8	50	1,76	27	37
1295	**Snickers Bar®**							
1296	Snickers Bar® (Mars Confectionery, Australia)	41±5	14,8	2,4	60	2,12	36	41
1297	Snickers Bar® (M&M/Mars, USA)	68	23,1	2,3	60	2,12	34	68
1298	*mean of two studies*	55±14	19,3	2,3	60	2,12	35	55
1299	Twisties™, cheese-flavoured, extruded snack, rice and corn (Smith's Snackfood Co., Australia)	74±5	21,5	1,9	50	1,76	29	74
1300	Twix® Cookie Bar, caramel (M&M/Mars, USA)	44±6	17,2	2,6	60	2,12	39	44

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1302 **SPORTS BARS**

1303	**Power Bar®**							
1304	Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA)	58±5						58
1305	Power Bar®, chocolate (Powerfood Inc., Berkeley, CA, USA)	53						53
1306	*mean of two studies*	56±3	23,5	2,8	65	2,29	42	56
1307	Ironman PR bar®, chocolate (PR Nutrition, San Diego, CA, USA)	39	10,1	1,7	65	**2,29**	26	39
1309	**SOUPS**							
1310	Black Bean (Wil-Pack Foods, San Pedro, CA, USA)	64	17,3	1,8	250	8,82	27	64
1311	Green Pea, canned (Campbell Soup Co Ltd., Toronto, Canada)	66	27,1	2,7	250	8,82	41	66
1312	Lentil, canned (Unico, Concord, Canada)	44	9,2	1,4	250	8,82	21	44
1313	Minestrone, Traditional, Country Ladle™ (Campbell's Soups, Homebush, NSW, Australia)6	39±3	7,0	1,2	250	8,82	18	39
1314	Noodle soup (traditional Turkish soup with stock and noodles)	1	0,1	0,6	250	8,82	9	1
1315	Split Pea (Wil-Pak Foods, USA)	60	16,2	1,8	250	8,82	27	60
1316	Tarhana soup (traditional Turkish soup with wheat flour, yoghurt, tomato, peppers)	20						20
1317	Tomato soup (Canada)	38±9	6,5	1,1	250	8,82	17	38
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1319	**SUGARS AND SUGAR ALCOHOLS**							
1320	**Blue Agave cactus nectar, high-fructose**							
1321	Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA)6	11±1	0,9	0,5	10	0,35	8	11
1323	Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA)6	10±1	0,8	0,5	10	0,35	8	10
1324	**Fructose**							
1325	25g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)6	11						11
1326	50g portion (Sweeten Less, Maximum Nutrition Inc., Toronto, Canada)	12						12
1327	50g portion	20±5						20
1328	50g portion	21						21
1329	50g portion (Sigma Chemical Company, St. Louis, MO, USA)	24						24
1330	25g portion, fed with oats28	25						25
1331	*mean of six studies*	19±2	1,9	0,7	10	0,35	10	19
1332	**Glucose**							
1333	50 g portion (dextrose)	85						85
1334	25g portion, fed with oats28	92						92
1335	50 g portion	93						93
1336	50 g portion (dextrose)	96						96
1337	50 g portion	96						96
1338	50 g portion (Bio-Health, Dawson Traders Ltd., Toronto, Canada)	96						96
1339	50 g portion	100						100
1340	50 g portion (Glucodin™ glucose tablets, Boots, North Ryde, NSW, Australia)	102±9						102
1341	25 g portion (Bio-Health, Canada)6	103						103
1342	50 g portion (dextrose)	111						111
1343	100 g portion (Bio-Health, Canada)12	114						114
1344	*mean of 11 studies*	99±3	9,9	0,7	10	0,35	10	99
1345	**Glucose consumed with American ginseng (Panax quinquefolius L.)**							
1346	25 g glucose (Glucodex solution, Rougier Inc., Chambly, Quebec) with 3 g dried ginseng5	78	7,8	0,7	10	0,35	10	78
1347	25 g glucose (Glucodex) 40 min after 3 g dried ginseng5	80						80
1348	25 g glucose (Glucodex) 40 min before 3 g dried ginseng5	76						76
1349	*mean in two groups of subjects*	78±2	7,8	0,7	10	0,35	10	78
1350	**Glucose consumed with gum/fiber**							
1351	46 g Glucose + 15 g apple and orange fiber extract (FITA, Chatswood, NSW, Australia) (total carbohydrate	79±3	6,3	0,5	10	0,35	8	79

1353	50 g Glucose + 14.5 g guar gum	62	6,2	0,7	10	0,35	10	62
1354	50 g Glucose + 14.5 g oat gum (78% oat ß-glucan)	57	5,7	0,7	10	0,35	10	57
