

**Online Supplemental Material** - Atkinson FS, Brand-Miller JC, Foster-Powell K, Buyken AE, Goletzke J. International tables of glycemic index and glycemic load values 2021.

**Supplemental Table 1.** Glycemic index (GI) values and glycemic load (GL) values determined in studies using method consistent with ISO 26642:2010.

Explanatory note: Values included in Supplemental Table 1 were tested using a methodology consistent with the ISO Standard (26642:2010). Test food portions had to contain either 25 or 50 g of available carbohydrate. Included data was tested in  $\geq 10$  healthy adults (allowing for one outlier to be excluded for GI determination) with reported normal glucose tolerance, aged 18 – 65 years. Blood sampling timepoints were those specified in the ISO Standard (0, 15, 30, 45, 60, 90 and 120 min), although additional time points were allowed (eg 75, 105, 150, and 180 min). Recommended analysis methods according to the ISO Standard (26642:2010) are spectrophotometry or electrochemical detection-coupled enzyme systems. If glucometers were used, in accordance with the ISO Standard only studies that used glucometers with a laboratory inter-assay CV on standard solutions  $< 3.6\%$  were included in Supplemental Table 1. Glycemic index categorization: low GI food  $\leq 55$ , medium GI food 56 – 69, high GI food  $\geq 70$ . Glycemic load (GL) is calculated by multiplying the known amount of available carbohydrate contained in the specified serving size by the GI value of that food (using glucose as the reference food), then dividing by 100. A standardized available carbohydrate portion for each food category was used to calculate the nominal GL value shown. The standardized available carbohydrate portion used for each food category is shown underneath the major food category headings. The GL value for each food is intended as a guide only.

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**Supplemental Table 1.** Glycemic index (GI) values and glycemic load (GL) values determined in studies using method consistent with ISO 26642:2010.

| Food Number and Item                                                                                                           | Country of food production                                                                                                        | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL    | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints  | Sample collection | Sample analysis method <sup>4</sup> | Ref.      |                 |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------|--------------------------------------|-------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|-----------|-----------------|
| BAKERY PRODUCTS                                                                                                                |                                                                                                                                   |                           |                                      |       |                          |                           |                               |                              |             |                   |                                     |           |                 |
| Average available carbohydrate portion = 30 g, this value was used to determine the nominal GL for each item in this category. |                                                                                                                                   |                           |                                      |       |                          |                           |                               |                              |             |                   |                                     |           |                 |
| Cakes                                                                                                                          |                                                                                                                                   |                           |                                      |       |                          |                           |                               |                              |             |                   |                                     |           |                 |
| 1                                                                                                                              | Cake, NS, decreased GI variant, sugar-to-flour ratio: 0.80 (Bakery School, Herk-de-Stad, Belgium)                                 | Belgium                   | 2010*                                | 20±4  | 6                        | Normal, 10                | 25                            | 54.4                         | Glucose, 2h | Standard          | Venous, plasma/serum                | Enzymatic | 1               |
| 2                                                                                                                              | Carrot cake, prepared with wheat flour and coconut flour                                                                          | Philippines               | 2002                                 | 37±2  | 11                       | Normal, 10                | 50                            | NS                           | Bread, 2h   | Standard          | Capillary, serum                    | Enzymatic | 2               |
| 3                                                                                                                              | Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, USA)                 | USA                       | 2000                                 | 38±3  | 11                       | Normal, 10                | 50                            | 92.4                         | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic | UO <sup>5</sup> |
| 4                                                                                                                              | Chocolate mudcake                                                                                                                 | Australia                 | 2009                                 | 43±4  | 13                       | Normal, 9                 | 50                            | 109.4                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic | UO <sup>5</sup> |
| 5                                                                                                                              | Christmas fruit cake                                                                                                              | Australia                 | 2009                                 | 53±3  | 16                       | Normal, 10                | 50                            | 90.6                         | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic | UO <sup>5</sup> |
| 6                                                                                                                              | Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Australia)                                             | Australia                 | 2000                                 | 73±12 | 22                       | Normal, 10                | 50                            | 74.2                         | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic | UO <sup>5</sup> |
| 7                                                                                                                              | Plumcake, prepared with wheat flour and yogurt (Mulino Bianco, Barilla, Italy) <sup>6</sup>                                       | Italy                     | 2005                                 | 47±6  | 14                       | Normal, 10                | 50                            | 100                          | Glucose, 2h | Standard          | Capillary, whole blood              | YSI       | 3               |
| 8                                                                                                                              | Pound cake 0% (Bimbo S.A de C.V, Mexico)                                                                                          | Mexico                    | 2006                                 | 38±5  | 11                       | Normal, 12                | 50                            | 122.2                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic | UO <sup>5</sup> |
| 9                                                                                                                              | Raspberry Coffee cake, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                             | Canada                    | 2007                                 | 50±4  | 15                       | Normal, 10                | 50                            | 113.6                        | Bread, 2h   | Standard          | Capillary, whole blood              | YSI       | UO <sup>7</sup> |
| 10                                                                                                                             | Sponge cake, filled with marmalade and yogurt cream (Yogo brioss, Ferrero, Italy)                                                 | Italy                     | 2014                                 | 57±5  | 17                       | Normal, 10                | 25                            | 50                           | Glucose, 2h | Standard          | Capillary, whole blood              | YSI       | 3               |
| 11                                                                                                                             | Sponge cake with cocoa, milk cream-filled, coated with chocolate (Kinder Délice, Italy) <sup>6</sup>                              | Italy                     | 2012                                 | 58±8  | 17                       | Normal, 10                | 50                            | 114.8                        | Glucose, 2h | Standard          | Capillary, whole blood              | YSI       | 3               |
| 12                                                                                                                             | Sponge cake with cocoa, milk cream-filled, coated with chocolate and coconut pieces (Kinder Délice Cocco, Kinder, Ferrero, Italy) | Italy                     | 2012                                 | 56±6  | 17                       | Normal, 10                | 25                            | 62                           | Glucose, 2h | Standard          | Capillary, whole blood              | YSI       | 3               |
| 13                                                                                                                             | Sponge cake, soft wheat flour, carrots (14%), almonds (7%) (Camille, Mulino Bianco, Barilla, Italy)                               | Italy                     | 2007                                 | 51±3  | 15                       | Normal, 10                | 50                            | 70                           | Glucose, 2h | Standard          | Capillary, whole blood              | YSI       | 3               |
| 14                                                                                                                             | Sponge cake, soft wheat flour, filled with chocolate cream (Kinder Pan e Cioc Cacao, Kinder, Ferrero, Italy)                      | Italy                     | 2014                                 | 61±3  | 18                       | Normal, 10                | 25                            | 56                           | Glucose, 2h | Standard          | Capillary, whole blood              | YSI       | 3               |

| Food Number and Item         |                                                                                                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 15                           | Sponge cake, soft wheat flour, ground cereals (rice, barley, rye, oat, wheat) and cocoa, filled with barley malt cream (Kinder colazione più, Kinder, Ferrero, Italy) | Italy                      | 2014                      | 66±8                                 | 20 | Normal, 10                  | 25                           | 57                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 16                           | Sponge cake, soft wheat flour, orange cream-filled, coated with chocolate (Fiesta, Ferrero, Italy)                                                                    | Italy                      | 2012                      | 60±6                                 | 18 | Normal, 10                  | 25                           | 48                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 17                           | Sponge cake, soft wheat flour, with almond and chocolate pieces (Brioche Cereali e Cioccolato, Grancereale, Barilla, Italy)                                           | Italy                      | 2012                      | 66±3                                 | 20 | Normal, 10                  | 50                           | 107                              | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 18                           | Sponge cake, wheat flour, rolled barley and oat (2.5%), filled with apricot jam (Brioss Albicocca ecereali, Ferrero Italy) <sup>6</sup>                               | Italy                      | 2012                      | 60±7                                 | 18 | Normal, 10                  | 50                           | 80                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 4                |
| 19                           | Vanilla cake, made from packet mix with vanilla frosting (Betty Crocker, General Mills Inc., Minneapolis, USA)                                                        | USA                        | 2000                      | 42±4                                 | 13 | Normal, 10                  | 50                           | 96.8                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Cakes, gluten-free           |                                                                                                                                                                       |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 20                           | Cake, prepared with yoghurt, gluten-free (Plum cake, Dr Shaer AG/SPA, Italy) <sup>8</sup>                                                                             | Italy                      | 2015*                     | 42±6                                 | 13 | Normal, 10                  | 50                           | 102                              | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 5                |
| 21                           | Cake, prepared with brown rice, corn, millet and buckwheat, gluten-free (Galette Chicchi al vento, Grancereale, Barilla, Italy)                                       | Italy                      | 2015*                     | 67±6                                 | 20 | Normal, 10                  | 50                           | 62                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 5                |
| Croissant                    |                                                                                                                                                                       |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 22                           | Croissant, all butter (Coles Supermarkets Pty Ltd, Australia)                                                                                                         | Australia                  | 2013                      | 45±6                                 | 14 | Normal, 10                  | 50                           | 123.2                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 23                           | Croissant                                                                                                                                                             | Oman                       | 2020*                     | 67±2                                 | 20 | Normal, 12                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6                |
| Croissant, mean of two foods |                                                                                                                                                                       |                            |                           | 56                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Desserts                     |                                                                                                                                                                       |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 24                           | Apple Berry crumble, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                                                   | Canada                     | 2007                      | 41±3                                 | 12 | Normal, 10                  | 50                           | 242.6                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 25                           | Bavarian (mousse filling on biscuit base), Chocolate honeycomb, light (Sara Lee Bakery, Australia)                                                                    | Australia                  | 2006-2007                 | 31±5                                 | 9  | Normal, 9                   | 50                           | 184.5                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 26                           | Danish Pastry, Apple & Peach, light (Sara Lee Bakery, Australia)                                                                                                      | Australia                  | 2006-2007                 | 50±4                                 | 15 | Normal, 10                  | 50                           | 114.4                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 27                           | Fruit mince pies, shortcrust pastry case filled with dried fruit                                                                                                      | Australia                  | 2009                      | 58±6                                 | 17 | Normal, 11                  | 50                           | 80.9                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 28                           | Pavlova, meringue base topped with whipped cream, fresh strawberries, banana and passionfruit pulp                                                                    | Australia                  | 2010                      | 49±5                                 | 15 | Normal, 9                   | 50                           | 193.3                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                      |                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| <b>Gingerbread, cake-style</b>            |                                                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 29                                        | Gingerbread <sup>11</sup>                                                                        | France                     | 2019*                     | 81±5                              | 24 | Normal, 15               | 50                        | 68.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7                |
| 30                                        | Gingerbread <sup>11</sup>                                                                        | France                     | 2019*                     | 88±5                              | 26 | Normal, 15               | 50                        | 68.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 7                |
| 31                                        | Gingerbread <sup>11</sup>                                                                        | France                     | 2019*                     | 89±8                              | 27 | Normal, 13               | 50                        | 68.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7                |
| <i>Gingerbread, mean of three studies</i> |                                                                                                  |                            |                           | 86                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| <b>Muffins</b>                            |                                                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 32                                        | Apple Blueberry muffin (Sara Lee Bakery, Australia)                                              | Australia                  | 2006-2007                 | 49±4                              | 15 | Normal, 9                | 50                        | 119.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 33                                        | Apple, oat, sultana muffin                                                                       | Australia                  | 2000                      | 54±4                              | 16 | Normal, 9                | 50                        | 92.6                          | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 34                                        | Apricot, coconut and honey muffin                                                                | Australia                  | 2000                      | 60±4                              | 18 | Normal, 9                | 50                        | 102.4                         | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 35                                        | Banana, oat and honey muffin                                                                     | Australia                  | 2000                      | 65±11                             | 20 | Normal, 10               | 50                        | 98.3                          | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 36                                        | Blueberry muffin (Sara Lee Bakery, Australia)                                                    | Australia                  | 2006-2007                 | 50±3                              | 15 | Normal, 10               | 50                        | 96.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 37                                        | Blueberry (Wild) 10-Grain muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada                     | 2007                      | 57±7                              | 17 | Normal, 10               | 50                        | 89.7                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 38                                        | Chocolate butterscotch muffin                                                                    | Australia                  | 2001                      | 53±5                              | 16 | Normal, 10               | 50                        | 89.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 39                                        | Chocolate chip muffin (Sara Lee Bakery, Australia)                                               | Australia                  | 2006-2007                 | 52±6                              | 16 | Normal, 11               | 50                        | 94.0                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 40                                        | Cranberry & Orange Soy muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)    | Canada                     | 2007                      | 48±6                              | 14 | Normal, 10               | 50                        | 120.7                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 41                                        | Cranberry Raisin muffin                                                                          | Australia                  | 2013                      | 43±3                              | 13 | Normal, 10               | 50                        | 140.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 42                                        | Double chocolate muffin (Sara Lee Bakery, Australia)                                             | Australia                  | 2006-2007                 | 46±4                              | 14 | Normal, 10               | 50                        | 89.0                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 43                                        | Raisin Bran Flax muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)          | Canada                     | 2007                      | 52±3                              | 16 | Normal, 10               | 50                        | 106.1                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 44                                        | Raspberry Pomegranate muffin, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)     | Canada                     | 2007                      | 58±7                              | 17 | Normal, 10               | 50                        | 106.1                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| <i>Muffins, mean of 13 foods</i>          |                                                                                                  |                            |                           | 53                                |    |                          |                           |                               |                              |            |                        |                                     |                  |

