

Row #	Food	Glycemic Index	Glycemic Load	Diabetic Carb Choices	Serving Size grams	servings oz	Avail. Carb per serving	Reformat GI(Col C) for calculation
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FOOD LISTINGS (alpha by and within categories)

1 BAKERY PRODUCTS

2 Cakes

3	Angel food cake (Loblaws, 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., Minneapolis, MN)	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 (Loblaws, 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-amylose ⁵	102	29,6	1,9	57	2,01	29	102
28	Corn muffin, high-amylose ⁵	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, Australia)	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	<i>mean of two types</i>	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 Val)	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	<i>mean of three studies</i>	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 <i>mean of two studies</i>	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 Lactobacillus 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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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
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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 <i>mean of three studies</i>	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 <i>mean of two studies</i>	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	<i>mean of two studies</i>	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	<i>mean of two studies</i>	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
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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	<i>mean of two studies</i>	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	<i>mean of six studies</i>	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	<i>mean of four studies</i>	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	<i>mean of two studies</i>	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 (Stevens & 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	<i>mean of two studies</i>	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	<i>mean of two studies</i>	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	<i>mean of six studies</i>	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	<i>mean of three studies</i>	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	<i>mean in two groups of subjects</i>	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	<i>mean in two groups of subjects</i>	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	<i>mean of two studies</i>	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	<i>mean of thirteen studies</i>	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	<i>mean of three studies</i>	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 (Stevens & Co., Sydney, NSW, Australia)	55±5	7,7	0,9	30	1,06	14	55	
282	Vogel's Roggenbrot (Stevens & 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 <i>mean of two studies</i>	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 <i>mean of five studies</i>	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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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 <i>mean of eight studies</i>	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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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	<i>mean of three studies</i>	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	<i>mean of two studies</i>	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, Australia)	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 Cereals, Australia)	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	<i>mean of seven studies</i>	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, Australia)	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, Australia)	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 (<i>Oryza sativa</i>), 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, Australia)	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 Lynn, UK)	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 <i>mean of two studies</i>	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 <i>mean of three studies</i>	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 <i>mean of three studies</i>	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 <i>mean of three studies</i>	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, Ebyl 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 <i>mean of three studies</i>	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 <i>mean of three studies</i>	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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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 Triunfo, 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 <i>mean of three studies</i>	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 <i>mean of four studies</i>	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 <i>mean of two studies</i>	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 <i>mean of three studies</i>	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 <i>mean of five studies</i>	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 <i>mean of five studies</i>	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 (filmjök, 3% fat) (Skånemejerier, Malmö, Sweden)6	11						11
763 <i>mean of two foods</i>	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 <i>mean of two studies</i>	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 commercial 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 <i>mean of six foods</i>	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 <i>mean of two foods</i>	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 <i>mean of five foods</i>	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	<i>mean of three foods</i>	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	<i>mean of two drinks</i>	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, Australia)6	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	<i>mean of two drinks</i>	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, Australia)6	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	<i>mean of six studies</i>	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	<i>mean of three studies</i>	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	<i>mean of two studies</i>	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, Australia)6	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 <i>mean of 10 studies</i>	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 Cannery 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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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 <i>mean of three studies</i>	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	<i>mean of six studies</i>	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	<i>mean of three studies</i>	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	<i>mean of three studies</i>	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	<i>mean of two studies</i>	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 <i>mean of two studies</i>	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 Cannery 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 <i>mean of four studies</i>	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 Cannery 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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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 plus 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 pudding ⁶	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, strained ⁶	67±11	4.8	0.5	120	4,23	7	67
967 Sweetcorn and rice ⁶	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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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 <i>mean of three studies</i>	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 <i>mean of four studies</i>	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 at 15 psi for 25 min (King Grains, Canada)	59	19,5	2,2	150	5,29	33	59
1009 <i>mean of five studies</i>	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	<i>mean of eight studies</i>	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	<i>mean of two studies</i>	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	<i>mean of three studies</i>	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	<i>mean of four studies</i>	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	<i>mean of two studies</i>	39±8	7,4	1,3	150	5,29	19	39
1045	Mung beans							
1046	Mung bean (Phaseolus aureus 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	<i>mean of two studies</i>	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 Fibery™ 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, Australia)	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	<i>Mean of two studies</i>	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	<i>Mean in two groups of subjects</i>	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	<i>mean of two studies</i>	59±8	26,0	2,9	100	3,53	44	59

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1128 **NUTRITIONAL SUPPORT PRODUCTS**