1355	100 g Glucose + 20 g acacia gum7	85	8,5	0,7	10	0,35	10	85
1356	**Glucose consumed with a mixed meal**							
1357	30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrat	55						55
1359	30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrat	57						57
1361	*mean in two groups of subjects*	56±1	19,6	2,3	250	8,82	35	56
1362	**Honey**							
1363	Locust honey (Romania)6	32	6,7	1,4	25	0,88	21	32
1364	Yellow box (46% fructose) (Australia)6	35±4	6,3	1,2	25	0,88	18	35
1365	Stringy Bark (52% fructose) (Australia)6	44±4	9,2	1,4	25	0,88	21	44
1366	Red Gum (35% fructose) (Australia)6	46±3	8,3	1,2	25	0,88	18	46
1367	Iron Bark (34% fructose) (Australia)6	48±3	7,2	1,0	25	0,88	15	48
1368	Yapunya (42 % fructose) (Australia)6	52±5	8,8	1,1	25	0,88	17	52
1369	Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58±6	12,2	1,4	25	0,88	21	58
1370	Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia)6	62±3	11,2	1,2	25	0,88	18	62
1371	Salvation Jane (32% fructose) (Australia)6	64±5	9,6	1,0	25	0,88	15	64
1372	Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia)6	72±6	9,4	0,9	25	0,88	13	72
1373	Honey, NS8 (Canada)6	87±8	18,3	1,4	25	0,88	21	87
1374	*mean of 11 types of honey*	55±5	9,9	1,2	25	0,88	18	55
1375	**Lactose**							
1376	50 g lactose (Sigma Chemical Company, USA)	43						43
1377	25 g lactose (BDH, Poole, UK)6	48						48
1378	25 g lactose28	48						48
1379	*mean of three studies*	46±2	4,6	0,7	10	0,35	10	46
1380	50 g maltose	105±12	10,5	0,7	10	0,35	10	105
1381	**Sucrose**							
1382	50 g sucrose (Sigma Chemical Company, USA)	58						58
1383	50 g sucrose (Redpath Sugars, Toronto, Canada)	58						58
1384	50 g sucrose	59±10						59
1385	50 g sucrose	60						60
1386	25 g sucrose (Redpath Sugars, Canada)6	60						60
1387	25 g sucrose28	64						64
1388	50 g sucrose	65±9						65
1389	100 g sucrose (Redpath Sugars, Canada)12	65						65
1390	30 g sucrose29	82						82
1391	25 g sucrose6	110±21						110
1392	*mean of 10 studies*	68±5	6,8	0,7	10	0,35	10	68
1393	**Sugar alcohols and sugar-replacement compounds**							
1394	**Lactitol**							
1395	25 g lactitol30	-1±7						-1
1396	25 g lactitol MC (Danisco sweeteners, Redhill, Surrey, UK)30	3±1						3
1397	*mean of two studies*	2±3	0,2	0,7	10	0,35	10	2
1398	**Litesse**							
1399	25 g Litesse II, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK)30	7±2	0,7	0,7	10	0,35	10	7
1400	25 g Litesse III ultra, bulking agent with polydextrose and sorbitol (Danisco Sweeteners, UK)30	4±2	0,4	0,7	10	0,35	10	4
1401	**Maltitol-based sweeteners or bulking agents**							

1402	25 g Malbit CR (87% maltitol) (Cerestar, Vilvoorde, Belgium)30	30±12	3,0	0,7	10	0,35	10	30
1403	25 g Maltidex 100 (> 72% maltitol) (Cerestar, Vilvoorde, Belgium)30	44±11	4,4	0,7	10	0,35	10	44
1404	25 g Malbit CH (99% maltitol) (Cerestar, Vilvoorde, Belgium)30	73±29	7,3	0,7	10	0,35	10	73
1405	25 g Maltidex 200 (50% maltitol) (Cerestar, Vilvoorde, Belgium)30	89±28	8,9	0,7	10	0,35	10	89
1406	**Xylitol**							
1407	25 g xylitol30	7±7						7
1408	25 g Xylitol C (Danisco Sweeteners, UK)30	8±2						8
1409	*mean of two studies*	8±1	0,8	0,7	10	0,35	10	8
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1411	**VEGETABLES**							
1413	**Green peas**							
1414	Pea, frozen, boiled (Canada)6	39	2,7	0,5	80	2,82	7	39
1415	Pea, frozen, boiled (Canada)6	51±6	3,6	0,5	80	2,82	7	51
1416	Pea, green (Pisum Sativum) (India)11	54±14	3,8	0,5	80	2,82	7	54
1417	*mean of three studies*	48±5	3,4	0,5	80	2,82	7	48
1418	Pumpkin (South Africa)	75±9	3,0	0,3	80	2,82	4	75
1419	**Sweet corn**							
1420	Sweet corn, 'Honey & Pearl' variety (New Zealand)	37±12	5,9	1,1	80	2,82	16	37
1421	Sweet corn on the cob, boiled 20 min (Sydney, Australia)	48	7,7	1,1	80	2,82	16	48