| Food Number and Item                             |                                                                                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection                 | Sample analysis method <sup>4</sup> | Ref.             |
|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-----------------------------------|-------------------------------------|------------------|
| <b>Muffin, plain, made with different flours</b> |                                                                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                                   |                                     |                  |
| 45                                               | Muffin, made with 14% soft wheat flour, 7% lentil flour, 5% resistant starch and 3% dextrins                                            | Spain                      | 2009                      | 39±6                              | 12 | Normal, 10               | 50                        | 133                           | Glucose, 2h                  | Standard   | Venous, whole blood <sup>12</sup> | Enzymatic                           | 8                |
| 46                                               | Muffin made with oat flour                                                                                                              | Singapore                  | 2015*                     | 54±5                              | 16 | Normal, 12               | 50                        | 146.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood            | HemoCue                             | 9                |
| 47                                               | Muffin made with barley flour                                                                                                           | Singapore                  | 2015*                     | 55±5                              | 17 | Normal, 12               | 50                        | 139.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood            | HemoCue                             | 9                |
| 48                                               | Muffin made with corn flour                                                                                                             | Singapore                  | 2015*                     | 74±5                              | 22 | Normal, 12               | 50                        | 136.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood            | HemoCue                             | 9                |
| 49                                               | Muffin made with wheat flour                                                                                                            | Singapore                  | 2015*                     | 74±8                              | 22 | Normal, 12               | 50                        | 126.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood            | HemoCue                             | 9                |
| 50                                               | Muffin made with rice flour                                                                                                             | Singapore                  | 2015*                     | 79±6                              | 24 | Normal, 12               | 50                        | 119.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood            | HemoCue                             | 9                |
| <b>Pancakes</b>                                  |                                                                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                                   |                                     |                  |
| 51                                               | Pancakes, prepared with wheat flour and coconut flour                                                                                   | Philippines                | 2002                      | 46±2                              | 14 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, serum                  | Enzymatic                           | 2                |
| 52                                               | Pancakes, prepared from wheat flour and water (Coles Smart Buy Plain Flour, Coles Supermarkets Pty Ltd) (78.9 g flour + 108.8 mL water) | Australia                  | 2009                      | 61±7                              | 18 | Normal, 10               | 50                        | 78.9                          | Glucose, 2h                  | Standard   | Capillary, plasma                 | Enzymatic                           | 10               |
| 53                                               | Pancakes, prepared from shake mix (Green's General Foods, Glendenning, Australia)                                                       | Australia                  | 2000                      | 67±5                              | 20 | Normal, 10               | 50                        | 69.7                          | Glucose, 2h                  | Standard   | Capillary, plasma                 | Enzymatic                           | UO <sup>5</sup>  |
| 54                                               | Pancakes, millet (100% foxtail millet flour)                                                                                            | China                      | 2016*                     | 76±11                             | 23 | Normal, 10               | 50                        | 121                           | Glucose, 2h                  | Standard   | Venous, plasma/serum              | Enzymatic                           | 11               |
| 55                                               | Pancakes, prepared from wheat flour                                                                                                     | China                      | 2005                      | 80±4                              | 24 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS                        | NS                                  | 12               |
| 56                                               | Pancakes, millet (75% foxtail millet flour, 25% extrusion flour (w/w, dry basis)                                                        | China                      | 2016*                     | 83±10                             | 25 | Normal, 10               | 50                        | 141                           | Glucose, 2h                  | Standard   | Venous, plasma/serum              | Enzymatic                           | 11               |
| <b>Pancakes, gluten-free</b>                     |                                                                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                                   |                                     |                  |
| 57                                               | Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods, Carrum Downs, Australia)                                  | Australia                  | 2000                      | 102±11                            | 31 | Normal, 10               | 50                        | 69.4                          | Glucose, 2h                  | Standard   | Capillary, plasma                 | Enzymatic                           | UO <sup>5</sup>  |
| 58                                               | Pancakes, gluten-free, made from packet mix (Freedom Foods, Cheltenham, Australia)                                                      | Australia                  | 2006-2007                 | 61±6                              | 18 | Normal, 10               | 50                        | 187.3                         | Glucose, 2h                  | Standard   | Capillary, whole blood            | HemoCue                             | UO <sup>10</sup> |
| <b>Other bakery products</b>                     |                                                                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                                   |                                     |                  |
| 59                                               | Brownies, containing wheat flour and coconut flour                                                                                      | Philippines                | 2002                      | 43±4                              | 13 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, serum                  | Enzymatic                           | 2                |

| Food Number and Item                                                                                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 60 Cinnamon bread, prepared with wheat flour and coconut flour                                                                                                             | Philippines                | 2002                      | 45±3                              | 14 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, serum       | Enzymatic                           | 2               |
| 61 Doughnut                                                                                                                                                                | Oman                       | 2020*                     | 75±3                              | 23 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6               |
| 62 Hot cross buns, spiced sweet bun with dried fruit (Tip Top Bakeries, Chatswood, Australia)                                                                              | Australia                  | 2012                      | 59±7                              | 18 | Normal, 10               | 50                        | 89.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 63 Hot cross buns, spiced sweet bun with dried fruit                                                                                                                       | Australia                  | 2012                      | 66±6                              | 20 | Normal, 9                | 50                        | 112.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 64 Pan de sal (sweet bread roll), containing wheat flour and coconut flour                                                                                                 | Philippines                | 2002                      | 62±4                              | 19 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, serum       | Enzymatic                           | 2               |
| 65 Pastry, puff (Pampas™, Australia)                                                                                                                                       | Australia                  | 2006                      | 56±5                              | 17 | Normal, 10               | 50                        | 127.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 66 Pastry, puff, with wheat flour and sugar (Nastrine, Italy) <sup>6</sup>                                                                                                 | Italy                      | 2005                      | 47±6                              | 14 | Normal, 9                | 50                        | 102                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 67 Pikelets, Golden brand (Tip Top Bakeries, Chatswood, Australia)                                                                                                         | Australia                  | 2000                      | 85±14                             | 26 | Normal, 10               | 50                        | 144.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 68 Pizza base, baked in oven at 220°C for 9 min (Boboli, Orograin Bakeries Manufacturing Inc, PA, USA)                                                                     | USA                        | 2015                      | 52±4                              | 16 | Normal, 10               | 50                        | 104.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 69 Scones, plain, made from packet mix (Defiance Milling Co, Australia)                                                                                                    | Australia                  | 2000                      | 92±8                              | 28 | Normal, 10               | 50                        | 105.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 70 Sweet bread, with chocolate chips (Pangoccioli, Italy) <sup>6</sup>                                                                                                     | Italy                      | 2009                      | 50±5                              | 15 | Normal, 10               | 50                        | 81.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 71 Tarte, made with wheat flour and apricot jam (Crostatina all'albicocca, Italy) <sup>6</sup>                                                                             | Italy                      | 2005                      | 44±4                              | 13 | Normal, 9                | 50                        | 77.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| <b>BEVERAGES</b>                                                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <i>Average available carbohydrate portion = 25 g, this value was used to determine the nominal GL for each item in this category, except for beer where 10 g was used.</i> |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>Beer</b>                                                                                                                                                                |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 72 Beer (4.5% alcohol by volume) (Nikolai Lager, Sinebrychoff Ltd, Finland)                                                                                                | Finland                    | 2012*                     | 119±10                            | 12 | Normal, 10               | 25                        | 510                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 13              |
| 73 Beer (4.4% alcohol by volume), Pilsner Urquell® (Plzeňský Prazdroj, A.S., Czech Republic) <sup>11</sup>                                                                 | Czech Republic             | 2016*                     | 89±2                              | 9  | Normal, 10               | 25                        | 554.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 14              |
| <i>Beer, mean of two foods</i>                                                                                                                                             |                            |                           | 104                               |    |                          |                           |                               |                              |            |                        |                                     |                 |

| Food Number and Item                            |                                                                                                                   | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 74                                              | Beer, non-alcoholic (0.0% alcohol by volume) (Nikolai Lager, Sinebrychoff Ltd, Finland)                           | Finland                    | 2012*                     | 80±6                                 | 8  | Normal, 10                  | 25                           | 640                              | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 13              |
| Carbonated beverages/soft drinks                |                                                                                                                   |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 75                                              | Coca Cola®, soft drink (Coca Cola Amatil, Sydney, Australia)                                                      | Australia                  | 2006                      | 53±7                                 | 13 | Normal, 10                  | 50                           | 480.8                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 76                                              | Coca Cola®, soft drink                                                                                            | Italy                      | 2011                      | 73±7                                 | 18 | Normal, 9                   | 50                           | 472                              | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| Coca Cola®, mean of two studies                 |                                                                                                                   |                            |                           | 63                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 77                                              | Cola, Pepsi®, sucrose-sweetened (Pepsi, Hartwall Ltd, Finland)                                                    | Finland                    | 2011                      | 72±7                                 | 18 | Normal, 12                  | 50                           | 450                              | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 15              |
| 78                                              | Ginger beer, carbonated beverage (Bundaberg Brewed Drinks Pty Ltd, Australia)                                     | Australia                  | 2017                      | 65±5                                 | 16 | Normal, 10                  | 25                           | 231.5                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 79                                              | Lemon flavored soft drink, Lemonade, Schweppes® (Cadbury Schweppes, Sydney, Australia)                            | Australia                  | 2006                      | 54±5                                 | 14 | Normal, 10                  | 50                           | 454.5                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 80                                              | Lemon flavored soft drink, Solo™, lemon squash (Cadbury Schweppes, Australia)                                     | Australia                  | 2001                      | 58±5                                 | 15 | Normal, 10                  | 25                           | 190.8                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 81                                              | Lemon flavored soft drink Sprite™ (The Coca-Cola Company, Australia)                                              | Australia                  | 2011                      | 64±3                                 | 16 | Normal, 10                  | 50                           | 495.0                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 16              |
| Lemon flavored soft drinks, mean of three foods |                                                                                                                   |                            |                           | 59                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| Fruit drinks                                    |                                                                                                                   |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 82                                              | Blackcurrant fruit syrup, Ribena™ reconstituted with 315.5 mL water (GlaxoSmithKline Group, Australia)            | Australia                  | 2006                      | 52±5                                 | 13 | Normal, 10                  | 50                           | 63.1                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 83                                              | Fruit drink, decreased GI variant (containing 8% isomaltose)                                                      | Belgium                    | 2010*                     | 48±8                                 | 12 | Normal, 10                  | 25                           | 306                              | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 1               |
| 84                                              | Fruit drink, increased GI variant (containing 8% sucrose)                                                         | Belgium                    | 2010*                     | 86±14                                | 22 | Normal, 10                  | 25                           | 306                              | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 1               |
| 85                                              | Fruit flavored beverage                                                                                           | Australia                  | 2014*                     | 67±5                                 | 17 | Normal 10                   | 50                           | 769                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |
| 86                                              | Fruit flavored beverage with 0.22 g Filtered Molasses Concentrate added per 100 mL (3.6 g FMC/100 g carbohydrate) | Australia                  | 2014*                     | 58±3                                 | 15 | Normal 10                   | 50                           | 820                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |
| 87                                              | Ice Green Tea, ready-to-drink brewed green tea (Pokka Corporation (S) Private Ltd, Singapore)                     | Singapore                  | 2015*                     | 50±5                                 | 13 | Normal, 13                  | 50                           | 833.3                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18              |
| 88                                              | Iced Green Tea, 7% lemon juice (Estathè verde, Ferrero, Italy)                                                    | Italy                      | 2011                      | 66±5                                 | 17 | Normal, 9                   | 50                           | 575                              | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |

| Food Number and Item |                                                                                                                 | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 89                   | Ice Lemon Tea, ready-to-drink black tea with lemon flavor (F&N Foods Private Ltd, Singapore)                    | Singapore                  | 2015*                     | 74±7                              | 19 | Normal, 14               | 50                        | 500                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18               |
| 90                   | Iced lemon tea, decaffeinated, lemon juice powder 0.2% (7% fructose) (Estathè deteinato limone, Ferrero, Italy) | Italy                      | 2011                      | 38±3                              | 10 | Normal, 9                | 50                        | 575                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 91                   | Iced lemon tea, lemon juice powder 0.2%, (Estathè limone, Ferrero, Italy)                                       | Italy                      | 2011                      | 72±6                              | 18 | Normal, 9                | 50                        | 442                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 92                   | Iced peach tea, 9.5% peach juice (Estathè pesca, Ferrero, Italy)                                                | Italy                      | 2011                      | 71±7                              | 18 | Normal, 9                | 50                        | 455                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 93                   | Orange Delight Cocktail with pulp, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)               | Canada                     | 2007                      | 44±5                              | 11 | Normal, 10               | 50                        | 781.3                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 94                   | Tropical blend fruit drink, V8 Splash® (Campbell's Soup Company, USA)                                           | USA                        | 2002                      | 47±4                              | 12 | Normal, 10               | 50                        | 455.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| <b>Milk drinks</b>   |                                                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 95                   | Choc Banana flavored drink, Aussie Bodies Start the Day UHT (Aussie Bodies Pty Ltd, Australia)                  | Australia                  | 2006-2007                 | 24±3                              | 6  | Normal, 10               | 50                        | 847.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 96                   | Chocolate flavored drink, Aussie Bodies Start the Day UHT (Aussie Bodies Pty Ltd, Australia)                    | Australia                  | 2006-2007                 | 26±4                              | 7  | Normal, 11               | 50                        | 847.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 97                   | Hot Chocolate mix made with hot water, Complete (Nestlé, Australia)                                             | Australia                  | 2001                      | 51±3                              | 13 | Normal, 10               | 50                        | 69.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 98                   | Chocolate Liquid Breakfast, Devondale Fast Start (Murray Goulburn Co-Operative Company Limited, Australia)      | Australia                  | 2012                      | 39±4                              | 10 | Normal, 9                | 50                        | 468.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 99                   | Coffee Liquid Breakfast, Devondale Fast Start (Murray Goulburn Co-Operative Company Limited, Australia)         | Australia                  | 2012                      | 39±4                              | 10 | Normal, 9                | 50                        | 449.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 100                  | Kellogg's® Coco Pops Chocolatey Liquid Breakfast (Kellogg's Australia)                                          | Australia                  | 2012                      | 35±4                              | 9  | Normal, 10               | 50                        | 519.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 101                  | Kellogg's® Nutri-Grain Breakfast Fuel (Kellogg's Australia)                                                     | Australia                  | 2012                      | 38±3                              | 10 | Normal, 10               | 50                        | 514.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 102                  | Milo™ (Nestlé, Australia) dissolved in water                                                                    | Australia                  | 1999                      | 55±3                              | 14 | Normal, 10               | 50                        | 73.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 103                  | Milo™ (Nestlé, Auckland, New Zealand) dissolved in water                                                        | New Zealand                | 1999                      | 52±5                              | 13 | Normal, 10               | 50                        | 69.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 104                  | Milk powder, Jerseyjoy Active Life (Australia Jersey Dairy Group Pty Ltd), prepared with water                  | Australia                  | 2019                      | 32±4                              | 8  | Normal, 10               | 50                        | 96.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 105                  | Nesquik™, chocolate (Nestlé, Australia), prepared with water                                                    | Australia                  | 1998                      | 53±5                              | 13 | Normal, 9                | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item   |                                                                                                                      | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 106                    | Nesquik™, strawberry (Nestlé, Australia), prepared with water                                                        | Australia                  | 1998                      | 64±6                              | 16 | Normal, 9                | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 107                    | Ovaltine®, chocolate (Twinnings & Co, Australia), prepared with water                                                | Australia                  | 2016                      | 50±4                              | 13 | Normal, 10               | 25                        | 37.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 108                    | Formulated Milk powder for Middle-Aged Adults, Probilove (Australia Jersey Dairy Group Pty Ltd), prepared with water | Australia                  | 2019                      | 32±4                              | 8  | Normal, 10               | 50                        | 100.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 109                    | Vanilla drink with fiber, Build-Up™ nutrient-fortified drink (Nestlé, Australia)                                     | Australia                  | 2001                      | 41±4                              | 10 | Normal, 10               | 50                        | 92.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 110                    | Vanilla Liquid Breakfast, Devondale Fast Start (Murray Goulburn Co-Operative Company Limited, Australia)             | Australia                  | 2012                      | 49±3                              | 12 | Normal, 10               | 50                        | 456.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 111                    | Yakult (Yakult Italia)                                                                                               | Italy                      | 2011                      | 51±4                              | 13 | Normal, 10               | 25                        | 170                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 112                    | Yakult, fermented milk drink (Yakult company, Taipei, Taiwan)                                                        | Taiwan                     | 2010*                     | 58±0.3                            | 15 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 19              |
| 113                    | Yakult® Light, fermented milk drink with <i>Lactobacillus casei</i> (Yakult, Dandenong, Australia)                   | Australia                  | 2005                      | 36±6                              | 9  | Normal, 10               | 50                        | 384.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| <b>Rice milk drink</b> |                                                                                                                      |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 114                    | Rice milk drink, low-fat, Australia's Own Natural™ (So Natural Foods, Taren Point, Australia)                        | Australia                  | 2003                      | 92±9                              | 23 | Normal, 10               | 50                        | 390.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 115                    | Rice milk, low-fat, calcium enriched, Vitasoy® (National Foods Ltd, Australia)                                       | Australia                  | 2005                      | 79±8                              | 20 | Normal, 10               | 50                        | 531.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| <b>Smoothies</b>       |                                                                                                                      |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 116                    | Smoothie, apple, pear, banana (Frullato mela, pera e banana Storie di frutta, Mulino Bianco, Barilla, Italy)         | Italy                      | 2011                      | 68±5                              | 17 | Normal, 9                | 50                        | 336                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 117                    | Smoothie, banana                                                                                                     | Australia                  | 2003                      | 30±4                              | 8  | Normal, 10               | 50                        | 505.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 118                    | Smoothie, Banana & Honey, Devondale brand (Murray Goulburn Co-Operative Company Limited, Australia)                  | Australia                  | 2014                      | 28±3                              | 7  | Normal, 10               | 50                        | 517.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 119                    | Smoothie, banana and strawberry, V8 Splash® (Campbell's Soup Company, Camden, USA)                                   | USA                        | 2002                      | 44±3                              | 11 | Normal, 10               | 50                        | 473.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 120                    | Smoothie, mango                                                                                                      | Australia                  | 2003                      | 32±4                              | 8  | Normal, 10               | 50                        | 476.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 121                    | Smoothie, mango and passionfruit (Innocent Ltd., UK)                                                                 | UK                         | 2019*                     | 36±5                              | 9  | Normal, 10               | 25                        | 235.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 20              |

| Food Number and Item |                                                                                                                                                           | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 122                  | Smoothie, raspberry (Con Agra Inc, Omaha, USA)                                                                                                            | USA                        | 1999                      | 33±9                              | 8  | Normal, 10               | 25                        | 177.3                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 123                  | Smoothie, strawberry and banana (Innocent Ltd., UK)                                                                                                       | UK                         | 2019*                     | 39±4                              | 10 | Normal, 10               | 25                        | 213.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 20              |
| 124                  | Smoothie, Tropical, Devondale brand (Murray Goulburn Co-Operative Company Limited, Australia)                                                             | Australia                  | 2014                      | 31±4                              | 8  | Normal, 10               | 50                        | 588.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
|                      | Smoothie, mean of nine foods                                                                                                                              |                            |                           | 38                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
|                      | Soy drinks                                                                                                                                                |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 125                  | Cocoa malt flavor, Up & Go™, soy milk, rice cereal liquid breakfast (Sanitarium Health Foods, Australia)                                                  | Australia                  | 2001                      | 43±5                              | 11 | Normal, 10               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 126                  | Chocolate Daydream™ shake, fructose (Revival Soy®, Physicians Pharmaceuticals, Inc, USA) (47.1 g powder + 305 mL water)                                   | USA                        | 2004                      | 33±4                              | 8  | Normal, 10               | 25                        | 47.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 21              |
| 127                  | Chocolate flavored soy milk drink, So Good Bliss (Sanitarium Health Foods, Australia)                                                                     | Australia                  | 2008                      | 46±3                              | 12 | Normal, 10               | 50                        | 595.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 128                  | Chocolate, Xpress, soy bean, cereal and legume extract drink with fructose (So Natural Foods, Australia)                                                  | Australia                  | 2001                      | 39±2                              | 10 | Normal, 10               | 25                        | 438.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 129                  | Original malt flavor, Up & Go™, soy milk, rice cereal liquid breakfast (Sanitarium Health Foods, Australia)                                               | Australia                  | 2001                      | 46±5                              | 12 | Normal, 10               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 130                  | Smoothie drink, soy, banana, 1% fat (So Natural Foods, Australia)                                                                                         | Australia                  | 2000                      | 30±3                              | 8  | Normal, 10               | 25                        | 342.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 131                  | Smoothie drink, soy, chocolate hazelnut, 1% fat (So Natural Foods, Australia)                                                                             | Australia                  | 2000                      | 34±3                              | 9  | Normal, 10               | 25                        | 294.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 132                  | Soy Beverage, Chocolate flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                          | Canada                     | 2004–2007                 | 40±5                              | 10 | Normal, 10               | 50                        | 446.4                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 133                  | Soy Beverage, Original flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                           | Canada                     | 2004–2007                 | 15±4                              | 4  | Normal, 10               | 25                        | 694.4                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 134                  | Soy Beverage, Vanilla flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                            | Canada                     | 2004–2007                 | 28±3                              | 7  | Normal, 10               | 50                        | 781.3                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
|                      | Sports drinks                                                                                                                                             |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 135                  | Sport beverage based on whey protein powder with carbohydrate (CHO:PRO=4:1), orange flavor (Endurox R4, Pacific Health Laboratories, Parsippany, NJ, USA) | USA                        | 2017*                     | 67±6                              | 17 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 22              |
| 136                  | Sustagen® Sport Chocolate (Nestlé Health Science, Australia), prepared with water                                                                         | Australia                  | 2019                      | 36±3                              | 9  | Normal, 10               | 50                        | 76.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 137 Sustagen® Sport Vanilla (Nestlé Health Science, Australia), prepared with water                                                   | Australia                  | 2019                      | 37±3                              | 9  | Normal, 9                | 50                        | 75.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 138 Thorpedo® Advanced Hydration for Kids, all flavors (Thorpedo Foods, Australia)                                                    | Australia                  | 2006-2007                 | 11±2                              | 3  | Normal, 10               | 50                        | 357.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 139 Thorpedo® Ultra Low GI Energy Water, all flavors (Thorpedo Foods, Australia)                                                      | Australia                  | 2006                      | 16±4                              | 4  | Normal, 10               | 25                        | 843.3                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| <b>Other beverages</b>                                                                                                                |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 140 Ancient Grains Quinoa milk drink with Chia (Freedom Foods, Australia)                                                             | Australia                  | 2015                      | 42±3                              | 11 | Normal, 10               | 50                        | 561.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 141 Coconut milk beverage, containing organic coconut milk and organic brown rice (Pure Harvest Coco Quench, Australia)               | Australia                  | 2020                      | 68±6                              | 17 | Normal, 10               | 50                        | 641.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 142 Coconut Water, water of green coconut, Nudie™                                                                                     | Australia                  | 2012                      | 55±3                              | 14 | Normal, 9                | 25                        | 500.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 143 Goat Milk Drink, Symbiotics Low GI (NIG Nutritionals Pty Ltd, New Zealand), powder prepared with water                            | New Zealand                | 2019                      | 25±2                              | 6  | Normal, 10               | 50                        | 87.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 144 Oat milk, calcium enriched, Vitasoy® (National Foods Ltd, Australia)                                                              | Australia                  | 2009                      | 69±6                              | 17 | Normal, 9                | 50                        | 571.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>BREADS</b>                                                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| <i>Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category.</i> |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| <b>English Muffin</b>                                                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 145 English Muffin™ bread (Natural Ovens, USA)                                                                                        | USA                        | 1999                      | 77±7                              | 12 | Normal, 10               | 50                        | 141.6                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 146 English Muffin, Whole Grain Multigrain, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)                           | Canada                     | 2007                      | 45±3                              | 7  | Normal, 10               | 50                        | 142.5                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| <b>Fruit breads</b>                                                                                                                   |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 147 Fruit and Spice Bread, Vogel's (Goodman Fielder, New Zealand) <sup>13</sup>                                                       | New Zealand                | 2009*                     | 57±5                              | 9  | Normal, 20               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 23               |
| 148 Fruit and Spice Bread, Vogel's (Goodman Fielder, Auckland, New Zealand), tested after a high-CHO evening meal <sup>13</sup>       | New Zealand                | 2010*                     | 68±4                              | 10 | Normal, 20               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 24               |
| 149 Fruit and Spice Bread, Vogel's (Goodman Fielder, Auckland, New Zealand), tested after a high-fat evening meal <sup>13</sup>       | New Zealand                | 2010*                     | 59±4                              | 9  | Normal, 20               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 24               |
| 150 Fruit loaf, Bûrgen® (Tip Top Bakeries, Chatswood, Australia)                                                                      | Australia                  | 1997                      | 44±5                              | 7  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25               |