1129	Chocedm™, 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, Kumell, 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	<i>mean of two studies</i>	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 <i>mean of three studies</i>	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 <i>mean of two studies</i>	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 <i>mean of four studies</i>	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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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 <i>mean of four studies</i>	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 <i>mean of seven studies</i>	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	<i>mean of two studies</i>	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	<i>mean of seven studies</i>	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	<i>mean of three cooking times</i>	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	<i>mean of two studies</i>	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	<i>mean of four studies</i>	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	<i>mean of three studies</i>	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 Zealand)	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 <i>mean of three flavours</i>	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, Toorong, Vic, Australia)	76±6						76
1263 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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
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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 <i>mean of three studies</i>	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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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 <i>mean of two studies</i>	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	<i>mean of two studies</i>	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 oats ²⁸	25						25
1331	<i>mean of six studies</i>	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 oats ²⁸	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	<i>mean of 11 studies</i>	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 ginseng ⁵	78	7,8	0,7	10	0,35	10	78
1347	25 g glucose (Glucodex) 40 min after 3 g dried ginseng ⁵	80						80
1348	25 g glucose (Glucodex) 40 min before 3 g dried ginseng ⁵	76						76
1349	<i>mean in two groups of subjects</i>	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 β -glucan)	57	5.7	0.7	10	0,35	10	57	
1355	100 g Glucose + 20 g acacia gum ⁷	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 carbohydrate)	55						55	
1359	30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter (total meal contained 50 g carbohydrate)	57						57	
1361	mean in two groups of subjects	56 \pm 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 \pm 4	6.3	1.2	25	0,88	18	35	
1365	Stringy Bark (52% fructose) (Australia) ⁶	44 \pm 4	9.2	1.4	25	0,88	21	44	
1366	Red Gum (35% fructose) (Australia) ⁶	46 \pm 3	8.3	1.2	25	0,88	18	46	
1367	Iron Bark (34% fructose) (Australia) ⁶	48 \pm 3	7.2	1.0	25	0,88	15	48	
1368	Yapunya (42 % fructose) (Australia) ⁶	52 \pm 5	8.8	1.1	25	0,88	17	52	
1369	Pure (Capilano Honey Ltd., Richlands, Qld, Australia)	58 \pm 6	12,2	1,4	25	0,88	21	58	
1370	Commercial Blend (38% fructose) (WA blend, Capilano Honey Ltd., Australia) ⁶	62 \pm 3	11,2	1,2	25	0,88	18	62	
1371	Salvation Jane (32% fructose) (Australia) ⁶	64 \pm 5	9.6	1.0	25	0,88	15	64	
1372	Commercial Blend (28% fructose) (NSW blend, Capilano Honey Ltd., Australia) ⁶	72 \pm 6	9.4	0.9	25	0,88	13	72	
1373	Honey, NS8 (Canada) ⁶	87 \pm 8	18,3	1,4	25	0,88	21	87	
1374	mean of 11 types of honey	55 \pm 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 lactose ²⁸	48						48	
1379	mean of three studies	46 \pm 2	4.6	0.7	10	0,35	10	46	
1380	50 g maltose	105 \pm 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 \pm 10						59	
1385	50 g sucrose	60						60	
1386	25 g sucrose (Redpath Sugars, Canada) ⁶	60						60	
1387	25 g sucrose ²⁸	64						64	
1388	50 g sucrose	65 \pm 9						65	
1389	100 g sucrose (Redpath Sugars, Canada) ¹²	65						65	
1390	30 g sucrose ²⁹	82						82	
1391	25 g sucrose ⁶	110 \pm 21						110	
1392	mean of 10 studies	68 \pm 5	6.8	0.7	10	0,35	10	68	
1393 Sugar alcohols and sugar-replacement compounds									
1394 Lactitol									
1395	25 g lactitol ³⁰	-1 \pm 7						-1	
1396	25 g lactitol MC (Danisco sweeteners, Redhill, Surrey, UK) ³⁰	3 \pm 1						3	
1397	mean of two studies	2 \pm 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 \pm 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 \pm 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	<i>mean of five studies</i>	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	<i>mean of two studies</i>	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	<i>mean of six studies</i>	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	<i>mean of three studies</i>	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 microwaved 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	<i>mean of three studies</i>	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
Back to Top								
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 utilisima) (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 (Dioscorea species) (Ghana)31	66	23,8	2,4	150	5,29	36	66
1533 ARABIC AND TURKISH								
1534	Houmous (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), houmous, 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 <i>Mean of two studies</i>	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 <i>Mean of two studies</i>	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 <i>Mean of two studies</i>	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 <i>Mean of three types</i>	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 <i>Mean of two types</i>	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 <i>Mean of two types</i>	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, <i>Amaranthus esculentum</i> , popped, eaten with milk and non-nutritive sweetener	97±19	18,4	1,3	30	1,06	19	97
1597	Bajra (<i>Pennisetum typhoideum</i>), eaten as roasted bread made from bajra flour	55±13						55
1598	Bajra (<i>Pennisetum typhoideum</i>)	49						49
1599	Bajra (<i>Pennisetum typhoideum</i>)	67						67
1600	Mean of three studies	57±5	28,5	3,3	75 (dry)	2,65	50	57
1601	Banana, (<i>Musa sapientum</i>), Nendra variety, unripe, steamed 1 h 11	70±11	31,5	3,0	120	4,23	45	70
1602	Barley (<i>Hordeum vulgare</i>)	48						48
1603	Barley (<i>Hordeum vulgare</i>)	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, (<i>Phaseolus mungo</i>), 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 and 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, (<i>Zea mays</i>)	64						64
1618	Chapatti, maize, (<i>Zea mays</i>)	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 (<i>Phaseolus aconitifolius</i>) and bengal gram (<i>Cicer arietinum</i>)	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 (<i>Phaseolus aureus</i>) dhal	81±4	40,5	3,3	200	7,05	50	81
1626	Chapatti, wheat flour, thin, with green gram (<i>Phaseolus aureus</i>) 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 (<i>Cicer arietinum</i>)	42±1	11,8	1,9	150	5,29	28	42
1630	Cheela, bengal gram (<i>Cicer arietinum</i>), fermented batter	36±1	10,1	1,9	150	5,29	28	36
1631	Cheela, green gram (<i>Phaseolus aureus</i>)	45±1	11,7	1,7	150	5,29	26	45
1632	Cheela, green gram (<i>Phaseolus aureus</i>), 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, (<i>Phaseolus aureus</i>), 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 (<i>Paspalum scorbiculatum</i>), pressure cooked	57±6	28,5	3,3	80 (dry)	2,82	50	57