1422	Sweet corn (Canada)	59±11	10,6	1,2	80	2,82	18	59
1423	Sweet corn, boiled (USA)	60	10,8	1,2	80	2,82	18	60
1424	Sweet corn, boiled (USA)	60	10,8	1,2	80	2,82	18	60
1425	Sweet corn (South Africa)	62±5	11,2	1,2	80	2,82	18	62
1426	*mean of six studies*	54±4	9,2	1,1	80	2,82	17	54
1427	Sweet corn, whole kernel, diet-pack, Featherweight, canned, drained, heated (USA)	46	6,4	0,9	80	2,82	14	46
1428	Sweet corn, frozen, heated in microwave (Green Giant, Pillsbury Canada Ltd., Toronto, Canada)	47	7,1	1,0	80	2,82	15	47
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1429	**VEGETABLES, ROOT**							
1430	Beetroot (Canada)6	64±16	4,5	0,5	80	2,82	7	64
1431	**Carrots**							
1432	Carrots, raw (Romania)5,6	16	1,3	0,5	80	2,82	8	16
1433	Carrots, peeled, boiled (Sydney, NSW, Australia)6	32±5	1,6	0,3	80	2,82	5	32
1434	Carrots, peeled, boiled (Sydney, NSW, Australia)6	49±2	2,5	0,3	80	2,82	5	49
1435	Carrots, NS8 (Canada)6	92±20	5,5	0,4	80	2,82	6	92
1436	*mean of four studies*	47±16	2,8	0,4	80	2,82	6	47
1437	Cassava, boiled, with salt (Kenya, Africa)	46	12,4	1,8	100	3,53	27	46
1438	Parsnips (Canada)6	97±19	11,6	0,8	80	2,82	12	97
1439	**Potato**							
1440	**Baked potato**							
1441	Ontario, white, baked in skin (Canada)	60	18,0	2,0	150	5,29	30	60
1442	**Baked Potato, Russet Burbank potatoes**							
1443	Russet, baked without fat (Canada)	56						56
1444	Russet, baked without fat, 45-60 min (USA)	78						78
1445	Russet, baked without fat (USA)	94						94
1446	Russet, baked without fat (USA)	111						111
1447	*mean of four studies*	85±12	25,5	2,0	150	5,29	30	85
1448	**Boiled potato**							

1449	Desiree, peeled, boiled 35 min (Australia)	101±15	17,2	1,1	150	5,29	17		101
1450	Nardine (New Zealand)	70±17	17,5	1,7	150	5,29	25		70
1451	Ontario, white, peeled, cut into cubes, boiled in salted water 15 min (Canada)	58	15,7	1,8	150	5,29	27		58
1452	Pontiac, peeled, boiled whole for 30 min (Australia)	56	14,6	1,7	150	5,29	26		56
1453	Pontiac, peeled, boiled 35 min (Australia)	88±9	15,8	1,2	150	5,29	18		88
1454	Prince Edward Island, peeled, cubed, boiled in salted water 15 min (Canada)	63	11,3	1,2	150	5,29	18		63
1455	Sebago, peeled, boiled 35 min (Australia)	87±7	14,8	1,1	150	5,29	17		87
1456	**Boiled/cooked potato, white/Type NS8**								
1457	Type NS (Kenya, Africa)	24	6,7	1,9	150	5,29	28		24
1458	White, cooked (Romania)5	41	12,3	2,0	150	5,29	30		41
1459	White, boiled (Canada)	54	14,6	1,8	150	5,29	27		54
1460	Type NS, boiled (Australia)	56	10,6	1,3	150	5,29	19		56
1461	Type NS, boiled in salted water (India)	76	25,8	2,3	150	5,29	34		76
1462	*mean of five studies*	50±9	14,0	1,9	150	5,29	28		50
1463	Type NS, boiled in salted water, refrigerated, reheated (India)	23	7,8	2,3	150	5,29	34		23
1464	**Canned potatoes**								
1465	Prince Edward Island, canned, heated in microwave (Avon, Cobi Foods Inc., Port Williams, Canada)	61	11,0	1,2	150	5,29	18		61
1466	New, canned, heated in microwave 3 min (Mint Tiny Taters™, Edgell's, Cheltenham, Vic, Australia)	65±9	11,7	1,2	150	5,29	18		65
1467	*mean of two studies*	63±2	11,3	1,2	150	5,29	18		63
1468	**French Fries**								
1469	French fries, frozen, reheated in microwave (Cavendish Farms, New Annan, Canada)	75	21,8	1,9	150	5,29	29		75
1470	**Instant Mashed potato**								
1471	Instant (France)	74±12							74
1472	Instant (Canada)	80±13							80
1473	Instant (Edgell's Potato Whip, Edgell's, Australia)	86							86
1474	Instant (Carnation Foods Co. Ltd., Manitoba, Canada)	86							86
1475	Instant (Canada)	88							88
1476	Instant mashed potato (Idahoan Foods, Lewisville, ID, USA)	97±6							97
1477	*mean of six studies*	85±3	17,0	1,3	150	5,29	20		85