| Food Number and Item |                                                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|---------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 151                  | Fruit and Muesli bread, Bürgen® (Tip Top Bakeries, Australia)                                           | Australia                  | 2006-2007                 | 53±4                              | 8  | Normal, 10               | 50                        | 132.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 152                  | Fruit and cinnamon bread (Finest, UK)                                                                   | UK                         | 2005                      | 71±11                             | 11 | Normal, 10               | 50                        | 94.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 153                  | Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, Australia)                           | Australia                  | 2003                      | 54±6                              | 8  | Normal, 10               | 50                        | 95.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 154                  | Fruit loaf, sliced                                                                                      | UK                         | 2005                      | 57±6                              | 9  | Normal, 10               | 50                        | 91.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 155                  | Cinnamon, raisin, pecan bread, Happiness™ (Natural Ovens, Manitowoc, USA)                               | USA                        | 1999                      | 63±5                              | 9  | Normal, 10               | 50                        | 133.3                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 156                  | Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)                         | USA                        | 1999                      | 54±6                              | 8  | Normal, 10               | 50                        | 122.9                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 157                  | Raisin Toast, TipTop™ (Tip Top Bakeries, Australia)                                                     | Australia                  | 2016                      | 53±3                              | 8  | Normal, 10               | 50                        | 94.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 158                  | Whole-wheat bread with dried fruit                                                                      | China                      | 2005                      | 47±2                              | 7  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
|                      | <i>Fruit bread, mean of 12 foods</i>                                                                    |                            |                           | 57                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
|                      | <b>Gluten-free breads</b>                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 159                  | Multigrain bread, gluten-free (Country Life Bakery, Dandenong, Australia)                               | Australia                  | 2000                      | 79±13                             | 12 | Normal, 10               | 50                        | 131.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 160                  | White bread, gluten free (Country Life Bakery, Australia)                                               | Australia                  | 2006                      | 40±5                              | 6  | Normal, 10               | 50                        | 183.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 161                  | White bread, gluten free, sliced (COOP Italia-Soc. Coop a.r.l., Italy) <sup>8</sup>                     | Italy                      | 2015*                     | 61±6                              | 9  | Normal, 10               | 50                        | 124                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 5                |
| 162                  | White roll bread, gluten free (Dr Schär AG/SPA, Italy) <sup>8</sup>                                     | Italy                      | 2015*                     | 63±8                              | 9  | Normal, 10               | 50                        | 112                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 5                |
| 163                  | White sourdough bread, gluten free, sliced (Dr Schär AG/SPA, Italy) <sup>8</sup>                        | Italy                      | 2015*                     | 52±7                              | 8  | Normal, 10               | 50                        | 132                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 5                |
|                      | <i>Gluten-free breads, mean of five foods</i>                                                           |                            |                           | 59                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
|                      | <b>Hamburger/Hot dog buns/Rolls</b>                                                                     |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 164                  | Burger Buns, 100% Whole wheat Gigantico, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada                     | 2007                      | 62±6                              | 9  | Normal, 10               | 50                        | 127.4                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 165                  | HermanBurger Protein Bun (Herman Brot Pty Ltd, Australia)                                               | Australia                  | 2018                      | 31±4                              | 5  | Normal, 10               | 25                        | 219.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|---------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 166 Hot Dog Rolls, 100% Whole wheat Gigantico, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada                     | 2007                      | 62±6                              | 9  | Normal, 10               | 50                        | 125.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 167 Mixed Grain bread roll, Bûrgen™ (Tip Top Bakeries, Chatswood, Australia)                                  | Australia                  | 2008                      | 52±4                              | 8  | Normal, 14               | 50                        | 165.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 168 Soft bread rolls, Pagnottelle classic, soft wheat flour, sugar (5.4%) (Mulino Bianco, Barilla, Italy)     | Italy                      | 2009                      | 62±11                             | 9  | Normal, 9                | 50                        | 98                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 169 Soft bread rolls, Sfilatini al grano tenero (Mulino Bianco, Barilla, Italy)                               | Italy                      | 2009                      | 65±9                              | 10 | Normal, 9                | 50                        | 99                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>14</sup> |
| <b>Mixed grain or seed wheat breads</b>                                                                       |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 170 Classic Seed Loaf, Helga's™ (Quality Bakers, Sydney, Australia)                                           | Australia                  | 2007                      | 68±9                              | 10 | Normal, 10               | 50                        | 120.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 171 Hearty 7 Grain bread, Healthy Choice™ (Con Agra Inc., USA)                                                | USA                        | 2000                      | 55±6                              | 8  | Normal, 10               | 50                        | 130.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 172 Hearty 100% Whole Grain bread, Healthy Choice™ (Con Agra Inc., USA)                                       | USA                        | 2000                      | 62±6                              | 9  | Normal, 10               | 50                        | 140.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 173 Kibbled Konini bread (Country Fare, New Zealand)                                                          | New Zealand                | 2000                      | 68±12                             | 10 | Normal, 14               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27               |
| 174 Kibbled wheat bread, Lawson's Settlers Grain (Goodman Fielder, Australia)                                 | Australia                  | 2008                      | 65±5                              | 10 | Normal, 9                | 50                        | 121.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 175 Linola seed bread                                                                                         | China                      | 2010*                     | 90±11                             | 14 | Normal, 10               | 50                        | 116.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28               |
| 176 Mixed Grain bread, Bûrgen™ (Tip Top Bakeries, Chatswood, Australia)                                       | Australia                  | 1997                      | 34±4                              | 5  | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25               |
| 177 Mixed Grain, Bûrgen™ (Tip Top Bakeries, Chatswood, Australia)                                             | Australia                  | 2007                      | 52±4                              | 8  | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>15</sup> |
| 178 Mixed grain sandwich bread, Molenberg™ (Goodman Fielder, Auckland, New Zealand)                           | New Zealand                | 2000                      | 75±10                             | 11 | Normal, 15               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27               |
| 179 Multigrain batch bread                                                                                    | UK                         | 2005                      | 62±8                              | 9  | Normal, 10               | 50                        | 104.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 180 Multigrain bread (High 5 Silver Bird Group Berhad, Shah Alam, Selangor, Malaysia)                         | Malaysia                   | 2009*                     | 56±6                              | 8  | Normal, 11               | 25                        | 57.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | 29               |
| 181 Multi-Grain bread, 9-Grain (Tip Top Bakeries, Australia)                                                  | Australia                  | 1997                      | 43±5                              | 6  | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25               |
| 182 Multigrain loaf, containing wheat flour and coconut flour                                                 | Philippines                | 2002                      | 60±5                              | 9  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, serum       | Enzymatic                           | 2                |