1641 Green gram dhal with varagu (<i>Paspalum scrobiculatum</i>), pressure cooked	78±12	39,0	3,3	78 (dry)	2,75	50	78
1642 Horse gram, (<i>Dolichos biflorus</i>) 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 (<i>Sorghum vulgare</i>)	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, (<i>Eleusine coracana</i>), 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 (<i>Eleusine coracana</i>)11	84	42,0	3,3	70 (dry)	2,47	50	84
1655 Millet/Ragi (<i>Eleusine coracana</i>) 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, <i>Phaseolus vulgaris</i>	19	5,7	2,0	150	5,29	30	19
1664 Rice, (<i>Oryza Sativa</i>) boiled served with bottle gourd and tomato curry	69±15	26,2	2,5	150	5,29	38	69
1665 Semolina							
1666 Semolina (<i>Triticum aestivum</i>), steamed	55±9	27,5	3,3	67 (dry)	2,36	50	55
1667 Semolina (<i>Triticum aestivum</i>), pre-roasted	76±6	38,0	3,3	67 (dry)	2,36	50	76
1668 Semolina (<i>Triticum aestivum</i>) with fermented black gram dhal (<i>Phaseolus mungo</i>)	46±12	23,0	3,3	71 (dry)	2,50	50	46
1669 Semolina (<i>Triticum aestivum</i>) with fermented green gram dhal (<i>Phaseolus aureus</i>)	62±20	31,0	3,3	71 (dry)	2,50	50	62
1670 Semolina (<i>Triticum aestivum</i>) with fermented bengal gram dhal (<i>Cicer arietum</i>)	54±7	27,0	3,3	71 (dry)	2,50	50	54
1671 Tapioca (<i>Manihot utilisima</i>), steamed 1h11	70±10	12,6	1,2	250	8,82	18	70
1672 Varagu (<i>Paspalum scrobiculatum</i>), 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 kedgerree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18±3						18
1677 Uppuma kedgerree (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 <i>Acacia aneura</i> , mulga seed, roasted, wet ground to paste6	8	1,4	1,1	50	1,76	17	8
1681 <i>Acacia coriacea</i> , desert oak, seed bread6	46	11,0	1,6	75	2,65	24	46
1682 <i>Araucaria bidwillii</i> , 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 <i>Castanospermum australe</i> , blackbean seed, sliced, soaked 1 wk, pounded and baked6	8	0,7	0,6	50	1,76	9	8
1685 <i>Dioscorea bulbifera</i> , cheeky yam, peeled, sliced, soaked 2 d, baked 15 min6	34	12,3	2,4	150	5,29	36	34
1686 <i>Macrozamia communis</i> , 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 (<i>Artocarpus altilis</i>) (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 <i>mean of three studies</i>	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 <i>mean of two studies</i>	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 <i>mean of two groups of subjects</i>	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 <i>mean of two studies</i>	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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