1478	**Mashed potato**								
1479	Type NS8 (Canada)	67							67
1480	Type NS8 (South Africa)	71±10							71
1481	Type NS8 (France)	83							83
1482	*mean of three studies*	74±5	14,8	1,3	150	5,29	20		74
1483	Prince Edward Island, peeled, cubed, boiled 15 min, mashed (Canada)	73	13,1	1,2	150	5,29	18		73
1484	Pontiac, peeled, cubed, boiled 15 min, mashed (Australia)	91±9	18,2	1,3	150	5,29	20		91
1485	**Microwaved potato**								
1486	Pontiac, peeled and microwave on high for 6-7.5 min (Australia)	79±9	14,2	1,2	150	5,29	18		79
1487	Type NS8, microwaved (USA)	82	27,1	2,2	150	5,29	33		82
1488	**New Potato**								
1489	New (Canada)	47							47
1490	New (Canada)	54							54
1491	New (Canada)	70±8							70
1492	*mean of three studies*	57±7	12,0	1,4	150	5,29	21		57
1493	New, unpeeled and boiled 20 min (Australia)	78±12	16,4	1,4	150	5,29	21		78
1494	**Steamed potato**								
1495	Potato, peeled, steamed 1 h (Solanum Tuberosum) (India)11	65±11	17,6	1,8	150	5,29	27		65

1496	Potato dumplings (white wheat flour, white potatoes, boiled in salted water (Italy))	52	23,4	3,0	150	5,29	45		52
1497	**Sweet potato**								
1498	Sweet potato, Ipomoea batatas (Australia)	44	11,0	1,7	150	5,29	25		44
1499	Sweet potato, NS8 (Canada)	48±6	16,3	2,3	150	5,29	34		48
1500	Sweet potato, peeled, cubed, boiled in salted water 15 min (Canada)	59	17,7	2,0	150	5,29	30		59
1501	Sweet potato, kumara (New Zealand)	77±12	19,3	1,7	150	5,29	25		77
1502	Sweet potato, kumara (New Zealand)	78±6	19,5	1,7	150	5,29	25		78
1503	*mean of five studies*	61±7	17,1	1,9	150	5,29	28		61
1504	**Swede**								
1505	Swede (rutabaga) (Canada)6	72±8	7,2	0,7	150	5,29	10		72
1506	**Tapioca**								
1507	Tapioca boiled with milk (General Mills Canada Inc., Etobicoke, Canada)	81	14,6	1,2	250	8,82	18		81
1508	Tapioca (Manihot Utilissima), steamed 1 h (India)11	70±10	12,6	1,2	250	8,82	18		70
1509	**Taro**								
1510	Taro (Colocasia esculenta) peeled, boiled (Australia)	54							54
1511	Taro, peeled, boiled (New Zealand)	56±12							56
1512	*mean of two studies*	55±1	4,4	0,5	150	5,29	8		55
1513	**Yam**								
1514	Yam, peeled, boiled (New Zealand)	25±4							25
1515	Yam, peeled, boiled (New Zealand)	35±5							35
1516	Yam (Canada)	51±12							51
1517	*mean of three studies*	37±8	13,3	2,4	150	5,29	36		37
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1519	**INDIGENOUS OR TRADITIONAL FOODS OF DIFFERENT ETHNIC GROUPS**								
1520	**AFRICAN**								
1521	Brown beans (South Africa)	24±8	6,0	1,7	50 (dry)	1,76	25		24
1522	Cassava, boiled, with salt (Kenya)	46	12,4	1,8	100	3,53	27		46
1523	Ga kenkey, prepared from fermented cornmeal (Zea mays) (Ghana)31	12±1	1,6	0,9	150	5,29	13		12
1524	Gari, roasted cassava dough (Manihot utilissima) (Ghana)31	56±3	15,1	1,8	100	3,53	27		56
1525	Gram dhal (South Africa)	5±3	1,5	1,9	50 (dry)	1,76	29		5
1526	Maize meal porridge, unrefined, maize-meal:water = 1:3 (South Africa)	71±6	25,6	2,4	50 (dry)	1,76	36		71
1527	Maize meal porridge, refined, maize-meal:water = 1:3 (South Africa)	74±7	29,6	2,7	50 (dry)	1,76	40		74
1528	Maize meal porridge/gruel (Kenya)	109	41,4	2,5	50 (dry)	1,76	38		109
1529	M'fino/Morogo, wild greens (South Africa)	68±8	34,0	3,3	120	4,23	50		68
1530	Millet flour porridge/gruel (Kenya)	107							107
1531	Unripe plantain (Musa paradisiaca) (Ghana)31	40±4	13,6	2,3	120 (raw)	4,23	34		40
1532	Yam (Dyscoria species) (Ghana)31	66	23,8	2,4	150	5,29	36		66
1533	**ARABIC AND TURKISH**								
1534	Hoummous (chickpea salad dip)	6±4	0,3	0,3	30	1,06	5		6
1535	Kibbeh saynieh (made with lamb and burghul)	61±16	9,2	1,0	120	4,23	15		61