| Food Number and Item                                |                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-----------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 183                                                 | Multiseed bread                                                                        | UK                         | 2006                      | 54±4                                 | 8  | Normal, 10                  | 50                           | 119.6                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 184                                                 | Oatbran & Honey bread, Bürgen™ (Tip Top Bakeries, Australia)                           | Australia                  | 2002                      | 49±4                                 | 7  | Normal, 10                  | 50                           | 149.7                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 185                                                 | Organic Heavy Wholegrain bread, Golden Hearth™ (Gold Coast Bakeries, QLD, Australia)   | Australia                  | 2004                      | 53±7                                 | 8  | Normal, 10                  | 50                           | 120.8                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 186                                                 | Pumpkin Seed bread, containing 6% pumpkin seeds, Bürgen™ (Tip Top Bakeries, Australia) | Australia                  | 2007                      | 49±4                                 | 7  | Normal, 10                  | 50                           | 184.5                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>15</sup> |
| 187                                                 | Seeded bread                                                                           | UK                         | 2006                      | 49±7                                 | 7  | Normal, 10                  | 50                           | 130.9                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 188                                                 | Soy-Lin, kibbled soy (8%) and linseed (8%) loaf, Bürgen™ (Tip Top Bakeries, Australia) | Australia                  | 1997                      | 36±4                                 | 5  | Normal, 10-12               | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25               |
| 189                                                 | Soy & Linseed bread (made from packet mix cooked in bread maker) (Con Agra Inc., USA)  | USA                        | 1999                      | 50±6                                 | 8  | Normal, 10                  | 50                           | 165.0                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 190                                                 | Soy & Linseed bread (Coles Supermarkets Pty Ltd, Australia)                            | Australia                  | 2015                      | 56±7                                 | 8  | Normal, 10                  | 50                           | 130.5                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 191                                                 | Sprouted wheat bread, Sprouted 3 Grains bread (Stonemill Bread, Toronto, Canada)       | Canada                     | 2007                      | 55±6                                 | 8  | Normal, 10                  | 50                           | 150.6                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 192                                                 | Whole grain bread, Hunger Filler™ (Natural Ovens, USA)                                 | USA                        | 1999                      | 59±8                                 | 9  | Normal, 10                  | 50                           | 154.3                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 193                                                 | Whole grain bread, Nutty Natural™ (Natural Ovens, USA)                                 | USA                        | 1999                      | 59±7                                 | 9  | Normal, 10                  | 50                           | 154.8                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 194                                                 | Whole grain bread, Stay Trim™ (Natural Ovens, USA)                                     | USA                        | 1999                      | 70±10                                | 11 | Normal, 10                  | 50                           | 172.4                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 195                                                 | Wholemeal Country Grain bread, Bakers Delight™ (Bakers Delight Holdings, Australia)    | Australia                  | 2005                      | 53±9                                 | 8  | Normal, 10                  | 50                           | 126.6                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 196                                                 | Wholemeal & Seeds bread, Bürgen™ (Tip Top Bakeries, Australia)                         | Australia                  | 2007                      | 39±8                                 | 6  | Normal, 10                  | 50                           | 194.6                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>15</sup> |
| Mixed grain or seed bread, mean of 27 foods         |                                                                                        |                            |                           | 56                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Mixed grain or seed wheat bread, lower carbohydrate |                                                                                        |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 197                                                 | Lower Carb Bread (Herman Brot Pty Ltd, Australia)                                      | Australia                  | 2013                      | 24±3                                 | 4  | Normal, 10                  | 25                           | 337.8                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 198                                                 | Lower Carb 5 Seeds Bread, Helga's™ (Quality Bakers, Sydney, Australia)                 | Australia                  | 2018                      | 53±5                                 | 8  | Normal, 10                  | 50                           | 172.4                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                                                          |                                                                                                                                                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 199                                                                           | Lower Carb Soy & Toasted Sesame Bread, Helga's™<br>(Quality Bakers, Sydney, Australia)                                                                                                                  | Australia                  | 2018                      | 51±4                                 | 8  | Normal, 10                  | 50                           | 176.0                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 200                                                                           | Lower Carb Wholemeal & Seeds Bread, Helga's™ (Quality Bakers, Sydney, Australia)                                                                                                                        | Australia                  | 2018                      | 51±5                                 | 8  | Normal, 10                  | 50                           | 173.6                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <i>Mixed grain or seed wheat bread, lower carbohydrate mean of four foods</i> |                                                                                                                                                                                                         |                            |                           | 45                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| <b>Oat breads</b>                                                             |                                                                                                                                                                                                         |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 201                                                                           | Bread, short oat (50% wholemeal wheat, 20% rye, 10% oatmeal, 20% white wheat, yeast (1.3% net flour weight), no rising time, 30 min proving time, 220°C baking temperature, 30 min bake <sup>13</sup> ) | New Zealand                | 2010*                     | 77±6                                 | 12 | Normal, 10                  | 50                           | 111                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 31              |
| 202                                                                           | Bread, wholemeal with oatmeal (High 5 Silver Bird Group Berhad, Shah Alam, Selangor, Malaysia)                                                                                                          | Malaysia                   | 2009*                     | 67±7                                 | 10 | Normal, 12                  | 25                           | 56.3                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | 29              |
| 203                                                                           | Degraded oat bran concentrate bread (50% oat bran concentrate + 50% wheat, 5 h proving time)                                                                                                            | Norway                     | 2019*                     | 64±5                                 | 10 | Normal, 14                  | 25                           | 96.4                             | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 32              |
| 204                                                                           | Optimal oat bran concentrate bread (50% oat bran concentrate + 50% wheat, separate proving of wheat dough part)                                                                                         | Norway                     | 2019*                     | 57±4                                 | 9  | Normal, 14                  | 25                           | 97                               | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 32              |
| 205                                                                           | Low oat bran concentrate bread (25% oat bran concentrate + 75% wheat, separate proving of wheat dough part)                                                                                             | Norway                     | 2019*                     | 65±4                                 | 10 | Normal, 14                  | 25                           | 68.6                             | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 32              |
| 206                                                                           | Oatmeal batch bread                                                                                                                                                                                     | UK                         | 2005                      | 62±8                                 | 9  | Normal, 10                  | 50                           | 99.8                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| <i>Oat breads, mean of six foods</i>                                          |                                                                                                                                                                                                         |                            |                           | 65                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| <b>Pretzels</b>                                                               |                                                                                                                                                                                                         |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 207                                                                           | Soft pretzel, soy <sup>11</sup>                                                                                                                                                                         | USA                        | 2011*                     | 39±6                                 | 6  | Normal, 12                  | 50                           | 72.9                             | Glucose, 2h                  | Standard   | Venous, whole blood    | YSI                                 | 33              |
| 208                                                                           | Soft pretzel, wheat <sup>11</sup>                                                                                                                                                                       | USA                        | 2011*                     | 66±4                                 | 10 | Normal, 12                  | 50                           | 62                               | Glucose, 2h                  | Standard   | Venous, whole blood    | YSI                                 | 33              |
| 209                                                                           | Soft pretzel (Ditsch, Mainz, Germany)                                                                                                                                                                   | Germany                    | 2014                      | 80±6                                 | 12 | Normal, 11                  | 50                           | 100.2                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 34              |
| <b>Rice breads</b>                                                            |                                                                                                                                                                                                         |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 210                                                                           | Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)                                                                                                                                | Australia                  | 1996                      | 61±9                                 | 9  | Normal, 12                  | 50                           | 111.1                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 211                                                                           | Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, Australia)                                                                                                                       | Australia                  | 1996                      | 72±9                                 | 11 | Normal, 12                  | 50                           | 140.0                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item          | Country of food production                                                                                                                                                                        | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL    | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints  | Sample collection | Sample analysis method <sup>4</sup> | Ref.                      |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------------|-------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|---------------------------|
| <b>Rye breads</b>             |                                                                                                                                                                                                   |                           |                                   |       |                          |                           |                               |                              |             |                   |                                     |                           |
| 212                           | Bread, long rye (50% wholemeal wheat, 30% rye, 20% white wheat, yeast (13% net flour weight), 20 min rising time, 30 min proving time, 220°C baking temperature, 30 min bake time <sup>13</sup> ) | New Zealand               | 2010*                             | 76±15 | 11                       | Normal, 10                | 50                            | 131                          | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 31              |
| 213                           | Bread, short rye (50% wholemeal wheat, 30% rye, 20% white wheat, yeast (1.3% net flour weight), no rising time, 30 min proving time, 220°C baking temperature, 30 min bake time <sup>13</sup> )   | New Zealand               | 2010*                             | 82±11 | 12                       | Normal, 10                | 50                            | 119                          | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 31              |
| 214                           | Rye, Bûrgen™ (Tip Top Bakeries, Australia)                                                                                                                                                        | Australia                 | 2002                              | 51±3  | 8                        | Normal, 10                | 50                            | 155.8                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic UO <sup>5</sup> |
| 215                           | Rye, Country Grain Organic (Country Life Bakery, Australia)                                                                                                                                       | Australia                 | 2006-2007                         | 53±4  | 8                        | Normal, 12                | 50                            | NS                           | Glucose, 2h | Standard          | Capillary, whole blood              | HemoCue UO <sup>10</sup>  |
| 216                           | Pumpernickel Rye bread (Van der Meulen BV, Netherlands)                                                                                                                                           | Netherlands               | 2015                              | 49±4  | 7                        | Normal, 10                | 50                            | 135.9                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic UO <sup>5</sup> |
| 217                           | Rye Hi-Soy with Linseed (Country Life Bakery, Australia)                                                                                                                                          | Australia                 | 2006-2007                         | 55±4  | 8                        | Normal, 13                | 50                            | NS                           | Glucose, 2h | Standard          | Capillary, whole blood              | HemoCue UO <sup>10</sup>  |
| 218                           | Rye wheat sourdough bread (Paderborner, Lieken Urkorn, Dortmund, Germany)                                                                                                                         | Germany                   | 2014                              | 62±4  | 9                        | Normal, 11                | 50                            | 119                          | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 34              |
| 219                           | Sourdough rye bread                                                                                                                                                                               | Australia                 | 2004                              | 48±5  | 7                        | Normal, 10                | 50                            | 116.7                        | Glucose, 2h | Standard          | Capillary, whole blood              | HemoCue UO <sup>5</sup>   |
| 220                           | Sourdough bread, made with rye flour, wholemeal rye flour, spelt flour and intact barley kernels and white bean kernels <sup>11</sup>                                                             | Sweden                    | 2020*                             | 67±5  | 10                       | Normal, 12                | 50                            | 143                          | Glucose, 2h | Standard          | Capillary, whole blood              | HemoCue 35                |
| 221                           | Sourdough bread, made with rye flour, wholemeal rye flour, spelt flour with intact barley kernels and mung bean kernels <sup>11</sup>                                                             | Sweden                    | 2020*                             | 65±4  | 10                       | Normal, 12                | 50                            | 146                          | Glucose, 2h | Standard          | Capillary, whole blood              | HemoCue 35                |
| 222                           | Sprouted rye bread                                                                                                                                                                                | Australia                 | 2008                              | 61±5  | 9                        | Normal, 10                | 50                            | 145.3                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic UO <sup>5</sup> |
| 223                           | Rye, made with 30% wholemeal wheat, 20% kibbled rye, 30% wheat flour, and baker's yeast <sup>13</sup>                                                                                             | New Zealand               | 2010*                             | 60±3  | 9                        | Normal, 10                | 50                            | 154                          | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 31              |
| 224                           | Wholemeal rye bread with intact grains and sunflower seeds (Kraftkerni, Lieken Urkorn, Dortmund, Germany)                                                                                         | Germany                   | 2014                              | 55±4  | 8                        | Normal, 12                | 50                            | 151.5                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 34              |
|                               | <i>Rye breads, mean of 13 foods</i>                                                                                                                                                               |                           |                                   | 60    |                          |                           |                               |                              |             |                   |                                     |                           |
| <b>Sourdough wheat breads</b> |                                                                                                                                                                                                   |                           |                                   |       |                          |                           |                               |                              |             |                   |                                     |                           |
| 225                           | Sourdough Cob Bread (Fine Breads of Australia, NSW, Australia)                                                                                                                                    | Australia                 | 2008                              | 77±3  | 12                       | Normal, 10                | 50                            | 117.7                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic UO <sup>5</sup> |
| 226                           | Sourdough wheat bread                                                                                                                                                                             | Australia                 | 2003                              | 54±5  | 8                        | Normal, 10                | 50                            | 107.1                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic UO <sup>5</sup> |

| Food Number and Item                                                                                                                                                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 227 Sourdough bread (50% wholemeal wheat, 50% white wheat, sourdough starter (70% wet weight), 80 min rising time, 60 min proving time, 200°C baking temperature, 60 min baking time <sup>13</sup> )                         | New Zealand                | 2010*                     | 82±13                             | 12 | Normal, 10               | 50                        | 116                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 31              |
| 228 Sourdough bread + oats (50% wholemeal wheat, 50% white wheat, 10% rolled oats; sourdough starter (70% wet weight), 80 min rising time, 60 min proving time, 200°C baking temperature, 60 min baking time <sup>13</sup> ) | New Zealand                | 2010*                     | 71±10                             | 11 | Normal, 10               | 50                        | 116                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 31              |
| 229 Sourdough Vienna bread, Bakers Delight™ (Bakers Delight Holdings, Australia)                                                                                                                                             | Australia                  | 2005                      | 66±6                              | 10 | Normal, 10               | 50                        | 96.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| <i>Sourdough wheat breads, mean of five foods</i>                                                                                                                                                                            |                            |                           | 70                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>Spelt wheat bread</b>                                                                                                                                                                                                     |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 230 Multigrain spelt bread® (Pav's bakery, Australia)                                                                                                                                                                        | Australia                  | 1996                      | 54±10                             | 8  | Normal, 12               | 50                        | 122.0                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 231 Sprouted Spelt bread                                                                                                                                                                                                     | Australia                  | 2008                      | 62±6                              | 9  | Normal, 10               | 50                        | 124.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 232 White spelt wheat bread                                                                                                                                                                                                  | Belgium                    | 2005                      | 66±6                              | 10 | Normal, 10               | 50                        | 95                            | Bread, 2h                    | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 36              |
| 233 Wholemeal spelt wheat bread (local bakery)                                                                                                                                                                               | Germany                    | 2014                      | 63±4                              | 9  | Normal, 12               | 50                        | 136.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 34              |
| <i>Spelt bread, mean of four foods</i>                                                                                                                                                                                       |                            |                           | 61                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>White wheat flour bread</b>                                                                                                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 234 Wheat bread, sliced (Pan Bauletto Bianco) <sup>6</sup>                                                                                                                                                                   | Italy                      | 2009                      | 59±7                              | 9  | Normal, 10               | 50                        | 93.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 235 White bread                                                                                                                                                                                                              | UK                         | 2006                      | 59±11                             | 9  | Normal, 10               | 50                        | 112.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30              |
| 236 White bread (Giant Eagle King Size Enriched bread, Pittsburgh, PA, USA) <sup>11</sup>                                                                                                                                    | USA                        | 2011*                     | 60±6                              | 9  | Normal, 12               | 50                        | 62                            | Glucose, 2h                  | Standard   | Venous, whole blood    | YSI                                 | 33              |
| 237 White bread (Pepperidge Farm Original White Bread, USA) <sup>11</sup>                                                                                                                                                    | USA                        | 2016*                     | 62±2                              | 9  | Normal, 63               | 50                        | 96.3                          | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 37              |
| 238 White bread <sup>11</sup>                                                                                                                                                                                                | France                     | 2019*                     | 63±7                              | 9  | Normal, 13               | 50                        | 63.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7               |
| 239 White bread <sup>11</sup>                                                                                                                                                                                                | France                     | 2019*                     | 65±4                              | 10 | Normal, 15               | 50                        | 63.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 7               |

| Food Number and Item |                                                                                                                 | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 240                  | White bread                                                                                                     | Canada                     | 2009*                     | 66±4                              | 10 | Normal, Caucasian, 40    | 50                        | 109                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 241                  | White bread                                                                                                     | Canada                     | 2009*                     | 68±3                              | 10 | Normal, lean, 37         | 50                        | 109                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 242                  | White bread                                                                                                     | Canada                     | 2009*                     | 69±3                              | 10 | Normal, 37               | 50                        | 109                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 243                  | White bread, WonderWhite™ (Goodman Fielder Ltd, NSW, Australia)                                                 | Australia                  | 2010                      | 70±3                              | 11 | Normal, 10               | 50                        | 119                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 39              |
| 244                  | White bread, WonderWhite™ (Goodman Fielder Ltd, NSW, Australia), tested by subjects with a low AMY1 copy number | Australia                  | 2014                      | 70±3                              | 11 | Normal, 19               | 50                        | 119.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 40              |
| 245                  | White bread, Sunblest™ (Tip Top Bakeries, Australia)                                                            | Australia                  | 1999                      | 70±5                              | 11 | Normal, 10               | 50                        | 105.7                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 246                  | White bread <sup>11</sup>                                                                                       | Taiwan                     | 2012*                     | 71±0.1                            | 11 | Normal, 10               | 50                        | 121.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 41              |
| 247                  | White bread                                                                                                     | Multiple countries         | 2001                      | 71±3                              | 11 | Normal, 47               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, NS          | YSI / Enzymatic                     | 42              |
| 248                  | White bread (Somerfield Plc, Oxford, UK)                                                                        | UK                         | 2007*                     | 71±5                              | 11 | Normal, 15               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 43              |
| 249                  | White bread (Original White Bread, Pepperidge Farm, Norwalk, CT, USA)                                           | USA                        | 2006                      | 71±6                              | 11 | Normal, 14               | 50                        | 96                            | Glucose, 2h                  | Standard   | Venous, serum          | Enzymatic                           | 44              |
| 250                  | Wheat bread, bite-sized, soft wheat flour (Bocconcini, Panem, Italy)                                            | Italy                      | 2010                      | 71±6                              | 11 | Normal, 10               | 50                        | 89                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 251                  | White bread                                                                                                     | Canada                     | 2009*                     | 72±3                              | 11 | Normal, >40 y, 38        | 50                        | 109                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 252                  | White bread                                                                                                     | Canada                     | 2009*                     | 72±4                              | 11 | Normal, ≤40 y, 39        | 50                        | 109                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 253                  | White bread                                                                                                     | Australia                  | 2014*                     | 74±3                              | 11 | Normal 10                | 50                        | 121                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |
| 254                  | White bread                                                                                                     | Canada                     | 2009*                     | 75±4                              | 11 | Normal, 40               | 50                        | 109                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 255                  | White bread (Nishin Shokuhin, Japan) <sup>16</sup>                                                              | Japan                      | 2003                      | 75±10                             | 11 | Normal, 10               | 50                        | 116                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 256                  | White bread (Vodova veka Penam, Olomouc, Czech Republic)                                                        | Czech Republic             | 2003                      | 75±10                             | 11 | Normal, 11               | 50                        | 85                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 46              |