1536	Lebanese bread (white, unleaved), hoummous, falafel and tabbouleh	86±12	38,7	3,0	120	4,23	45		86
1537	Majadra (Syrian, lentils and rice)	24±5	9,8	2,7	250	8,82	41		24
1538	Moroccan Couscous (stew of semolina, chickpeas, vegetables)	58±9	16,8	1,9	250	8,82	29		58
1539	Stuffed Grapevine Leaves (rice and lamb stuffing with tomato sauce)	30±11	4,5	1,0	100	3,53	15		30
1540	Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	20							20
1541	Turkish bread, white wheat flour	87	14,8	1,1	30	1,06	17		87
1542	Turkish bread, whole wheat	49	7,8	1,1	30	1,06	16		49

1543	Turkish noodle soup	1	0,1	0,6	250	8,82	9	1
1544	**ASIAN**							
1545	Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)	86±10	37,0	2,9	150	5,29	43	86
1546	Butter rice, warm white rice and butter (Japan)	79	40,3	3,4	150	5,29	51	79
1547	Curry rice (Japan)	67	40,9	4,1	150	5,29	61	67
1548	Curry rice with cheese (Japan)	55	27,0	3,3	150	5,29	49	55
1549	Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)	98±7	31,4	2,1	150	5,29	32	98
1550	Glutinous rice NS8 (Esubi Shokuhin, Japan)	86	55,9	4,3	150	5,29	65	86
1551	*Mean of two studies*	92±6	44,2	3,2	150	5,29	48	92
1552	Glutinous rice ball with cut glutinous cake (mochi) (Japan)	48	13,4	1,9	75	2,65	28	48
1553	Glutinous rice cake with dried sea algae (Japan)	83	32,4	2,6	75	2,65	39	83
1554	Glutaminous rice flour, instant, served warm with roasted ground soybean (Japan)	65	26,7	2,7	100	3,53	41	65
1555	Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)	109±10	45,8	2,8	150	5,29	42	109
1556	Low-protein white rice with dried sea algae (Japan)	70	42,0	4,0	150	5,29	60	70
1557	Lungkow beanthread (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	11,7	3,0	180	6,35	45	26
1558	Lychee, canned in syrup, drained (Narcissus brand, China)	79±8	15,8	1,3	120	4,23	20	79
1559	Mung bean noodles, dried, boiled (China)	39±9	17,6	3,0	180	6,35	45	39
1560	Non-glutaminous rice flour, served warm with drink (Yamato Nousan, Japan)	68	34,0	3,3	100	3,53	50	68
1561	Rice cracker, plain (Sakada, Japan)	91	22,8	1,7	30	1,06	25	91
1562	Rice gruel with dried algae (Satou Co Ltd., Japan)	81	15,4	1,3	250	8,82	19	81
1563	Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	23,8	2,6	180	6,35	39	61
1564	Rice noodles, fresh, boiled (Sydney, NSW, Australia)	40±4	15,6	2,6	180	6,35	39	40
1565	Rice vermicelli, Kongmoon (National Cereals, China)	58	22,6	2,6	180	6,35	39	58
1566	Roasted rice ball (Satou Co Ltd., Japan)	77	20,8	1,8	75	2,65	27	77
1567	Salted rice ball (Satou Co Ltd., Japan)	80	20,8	1,7	75	2,65	26	80
1568	Soba noodles, instant, reheated in hot water, served with soup (Japan)	46	22,5	3,3	180	6,35	49	46
1569	Stirfried vegetables, chicken and rice, home made (Australia)	73±17	54,8	5,0	360	12,70	75	73
1570	Sushi, salmon ('I Love Sushi' chain store, Sydney, NSW, Australia)6	48±8	17,3	2,4	100	3,53	36	48
1571	Sushi, roasted sea algae, vinegar and rice (Japan)	55	20,4	2,5	100	3,53	37	55
1572	*Mean of two studies*	52±4	19,2	2,5	100	3,53	37	52
1573	Udon noodles, fresh, reheated (Fantastic, Windsor Gardens, SA, Australia)6	62±8	29,8	3,2	180	6,35	48	62
1574	Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan)	48	22,6	3,1	180	6,35	47	48
1575	*Mean of two studies*	55±7	26,4	3,2	180	6,35	48	55
1576	White rice, dried sea algae and milk, eaten together (Japan)	57						57
1577	White rice, dried sea algae and milk (milk eaten before rice) (Japan)	56						56
1578	White rice, dried sea algae and milk (milk eaten after rice) (Japan)	55						55
1579	*Mean of three types*	56±1	26,3	3,1	300	10,58	47	56
1580	White rice with dried fish strip (okaka) (Japan)	79	39,5	3,3	150	5,29	50	79
1581	White rice with fermented soybean (natto) (Japan)	56	24,1	2,9	150	5,29	43	56
1582	White rice with instant miso soup (soybean paste soup) (Japan)	61	28,7	3,1	150	5,29	47	61
1583	White rice with low-fat milk (Japan)	69	32,4	3,1	300	10,58	47	69
1584	White rice and non-sugar yoghurt (yoghurt eaten before rice) (Japan)	59						59
1585	White rice and non-sugar yoghurt eaten together (Japan)	58						58
1586	*Mean of two types*	59±1	18,9	2,1	150	5,29	32	59
1587	White rice with pickled vinegar and cucumber (pickled food eaten before rice) (Japan)	63						63
1588	White rice with pickled vinegar and cucumber (pickled food eaten with rice) (Japan)	61						61
1589	*Mean of two types*	62±1	26,7	2,9	150	5,29	43	62
1590	White rice topped with raw egg and soy sauce (Japan)	72	25,9	2,4	150	5,29	36	72

1591	White rice with roasted ground soybean (Japan)	56	28,6	3,4	150	5,29	51	56
1592	White rice with salted dried plum (umeboshi) (Japan)	80	39,2	3,3	150	5,29	49	80
1593	White rice with sea algae rolled in sheet of toasted sea algae (Japan)	77	39,3	3,4	150	5,29	51	77
1594	**ASIAN INDIAN**							
1595	Amaranth, Amaranthus esculentum, popped, eaten with milk and non-nutritive sweetener	97±19	18,4	1,3	30	1,06	19	97
1597	Bajra (Penniseteum typhoideum),eaten as roasted bread made from bajra flour	55±13						55
1598	Bajra (Penniseteum typhoideum)	49						49
1599	Bajra (Penniseteum typhoideum)	67						67
1600	*Mean of three studies*	57±5	28,5	3,3	75 (dry)	2,65	50	57
1601	Banana, (Musa sapientum), Nendra variety, unripe, steamed 1 h 11	70±11	31,5	3,0	120	4,23	45	70
1602	Barley (Hordeum vulgare)	48						48
1603	Barley (Hordeum vulgare)	37						37
1604	*Mean in two groups of subjects*	43±6	15,9	2,5	150	5,29	37	43
1605	Bengal gram dhal, chickpea	11	4,0	2,4	150	5,29	36	11
1606	Black gram, (Phaseolus mungo), soaked 12 h, stored moist 24 h, steamed 1 h 11	43±10	7,7	1,2	150	5,29	18	43
1607	**Chapatti**							
1608	Chapatti, amaranth-wheat (25:75) composite flour, served with bottle gourd and tomato curry	66±10	19,8	2,0	60	2,12	30	66
1609	Chapatti, amaranth-wheat (50:50) composite flour, served with bottle gourd amd tomato curry	76±20	22,8	2,0	60	2,12	30	76
1610	Chapatti, baisen	27						27
1611	Chapatti, bajra	67						67
1612	Chapatti, bajra	49						49
1613	*Mean in two groups of subjects*	58±9						58
1614	Chapatti, barley	37						37
1615	Chapatti, barley	48						48
1616	*Mean in two groups of subjects*	42±5						42
1617	Chapatti, maize, (Zea mays)	64						64
1618	Chapatti, maize, (Zea mays)	59						59
1619	*Mean in two groups of subjects*	62±3						62
1620	Chapatti, wheat, served with bottle gourd and tomato curry	66±9	21,1	2,1	60	2,12	32	66
1621	Chapatti, flour from malted wheat, moth bean (Phaseolus aconitifolius)and bengal gram (Cicer arietinum)	66±9	25,1	2,5	60	2,12	38	66
1623	Chapatti, flour made from popped wheat, moth bean and bengal gram	40±8	14,4	2,4	60	2,12	36	40
1624	Chapatti, flour from roller dried wheat, moth bean and bengal gram	60±9	22,8	2,5	60	2,12	38	60
1625	Chapatti, wheat flour, thin, with green gram (Phaseolus aureus) dhal	81±4	40,5	3,3	200	7,05	50	81
1626	Chapatti, wheat flour, thin, with green gram (Phaseolus aureus) dhal	44±3	22,0	3,3	200	7,05	50	44
1627	*Mean in two groups of subjects*	63±19	31,5	3,3	200	7,05	50	63
1628	**Cheela (thin savoury pancake made from legume flour batter)**							
1629	Cheela, bengal gram (Cicer arietinum)	42±1	11,8	1,9	150	5,29	28	42
1630	Cheela, bengal gram (Cicer arietinum), fermented batter	36±1	10,1	1,9	150	5,29	28	36
1631	Cheela, green gram (Phaseolus aureus)	45±1	11,7	1,7	150	5,29	26	45
1632	Cheela, green gram (Phaseolus aureus), fermented batter	38±1	9,9	1,7	150	5,29	26	38
1633	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35±4						35