| Food Number and Item |                                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number)  | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|---------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 257                  | White bread                                                                                                      | Canada                     | 2009*                     | 76±4                              | 11 | Normal, overweight, 40    | 50                        | 109                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38               |
| 258                  | White bread <sup>11</sup>                                                                                        | France                     | 2019*                     | 76±6                              | 11 | Normal, 15                | 50                        | 63.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7                |
| 259                  | White bread, containing 9% sourdough, baked for 30 min at 210°C <sup>13</sup>                                    | Spain                      | 2013                      | 76±8                              | 11 | Normal, 22                | 50                        | 95                            | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 47               |
| 260                  | White bread                                                                                                      | Multiple countries         | 2001                      | 76±13                             | 11 | Normal, 21                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | YSI / Enzymatic                     | 42               |
| 261                  | Wheat bread, sliced (Harry's)                                                                                    | Italy                      | 2005-2015                 | 76±14                             | 11 | Normal,                   | 50                        | 96.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 4                |
| 262                  | White bread                                                                                                      | Canada                     | 2009*                     | 78±4                              | 12 | Normal, Non-Caucasian, 37 | 50                        | 109                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38               |
| 263                  | White bread, WonderWhite™ (Goodman Fielder Ltd, NSW, Australia), tested by subjects with a high AMY1 copy number | Australia                  | 2014                      | 81±3                              | 12 | Normal, 19                | 50                        | 119.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 40               |
| 264                  | White bread (Gardenia Bakeries (KL) Sdn Bhd Shah Alam, Selangor)                                                 | Malaysia                   | 2009*                     | 83±7                              | 12 | Normal, 12                | 25                        | 51.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | 29               |
| 265                  | White bread (Gardenia brand, NTUC Fairprice, Singapore)                                                          | Singapore                  | 2015*                     | 83±9                              | 12 | Normal, 11                | 50                        | 91.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 48               |
| 266                  | Wheat bread                                                                                                      | Norway                     | 2019*                     | 84±7                              | 13 | Normal, 14                | 25                        | 51                            | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 32               |
| 267                  | White bread (lab made)                                                                                           | China                      | 2020                      | 87±11                             | 13 | Normal, 16                | 50                        | 65.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 268                  | White bread                                                                                                      | China                      | 2005                      | 88±3                              | 13 | Normal, 10                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
|                      | <i>White wheat flour bread, mean of 35 foods</i>                                                                 |                            |                           | 73                                |    |                           |                           |                               |                              |            |                        |                                     |                  |
|                      | <b>White wheat flour bread, other</b>                                                                            |                            |                           |                                   |    |                           |                           |                               |                              |            |                        |                                     |                  |
| 269                  | Baguette, Whole Grain, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                            | Canada                     | 2007                      | 73±6                              | 11 | Normal, 10                | 50                        | 119.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 270                  | Bread, bakery made from an industrial mix for bread preparation (Pan Gustavo, Novaterra Zeelandia, Italy)        | Italy                      | 2014                      | 72±8                              | 11 | Normal, 10                | 25                        | 100                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |

| Food Number and Item                                                                                                                                                 | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|--------------------|
| 271 Bread, bakery made from an industrial mix for bread preparation (Pan Semola, Novaterra Zeelandia, Italy)                                                         | Italy                      | 2014                      | 87±11                             | 13 | Normal, 10               | 25                        | 51                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                  |
| 272 Bread, sliced, soft wheat flour, low GI and high fiber (Pane a fette a basso indice glicemico e ad alto contenuto di fibre, Roberto Industria Alimentare, Italy) | Italy                      | 2011                      | 41±2                              | 6  | Normal, 9                | 25                        | 65                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                  |
| 273 Pan Bauletto 5 cereali e soia (Mulino Bianco, Barilla, Italy)                                                                                                    | Italy                      | 2009                      | 60±9                              | 9  | Normal, 9                | 50                        | 115                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                  |
| 274 Bread, sliced, durum wheat flour (Pan Bauletto al grano duro, Mulino Bianco, Barilla, Italy)                                                                     | Italy                      | 2009                      | 68±7                              | 10 | Normal, 9                | 50                        | 104                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                  |
| 275 White bread, Alfacar <sup>13</sup>                                                                                                                               | Spain                      | 2013                      | 68±8                              | 10 | Normal, 22               | 50                        | 94                            | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 47                 |
| 276 White bread, candeal-flour <sup>13</sup>                                                                                                                         | Spain                      | 2013                      | 86±8                              | 13 | Normal, 22               | 50                        | 94                            | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 47                 |
| 277 White sandwich bread, low GI, high fiber, Bakers Delight™ Hi Fibre Lo GI (Bakers Delight Holdings, Australia)                                                    | Australia                  | 2006                      | 52±7                              | 8  | Normal, 10               | 50                        | 98.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>    |
| 278 White sandwich bread, low GI, high fiber, Tip Top™ EnerGI (Tip Top Bakeries, George Weston Ltd, Australia)                                                       | Australia                  | 2007                      | 58±3                              | 9  | Normal, 20               | 50                        | 111.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5,10</sup> |
| 279 White bread, low GI, high fiber, Tip Top™ EnerGI (Tip Top Bakeries, George Weston Ltd, Australia)                                                                | Australia                  | 2007                      | 54±4                              | 8  | Normal, 11               | 50                        | 111.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>15</sup>   |
| 280 White sandwich bread, low GI, high fiber, Vogel's Wonder White 'Low GI' (Quality Bakers, Australia)                                                              | Australia                  | 2006-2007                 | 54±3                              | 8  | Normal, 10               | 50                        | 135.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup>   |
| 281 White sandwich bread, low GI, high fiber, Vogel's Wonder White 'Low GI' (Quality Bakers, Australia)                                                              | Australia                  | 2007                      | 59±3                              | 9  | Normal, 20               | 50                        | 135.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>    |
| 282 White sandwich bread, Low GI, high fiber, Low GI Wonder Active (Quality Bakers, Sydney, Australia)                                                               | Australia                  | 2019                      | 52±4                              | 8  | Normal, 10               | 50                        | 131.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>    |
| 283 White bread, toasted (Hovis, UK)                                                                                                                                 | UK                         | 2005                      | 50±7                              | 8  | Normal, 10               | 50                        | 101.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 49                 |
| 284 Enriched white bread, Wonder™ (Interstate Brands Companies, Kansas City, USA)                                                                                    | USA                        | 1999                      | 71±9                              | 11 | Normal, 10               | 50                        | 111.1                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>    |
| 285 Enriched white bread, Wonder™ (Interstate Brands Companies, Kansas City, USA)                                                                                    | USA                        | 2000                      | 72±4                              | 11 | Normal, 10               | 50                        | 111.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>    |

| Food Number and Item |                                                                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 286                  | Enriched white bread, Wonder™ (Interstate Brands Companies, Kansas City, USA)<br><br>White bread with added ingredients | USA                        | 2000                      | 77±3                                 | 12 | Normal, 10                  | 50                           | 108                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 287                  | Bread, sliced, soft wheat flour, olive oil (2.5%) (Pane Bianco, Roberto Industria Alimentare, Italy)                    | Italy                      | 2011                      | 63±4                                 | 9  | Normal, 10                  | 25                           | 55                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 288                  | Bread, sliced, soft wheat flour, extra virgin olive oil (Pane Bianco all'olio d'oliva, Coop, Italy)                     | Italy                      | 2011                      | 73±7                                 | 11 | Normal, 10                  | 25                           | 50                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 289                  | White bread (100% wheat flour) + 2% pectin (George Weston Foods Ltd, Australia)                                         | Australia                  | 1998                      | 86±8                                 | 13 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 290                  | White bread (100% wheat flour) + 5% fruit fiber (George Weston Foods Ltd, Australia)                                    | Australia                  | 1998                      | 77±9                                 | 12 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 291                  | White bread (80% wheat flour + 20% chickpea flour) (George Weston Foods Ltd, Australia)                                 | Australia                  | 1998                      | 80±9                                 | 12 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 292                  | White bread (90% wheat flour + 10% modified corn starch) (George Weston Foods Ltd, Australia)                           | Australia                  | 1998                      | 79±5                                 | 12 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 293                  | White bread (90% wheat flour + 10% tapioca starch) (George Weston Foods Ltd, Australia)                                 | Australia                  | 1998                      | 78±11                                | 12 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 294                  | White bread (95% wheat flour + 5% oat bran) (George Weston Foods Ltd, Australia)                                        | Australia                  | 1998                      | 75±6                                 | 11 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 295                  | White bread, containing 2% guar gum (George Weston Foods Ltd, Australia)                                                | Australia                  | 1998                      | 67±6                                 | 10 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 296                  | White bread, containing 2% vinegar and 2.5% sourdough (Noble Rise Crunchy Toast, Australia)                             | Australia                  | 1998                      | 80±4                                 | 12 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 297                  | Bread, fibre-enriched flour (Pan Bauletto Fior di Fibra, Mulino Bianco, Barilla, Italy)                                 | Italy                      | 2009                      | 53±5                                 | 8  | Normal, 10                  | 50                           | 120                              | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 298                  | White bread, fiber-enriched, Fiber White™ (Nature's Fresh, Auckland, New Zealand)                                       | New Zealand                | 2000                      | 77±10                                | 12 | Normal, 14                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| 299                  | White bread with 2.5 g Filtered Molasses Concentrate added per 100 g (6.04 g FMC/100 g carbohydrate)                    | Australia                  | 2014*                     | 59±6                                 | 9  | Normal 10                   | 50                           | 121                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |

| Food Number and Item                                                                                                                                                                           | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 300 Wheat bread enriched with β-glucan (6 g per serving)                                                                                                                                       | Greece                     | 2020*                     | 48±10                             | 7  | Normal, 10               | 50                        | 166                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | YSI                                 | 50               |
| 301 White bread, containing 0.8% Reducose®, lab made                                                                                                                                           | China                      | 2020                      | 42±4                              | 6  | Normal, 10               | 50                        | 65.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 302 Wheat bread enriched with resistant starch (high amylose waxy maize starch; 8.8 g/serving)                                                                                                 | Greece                     | 2020*                     | 40±8                              | 6  | Normal, 10               | 50                        | 166                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | YSI                                 | 50               |
| 303 White bread (10% of white bread flour was substituted by resistant starch from tapioca) <sup>11</sup>                                                                                      | Taiwan                     | 2012*                     | 70±0.1                            | 11 | Normal, 10               | 50                        | 144.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 41               |
| 304 White bread (30% of white bread flour was substituted by resistant starch from tapioca) <sup>11</sup>                                                                                      | Taiwan                     | 2012*                     | 68±0.2                            | 10 | Normal, 10               | 50                        | 204.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 41               |
| 305 White bread (60% of white bread flour was substituted by resistant starch from tapioca) <sup>11</sup>                                                                                      | Taiwan                     | 2012*                     | 51±0.1                            | 8  | Normal, 10               | 50                        | 221.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 41               |
| <b>White bread, with different proving times and bread volumes</b>                                                                                                                             |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 306 White bread, prepared with a 10 min prove and a second 2 min proving (low loaf volume)                                                                                                     | UK                         | 2006                      | 38±4                              | 6  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 51               |
| 307 White bread, prepared with a 30 min prove and a second 12 min proving (moderate loaf volume)                                                                                               | UK                         | 2006                      | 72±7                              | 11 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 51               |
| 308 White bread, prepared with a 60 min prove and a second 30 min proving (moderate loaf volume)                                                                                               | UK                         | 2006                      | 86±9                              | 13 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 51               |
| 309 White bread, prepared with a 40 min prove, a second 25 min proving and a third 50 min proving (large loaf volume)                                                                          | UK                         | 2006                      | 100±7                             | 15 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 51               |
| <b>White bread with different processing conditions</b>                                                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 310 Western baked bread, made with high protein flour (15 min resting time, 70 min proving time, 11 min baking at 210°C)                                                                       | Singapore                  | 2014*                     | 71±5                              | 11 | Normal, 13               | 50                        | 102                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 52               |
| 311 White bread, pre-cooked frozen, baked 16 min at 180°C, cooled at 30°C for 18 min; frozen at -30°C for 30 min; preserved at -18°C; 2 <sup>nd</sup> baking at 230°C for 12 min <sup>13</sup> | Spain                      | 2013                      | 78±8                              | 12 | Normal, 22               | 50                        | 100                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 47               |
| 312 Modified steamed bread made with conventional baked bread recipe, using high protein flour (15 min resting time, 40 min proving time, 10 min steaming at 100°C)                            | Singapore                  | 2014*                     | 65±4                              | 10 | Normal, 13               | 50                        | 120                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 52               |
| 313 Oriental steamed bread, made with medium protein flour (15 min resting time, 40 min proving time, 10 min steaming at 100°C)                                                                | Singapore                  | 2014*                     | 68±5                              | 10 | Normal, 13               | 50                        | 105                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 52               |