1634	Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31±6						31
1635	*Mean in two groups of subjects*	33±2	6,6	1,3	100	3,53	20	33
1636	Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	77±3	30,0	2,6	150	5,29	39	77
1637	Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney	55±2	21,5	2,6	150	5,29	39	55
1638	*Mean in two groups of subjects*	66±11	25,7	2,6	150	5,29	39	66
1639	Green gram, (Phaseolus aureus), soaked 12 h, stored moist 24 h, steamed 1 h 11	38±14	6,5	1,1	150	5,29	17	38
1640	Green gram, whole with varagu (Paspalum scorbiculatum), pressure cooked	57±6	28,5	3,3	80 (dry)	2,82	50	57

1641	Green gram dhal with varagu (Paspalum scorbiculatum), pressure cooked	78±12	39,0	3,3	78 (dry)	2,75	50	78
1642	Horse gram, (Dolichos biflorus) soaked 12 h, stored moist 24 h, steamed 1 h 11	51±11	14,8	1,9	150	5,29	29	51
1643	Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	77±2	40,0	3,5	250	8,82	52	77
1644	Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	60±2	31,2	3,5	250	8,82	52	60
1645	*Mean in two groups of subjects*	69±9	35,9	3,5	250	8,82	52	69
1646	Jowar, roasted bread made from Jowar flour (Sorghum vulgare)	77±8	38,5	3,3	70 (dry)	2,47	50	77
1647	Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	24±4						24
1649	Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	29±4						29
1651	*Mean in two groups of subjects*	27±3	8,4	2,1	50	1,76	31	27
1652	Lentil and cauliflower curry with rice (Australia)	60±10	30,6	3,4	360	12,70	51	60
1653	Millet/Ragi, (Eleucine coracana), dehusked, soaked 12 h, stored moist 24 h, steamed 1 h 11	68±10	23,1	2,3	150	5,29	34	68
1654	Millet/Ragi (Eleucine coracana)11	84	42,0	3,3	70 (dry)	2,47	50	84
1655	Millet/Ragi (Eleucine coracana) flour eaten as roasted bread	104±13	52,0	3,3	70 (dry)	2,47	50	104
1656	*mean of two studies*	94±10						94
1657	Pongal (rice and roasted green gram dhal, pressure cooked)	90±3						90
1658	Pongal (rice and roasted green gram dhal, pressure cooked)	45±2						45
1659	*Mean in two groups of subjects*	68±23	35,4	3,5	250	8,82	52	68
1660	Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	82±2						82
1661	Poori (deep-fried wheat flour dough) with potato palya (mashed potato)	57±1						57
1662	*Mean in two groups of subjects*	70±13	28,7	2,7	150	5,29	41	70
1663	Rajmah, Phaseolus vulgaris	19	5,7	2,0	150	5,29	30	19
1664	Rice, (Oryza Sativa) boiled served with bottle gourd and tomato curry	69±15	26,2	2,5	150	5,29	38	69
1665	**Semolina**							
1666	Semolina (Triticum aestivum), steamed	55±9	27,5	3,3	67 (dry)	2,36	50	55
1667	Semolina (Triticum aestivum), pre-roasted	76±6	38,0	3,3	67 (dry)	2,36	50	76
1668	Semolina (Triticum aestivum) with fermented black gram dhal (Phaseolus mungo)	46±12	23,0	3,3	71 (dry)	2,50	50	46
1669	Semolina (Triticum aestivum) with fermented green gram dhal (Phaseolus aureus)	62±20	31,0	3,3	71 (dry)	2,50	50	62
1670	Semolina (Triticum aestivum) with fermented bengal gram dhal (Cicer arietum)	54±7	27,0	3,3	71 (dry)	2,50	50	54
1671	Tapioca (Manihot utilissima), steamed 1h11	70±10	12,6	1,2	250	8,82	18	70
1672	Varagu (Paspalum scorbiculatum), pressure cooked 15lb 12-15 min	68±8	34,0	3,3	76 (dry)	2,68	50	68
1673	Upittu (roasted semolina and onions, cooked in water)	67±3						67
1674	Upittu (roasted semolina and onions, cooked in water)	69±4						69
1675	*Mean in two groups of subjects*	68±1	28,6	2,8	150	5,29	42	68
1676	Uppuma kedgeree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3						18
1677	Uppuma kedgeree (millet, legumes, fenugreek seeds; roasted and cooked in water)	19±3						19
1678	*Mean in two groups of subjects*	18±1	5,9	2,2	150	5,29	33	18
1679	**AUSTRALIAN ABORIGINAL**							
1680	*Acacia aneura, mulga seed, roasted, wet ground to paste6*	8	1,4	1,1	50	1,76	17	8
1681	*Acacia coriacea, desert oak,seed bread6*	46	11,0	1,6	75	2,65	24	46
1682	*Araucaria bidwillii, bunya tree nut, baked 10 min6*	47	7,5	1,1	50	1,76	16	47
1683	Bush honey, sugar bag6	43	10,8	1,7	30	1,06	25	43
1684	*Castanospermum australe, blackbean seed, sliced, soaked 1 wk, pounded and baked6*	8	0,7	0,6	50	1,76	9	8
1685	*Dioscorea bulbifera, cheeky yam, peeled, sliced, soaked 2 d, baked 15 min6*	34	12,3	2,4	150	5,29	36	34
1686	*Macrozamia communis, cycad palm seed, sliced, soaked 1 wk, pounded, baked6*	40±2	10,0	1,7	50	1,76	25	40
1687	**PACIFIC ISLANDERS**							
1688	Breadfruit (Artocarpus altilis) (Australia)6	68	18,4	1,8	120	4,23	27	68
1689	**Banana/plantain, green**							
1690	Green banana, boiled (New Zealand)	38±10	8,0	1,4	120	4,23	21	38

1691	**Sweet Potato**							
1692	Sweet potato, Ipomoea batatas (Australia)	44	11,0	1,7	150	5,29	25	44
1693	Sweet potato, kumara (New Zealand)	77±12	19,3	1,7	150	5,29	25	77
1694	Sweet potato, kumara (New Zealand)	78±6	19,5	1,7	150	5,29	25	78
1695	*mean of three studies*	66±11	18,5	1,9	150	5,29	28	66
1696	**Taro**							
1697	Taro (Colocasia esculenta) peeled, boiled (Australia)	54						54
1698	Taro, peeled, boiled (New Zealand)	56±12						56
1699	*mean of two studies*	55±1	4,4	0,5	150	5,29	8	55
1700	**Yam**							
1701	Yam, peeled, boiled (New Zealand)	25±4						25
1702	Yam, peeled, boiled (New Zealand)	35±5						35
1703	*mean of two groups of subjects*	30±5	10,8	2,4	150	5,29	36	30
1704	**ISRAELI**							
1705	Melawach (dough made from white wheat flour and butter, fried)	61±10						61
1706	Melawach	71±7						71
1707	*mean of two studies*	66±5	35,0	3,5	115	4,06	53	66
1708	Melawach + 15 g locust bean (Ceratonia siliqua) fiber (soluble)	31±6	16,4	3,5	130	4,59	53	31
1709	Melawach + 15 g maize cob fiber (insoluble)	59±10	31,3	3,5	130	4,59	53	59
1710	Melawach + 15 g lupin (Lupinus albus) fiber	72±10	38,2	3,5	130	4,59	53	72
1711	**PIMA INDIAN**							
1712	Acorns, stewed with venison (Quercus emoryi)6	16±1	1,0	0,4	100	3,53	6	16
1713	Cactus jam (Stenocereus thurberi)	91	18,2	1,3	30	1,06	20	91
1714	Corn hominy (Zea mays)6	40±5	12,0	2,0	150	5,29	30	40
1715	Fruit Leather (Stenocereus thurberi)	70	16,8	1,6	30	1,06	24	70
1716	Lima beans broth (Phaseolus lunatus)6	36±3	11,5	2,1	250	8,82	32	36
1717	Mesquite cakes (Prosopis velutina)6	25±3	1,0	0,3	60	2,12	4	25
1718	Tortilla (Zea mays and Olneya tesota)	38	9,5	1,7	60	2,12	25	38
1719	White teparies broth (Phaseolus acutifolius)6	31±3	9,9	2,1	250	8,82	32	31
1720	Yellow teparies broth (Phaseolus acutifolius)6	29±3	7,5	1,7	250	8,82	26	29
1721	**SOUTH AMERICAN**							
1722	Arepa, corn bread cake, made with corn flour (Mexico)	72	31,0	2,9	100	3,53	43	72
1723	Arepa, made from ordinary dehulled dent corn flour (25% amylose) 9, 34	81	34,8	2,9	100	3,53	43	81
1724	Arepa, made from dehulled high-amylose (70%) corn flour 9, 34	44	11,0	1,7	100	3,53	25	44
1725	Black Beans	30	6,9	1,5	150	5,29	23	30
1726	Brown Beans	38	9,5	1,7	150	5,29	25	38
1727	Corn tortilla (Mexican)	52	12,5	1,6	50	1,76	24	52
1728	Corn tortilla, served with refried mashed pinto beans and tomato sauce (Mexican)	39	9,0	1,5	100	3,53	23	39
1729	Corn tortilla, fried, with mashed potato, fresh tomato and lettuce (Mexican)	78	11,7	1,0	100	3,53	15	78
1730	Nopal (prickly pear cactus)	7	0,4	0,4	100	3,53	6	7
1731	Pinto beans, boiled in salted water	14	3,5	1,7	150	5,29	25	14
1732	Wheat tortilla (Mexican)	30	7,8	1,7	50	1,76	26	30
1733	Wheat tortilla, served with refried pinto beans and tomato sauce (Mexican)	28	5,0	1,2	100	3,53	18	28

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