| Food Number and Item                                                                                                                                                                                                      | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 314 Modified baked bread made with steamed bread recipe, made with medium protein flour (15 min resting time, 70 min proving time, 11 min baking at 210°C)                                                                | Singapore                  | 2014*                     | 75±4                              | 11 | Normal, 13               | 50                        | 87                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 52              |
| <b>Wholemeal (whole wheat) wheat flour bread</b>                                                                                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 315 Wholemeal wheat flour bread, sliced (Pan Bauletto Integrale, Italy) <sup>19</sup>                                                                                                                                     | Italy                      | 2005-2015                 | 59±5                              | 9  | Normal, 10               | 50                        | 126.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 316 Wholemeal flour bread                                                                                                                                                                                                 | China                      | 2005                      | 69±3                              | 10 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 317 Wholemeal flour bread                                                                                                                                                                                                 | Australia                  | 2012                      | 75±5                              | 11 | Normal, 10               | 50                        | 125.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 318 Wholemeal flour bread, short wholemeal (50% whole meal wheat, 50% white wheat, Baker's yeast (1.3% net flour weight), no rising time, 30 min proving time, 220°C baking temperature, 30 min baking time <sup>13</sup> | New Zealand                | 2010*                     | 78±5                              | 12 | Normal, 10               | 50                        | 111                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 31              |
| 319 Wholemeal bread, long whole meal (50% whole meal wheat, 50% white wheat, Baker's yeast (13% net flour weight), 20 min rising time, 30 min proving time, 220°C baking temperature, 30 min baking time <sup>13</sup>    | New Zealand                | 2010*                     | 80±7                              | 12 | Normal, 10               | 50                        | 115                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 31              |
| 320 Wholemeal bread (Gardenia Bakeries (KL) Sdn Bhd Shah Alam, Selangor, Malaysia)                                                                                                                                        | Malaysia                   | 2009*                     | 85±6                              | 13 | Normal, 11               | 25                        | 80                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | 29              |
| 321 Wholemeal bread, yeast (50% wholemeal wheat, 50% white wheat, Baker's yeast (15% dry weight), 60 min rising time, 40 min proving time, 200°C baking temperature, 40-50 min baking time <sup>13</sup>                  | New Zealand                | 2010*                     | 88±8                              | 13 | Normal, 10               | 50                        | 119                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 31              |
| 322 Wholemeal bread, smooth milled, Ploughman's <sup>TM</sup> (Quality Bakers, Australia)                                                                                                                                 | Australia                  | 1996                      | 64±10                             | 10 | Normal, 12               | 50                        | 117.1                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <i>Wholemeal wheat flour bread, mean of eight foods</i>                                                                                                                                                                   |                            |                           | 75                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 323 Wholemeal stoneground flour sourdough bread (Bill's Organic Bread, Cardiff, Australia)                                                                                                                                | Australia                  | 2003                      | 59±8                              | 9  | Normal, 10               | 50                        | 135.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 324 Wholemeal sliced bread, High fibre Performax <sup>TM</sup> (Country Life Bakery, Australia)                                                                                                                           | Australia                  | 1999                      | 38±3                              | 6  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 325 Wholemeal bread (wholemeal wheat flour, water, yeast, salt, and 40% sourdough), baked at 200°C for 40 min <sup>13</sup>                                                                                               | Spain                      | 2013                      | 61±8                              | 9  | Normal, 22               | 50                        | 134                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 47              |
| 326 Wholemeal bread sticks, crunchy                                                                                                                                                                                       | Crete                      | 2006                      | 67±5                              | 10 | Normal, 10               | 50                        | 84.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item       |                                                                                                                                                                                                                      | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Wrap breads                |                                                                                                                                                                                                                      |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 327                        | Corn tortilla, made from white corn, Diego's brand (San Diego Tortilla Factory Pty Ltd, Andrews, QLD, Australia)                                                                                                     | Australia                  | 2007                      | 49±6                              | 7  | Normal, 9                | 50                        | 121.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 328                        | Corn tortilla, made from white corn, gluten-free, Mission® (Mission Foods Australia)                                                                                                                                 | Australia                  | 2010                      | 52±4                              | 8  | Normal, 9                | 50                        | 121.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 329                        | Protein Wraps (Herman Brot Pty Ltd, Australia)                                                                                                                                                                       | Australia                  | 2019                      | 27±3                              | 4  | Normal, 10               | 25                        | 176.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 330                        | Mixed Grain wraps, Helga's (Quality Bakers Australia Pty Ltd, Australia)                                                                                                                                             | Australia                  | 2015                      | 55±6                              | 8  | Normal, 10               | 50                        | 105.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 331                        | Oat Light Wrap bread (Mountain Bread, VIC, Australia)                                                                                                                                                                | Australia                  | 2008                      | 62±6                              | 9  | Normal, 10               | 50                        | 94.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 332                        | Whole Grain Tortilla, Old El Paso™ (General Mills Australia Pty Ltd)                                                                                                                                                 | Australia                  | 2015                      | 50±5                              | 8  | Normal, 10               | 50                        | 106.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 333                        | Wholemeal and white flour wrap with chia seeds, Mission brand (Gruma Oceania Pty Ltd, Australia)                                                                                                                     | Australia                  | 2015                      | 50±6                              | 8  | Normal, 10               | 50                        | 127.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 334                        | Wholemeal and white flour wrap with red quinoa, Mission brand (Gruma Oceania Pty Ltd, Australia)                                                                                                                     | Australia                  | 2015                      | 59±5                              | 9  | Normal, 10               | 50                        | 122.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Other Special wheat breads |                                                                                                                                                                                                                      |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 335                        | Chia White bread, Bakers Delight™ (Bakers Delight Holdings, Australia)                                                                                                                                               | Australia                  | 2010                      | 63±3                              | 9  | Normal, 10               | 50                        | 117.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 336                        | Bread, increased GI variant (sugar-to-flour ratio: 0.24) (Bakery School, Herk-de-Stad, Belgium)                                                                                                                      | Belgium                    | 2010*                     | 69±15                             | 10 | Normal, 10               | 25                        | 55.6                          | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 1               |
| 337                        | Bread, decreased GI variant (sugar-to-flour ratio: 0.0) (Bakery School, Herk-de-Stad, Belgium)                                                                                                                       | Belgium                    | 2010*                     | 40±4                              | 6  | Normal, 10               | 25                        | 58.1                          | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 1               |
| 338                        | Bread, sliced, soft wheat flour, flaxseeds (4.9%), soy grain (4.3%) (Cuor di Lino, Mulino Bianco, Barilla, Italy)                                                                                                    | Italy                      | 2012                      | 58±10                             | 9  | Normal, 9                | 50                        | 127                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 339                        | Bread, desem (50% whole meal wheat, 50% white wheat), baker's yeast (15% dry weight), desem (15% wet weight), 60 min rising time, 40 min proving time, 200°C baking temperature, 40-50 min baking time <sup>13</sup> | New Zealand                | 2010*                     | 92±10                             | 14 | Normal, 10               | 50                        | 119                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 31              |
| 340                        | Crusty malted wheat bread (Finest, UK)                                                                                                                                                                               | UK                         | 2005                      | 52±8                              | 8  | Normal, 10               | 50                        | 113.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 341                        | Dried wheat bread rusk                                                                                                                                                                                               | Crete                      | 2006                      | 63±6                              | 9  | Normal, 10               | 50                        | 71.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item        |                                                                                                                                    | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 342                         | Focaccia, soft wheat flour, with extra virgin olive oil (8.7%) (Focaccelle con olio di oliva extravergine, Mulino Bianco, Barilla) | Italy                      | 2015                      | 63±8                              | 9  | Normal, 9                | 25                        | 62                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 343                         | Lebanese bread, white (Seda Bakery, Sydney, Australia)                                                                             | Australia                  | 2002                      | 75±9                              | 11 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 344                         | Malt loaf, organic                                                                                                                 | UK                         | 2005                      | 59±9                              | 9  | Normal, 10               | 50                        | 81.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 345                         | Naan bread (True Foods Pty Ltd, VIC, Australia), heated in microwave for 25 sec                                                    | Australia                  | 2013                      | 71±5                              | 11 | Normal, 10               | 50                        | 117.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 346                         | Pain au lait (Pasquier, France)                                                                                                    | France                     | 2002                      | 63±10                             | 9  | Normal, 11-14            | 50                        | 94                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 347                         | Pita bread, white, mini                                                                                                            | UK                         | 2005                      | 68±5                              | 10 | Normal, 10               | 50                        | 97.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 348                         | Pita bread, wholemeal                                                                                                              | UK                         | 2005                      | 56±13                             | 8  | Normal, 10               | 50                        | 107.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 349                         | Pumpkin Cob Gourmet Bread (Fine Breads of Australia, NSW, Australia)                                                               | Australia                  | 2008                      | 85±12                             | 13 | Normal, 10               | 50                        | 121.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 350                         | Roti (unleavened flatbread), whole wheat flour                                                                                     | India                      | 2010*                     | 45±4                              | 7  | Normal, 18               | 50                        | 74.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 54               |
| 351                         | Roti (unleavened flatbread), atta mix containing roasted Bengal flour, psyllium husk powder and fenugreek powder                   | India                      | 2010*                     | 27±2                              | 4  | Normal, 18               | 50                        | 66.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer                          | 54               |
| 352                         | Sprouted kamut bread                                                                                                               | Australia                  | 2008                      | 67±5                              | 10 | Normal, 10               | 50                        | 128.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 353                         | Steamed wheat bread                                                                                                                | China                      | 2005                      | 88±7                              | 13 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| <b>Other special breads</b> |                                                                                                                                    |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 354                         | Barley bread, containing 40% barley flour and 60% wheat flour, separate proving of wheat dough                                     | Norway                     | 2019*                     | 72±6                              | 11 | Normal, 14               | 25                        | 56.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 32               |
| 355                         | Lompe (made from potato, precooked and cooled, and spelt flour) (Speltlompe) (Buer AS, Askim, Norway)                              | Norway                     | 2019*                     | 63±6                              | 9  | Normal, 14               | 25                        | 66.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 32               |
| 356                         | Millet steamed bread (75% foxtail-millet flour and 25% extrusion flour (w/w, dry basis)                                            | China                      | 2016*                     | 90±9                              | 14 | Normal, 10               | 50                        | 100                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 11               |
| 357                         | Potato mixed flour bread (lab made)                                                                                                | China                      | 2020                      | 55±3                              | 8  | Normal, 12               | 50                        | 107.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 358                         | Soy flour bread                                                                                                                    | Australia                  | 2005                      | 40±6                              | 6  | Normal, 10               | 50                        | 197.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |

| Food Number and Item                                                                                                           |                                                                                      | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| BREAKFAST CEREALS                                                                                                              |                                                                                      |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category. |                                                                                      |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| Bran Flakes                                                                                                                    |                                                                                      |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 359                                                                                                                            | Branflakes (Healthy Living, UK)                                                      | UK                         | 2005                      | 50±7                                 | 10 | Normal, 10                  | 50                           | 74.5                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 360                                                                                                                            | Bran Flakes, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)          | Canada                     | 2004–2007                 | 65±8                                 | 13 | Normal, 10                  | 50                           | 79.0                             | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 361                                                                                                                            | Bran Flakes™ (Kellogg's, Australia)                                                  | Australia                  | 2000                      | 74±6                                 | 15 | Normal, 12                  | 50                           | 83.0                             | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| Bran flakes, mean of three foods                                                                                               |                                                                                      |                            |                           | 63                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| Chocapic™ (Nestlé, France)                                                                                                     |                                                                                      |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 362                                                                                                                            | Chocapic™, wheat-based flaked cereal                                                 | France                     | 2003                      | 70±10                                | 14 | Normal, 11                  | 50                           | 62.6                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 363                                                                                                                            | Chocapic™, wheat-based flaked cereal                                                 | France                     | 2003                      | 74±9                                 | 15 | Normal, 12                  | 50                           | 62.6                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 364                                                                                                                            | Chocapic™, wheat-based flaked cereal                                                 | France                     | 2002                      | 84±9                                 | 17 | Normal, 11-14               | 50                           | 60                               | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53              |
| Chocapic, mean of three foods                                                                                                  |                                                                                      |                            |                           | 76                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| Cornflakes™                                                                                                                    |                                                                                      |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 365                                                                                                                            | Cornflakes (Kellogg's, Australia) <sup>13</sup> , tested in younger adults (19-32 y) | Australia                  | 2014*                     | 64±4                                 | 13 | Normal, 20                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 55              |
| 366                                                                                                                            | Cornflakes <sup>11</sup>                                                             | France                     | 2019*                     | 66±5                                 | 13 | Normal, 13                  | 50                           | 53.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7               |
| 367                                                                                                                            | Cornflakes                                                                           | China                      | 2005                      | 74±3                                 | 15 | Normal, 9                   | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 368                                                                                                                            | Cornflakes <sup>11</sup>                                                             | France                     | 2019*                     | 77±6                                 | 15 | Normal, 15                  | 50                           | 53.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7               |
| 369                                                                                                                            | Cornflakes <sup>11</sup>                                                             | France                     | 2019*                     | 77±6                                 | 15 | Normal, 15                  | 50                           | 53.5                             | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 7               |
| 370                                                                                                                            | Cornflakes                                                                           | China                      | 2005                      | 79±4                                 | 16 | Normal, 9                   | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 371                                                                                                                            | Cornflakes (Kellogg's, Australia) <sup>13</sup> , tested in older adults (56-86 y)   | Australia                  | 2014*                     | 81±3                                 | 16 | Normal, 60                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 55              |

| Food Number and Item |                                                                                                                                      | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 372                  | Cornflakes (Kellogg's, Australia)                                                                                                    | Australia                  | 2010                      | 82±4                              | 16 | Normal, 10               | 50                        | 59.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 39               |
| 373                  | Cornflakes (Kellogg's)                                                                                                               | Thailand                   | 2019                      | 93±8                              | 19 | Normal, 10               | 50                        | 60                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 374                  | Cornflakes (Kellogg's)                                                                                                               | Thailand                   | 2020                      | 105±10                            | 21 | Normal, 12               | 50                        | 60                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
|                      | <i>Cornflakes, mean of 10 foods</i>                                                                                                  |                            |                           | 80                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 375                  | Cornflakes, Crunchy Nut™ (Kellogg's, Australia)                                                                                      | Australia                  | 1999                      | 72±4                              | 14 | Normal, 10               | 50                        | 62.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                      | <b>Fruit and Fibre cereals</b>                                                                                                       |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 376                  | Fruit and Fibre                                                                                                                      | UK                         | 2005                      | 67±7                              | 13 | Normal, 10               | 50                        | 72.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 377                  | Fruit and Fibre (Value, UK)                                                                                                          | UK                         | 2005                      | 68±7                              | 14 | Normal, 10               | 50                        | 76.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
|                      | <b>Granola</b>                                                                                                                       |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 378                  | Granola, blueberry                                                                                                                   | Canada                     | 2010*                     | 64±6                              | 13 | Normal, 10               | 50                        | 92                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 56               |
| 379                  | Granola Clusters, Original, low fat, President's Choice® Blue Menu™ Loblaw Brands Limited, Canada)                                   | Canada                     | 2004-2007                 | 63±4                              | 13 | Normal, 10               | 50                        | 68.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 380                  | Granola Clusters, Raisin & Almond, low fat, President's Choice® Blue Menu™ Loblaw Brands Limited, Canada)                            | Canada                     | 2004-2007                 | 70±7                              | 14 | Normal, 10               | 50                        | 68.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 381                  | Granola, whole-grain oat protein                                                                                                     | USA                        | 2018*                     | 51±4                              | 10 | Normal, 19               | 50                        | 87                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57               |
| 382                  | Low GI Granola Golden Almond Crunch (Sanitarium Health and Food Company, New Zealand)                                                | New Zealand                | 2019                      | 49±7                              | 10 | Normal, 11               | 50                        | 102                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>20</sup> |
| 383                  | Low GI Granola Strawberry & Coconut (Sanitarium health and Food Company)                                                             | New Zealand                | 2019                      | 52±6                              | 10 | Normal, 11               | 50                        | 96.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>20</sup> |
| 384                  | Soy Crunch Multi-Grain Cereal, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                        | Canada                     | 2007                      | 47±4                              | 9  | Normal, 10               | 50                        |                               | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 385                  | Soytana™, Vogel's, soy and linseed bran crunch with sultanas, 20.1 g fiber/100 g (Specialty Cereals, Mt Ku-ring-gai, NSW, Australia) | Australia                  | 2001                      | 49±3                              | 10 | Normal, 10               | 50                        | 81.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 386                  | Vogel's Cluster Crunch Classic (Specialty Cereals, Australia)                                                                        | Australia                  | 2006                      | 50±6                              | 10 | Normal, 10               | 50                        | 76.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |

| Food Number and Item |                                                                                           | Country of food production | Year of test <sup>1</sup> | GP <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|-------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 387                  | Vogel's Cluster Crunch, Honey Hazelnut (Specialty Cereals, Australia)                     | Australia                  | 2006                      | 43±3                              | 9  | Normal, 10               | 50                        | 79.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 388                  | Wild Oats Cluster Crunch Hazelnut Chocolate (Specialty Cereals, Australia)                | Australia                  | 2006                      | 43±6                              | 9  | Normal, 10               | 50                        | 79.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
|                      | Granola, mean of 11 foods                                                                 |                            |                           | 53                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
|                      | Malted cereals                                                                            |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 389                  | Malted wholewheat cereal                                                                  | UK                         | 2008*                     | 56±5                              | 11 | Normal Caucasian, 10     | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 58               |
| 390                  | Malted wholewheat cereal                                                                  | UK                         | 2008*                     | 60±7                              | 12 | Normal Asian, 10         | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 58               |
| 391                  | Malted wheat cereal                                                                       | UK                         | 2008*                     | 60±5                              | 12 | Normal Caucasian, 10     | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 58               |
| 392                  | Malted wheat cereal                                                                       | UK                         | 2008*                     | 68±5                              | 14 | Normal Asian, 10         | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 58               |
|                      | Malted wheat cereal, mean of four foods                                                   |                            |                           | 61                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
|                      | Muesli                                                                                    |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 393                  | Apple & Cinnamon Muesli, Nature's Source (Bokomo, Cape Town, South Africa)                | South Africa               | 2008                      | 59±6                              | 12 | Normal, 10               | 50                        | 79.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 394                  | Apple & Cranberry Muesli, Balance (Simply Cereal Pty Ltd, Australia)                      | Australia                  | 2008                      | 67±3                              | 13 | Normal, 10               | 50                        | 72.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 395                  | Bircher Muesli, Apple & Raisin (Aussie Bodies Pty Ltd, VIC, Australia)                    | Australia                  | 2008                      | 66±11                             | 13 | Normal, 10               | 50                        | 92.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 396                  | Bircher Muesli, Carman's Natural (Carman's Fine Foods, Australia)                         | Australia                  | 2014                      | 48±5                              | 10 | Normal, 10               | 50                        | 101.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 397                  | Fibre-Rich Muesli, Vogel's Café Style (Specialty Cereals, Mt Ku-ring-gai, NSW, Australia) | Australia                  | 2006                      | 48±6                              | 10 | Normal, 10               | 50                        | 78.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 398                  | Fruit Free Muesli, Carman's Original (Carman's Fine Foods, Australia)                     | Australia                  | 2014                      | 45±5                              | 9  | Normal, 10               | 50                        | 107.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 399                  | Fruit & Muesli, Bürgen® (George Weston Foods, Australia)                                  | Australia                  | 2007                      | 51±4                              | 10 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>15</sup> |
| 400                  | Fruit & Nut Muesli, Carman's Classic (Carman's Fine Foods, Australia)                     | Australia                  | 2014                      | 50±5                              | 10 | Normal, 10               | 50                        | 92.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item |                                                                                                | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 401                  | Liver Cleansing Muesli (Food For Health Life Food, Australia)                                  | Australia                  | 2008                      | 31±4                              | 6  | Normal, 10               | 50                        | 116.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 402                  | Muesli (Value, UK)                                                                             | UK                         | 2005                      | 64±9                              | 13 | Normal, 10               | 50                        | 79.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 403                  | Muesli (Healthy Eating, UK)                                                                    | UK                         | 2005                      | 86±10                             | 17 | Normal, 10               | 50                        | 70.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 404                  | Muesli (Cereali croccanti classic, Italy) <sup>6</sup>                                         | Italy                      | 2009                      | 66±6                              | 13 | Normal, 10               | 50                        | 75.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 405                  | Muesli, fruit                                                                                  | UK                         | 2005                      | 67±7                              | 13 | Normal, 10               | 50                        | 74.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 406                  | Muesli, with concentrated fruit juices (Cereali croccanti classic, Italy) <sup>6</sup>         | Italy                      | 2009                      | 62±8                              | 12 | Normal, 10               | 50                        | 69.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 407                  | Muesli Gluten Free, Carman's Deluxe (Carman's Fine Foods, Australia)                           | Australia                  | 2014                      | 49±3                              | 10 | Normal, 10               | 50                        | 79.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 408                  | Muesli, gluten-free with psyllium (Freedom Foods, Australia)                                   | Australia                  | 2007                      | 50±7                              | 10 | Normal, 9                | 50                        | 150.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 409                  | Muesli, Light, mixed berry & apple flavor, Special K brand (Kellogg's, Australia)              | Australia                  | 2007                      | 64±7                              | 13 | Normal, 10               | 50                        | 74.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 410                  | Muesli, made from steamed rolled oats with dried fruit and nuts, Alpen original (Weetabix, UK) | UK                         | 2002                      | 55±10                             | 11 | Normal, 11-14            | 50                        | 80                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 411                  | Muesli, Morning Sun Natural Apricot & Almond (Nestlé, Australia)                               | Australia                  | 2006                      | 49±5                              | 10 | Normal, 10               | 25                        | 56.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 412                  | Muesli, Natural (Sanitarium, Australia)                                                        | Australia                  | 2001                      | 40±6                              | 8  | Normal, 10               | 50                        | 79.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 413                  | Muesli, Natural (Sanitarium, New Zealand)                                                      | New Zealand                | 2000                      | 57±9                              | 11 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27               |
| 414                  | Muesli, Natural Style Original Swiss Formula (Uncle Toby's, Australia)                         | Australia                  | 2007                      | 62±6                              | 12 | Normal, 9                | 50                        | 83.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 415                  | Muesli, Naytura Fruit and Nut (Woolworths, Australia)                                          | Australia                  | 2007                      | 48±6                              | 10 | Normal, 10               | 50                        | 108.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 416                  | Muesli, Swiss Bircher (Woolworths Select, Australia)                                           | Australia                  | 2008                      | 52±5                              | 10 | Normal, 10               | 50                        | 85.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 417                  | Muesli, toasted, with nuts                                                                     | Australia                  | 2006                      | 65±5                              | 13 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 418                  | Muesli, wholewheat                                                                             | UK                         | 2005                      | 56±6                              | 11 | Normal, 10               | 50                        | 84.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |

| Food Number and Item                   |                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------------------------|------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 419                                    | Muesli, yeast & wheat free (Freedom Foods, Australia)                                    | Australia                  | 2007                      | 45±5                                 | 9  | Normal, 10                  | 50                           | 150.2                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 420                                    | Rye Muesli, Bürgen® (George Weston Foods, Australia)                                     | Australia                  | 2007                      | 41±5                                 | 8  | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO15             |
| 421                                    | Soy-Lin™ Muesli, Bürgen® (George Weston Foods, Australia)                                | Australia                  | 2006-2007                 | 51±3                                 | 10 | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 422                                    | Whole-grain oat muesli                                                                   | USA                        | 2018*                     | 55±4                                 | 11 | Normal, 19                  | 50                           | 84                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57               |
|                                        |                                                                                          |                            |                           | 55                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Muesli, high protein, low carbohydrate |                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 423                                    | Chocolate Protein Muesli (Herman Brot Pty Ltd, Australia)                                | Australia                  | 2016                      | 35±4                                 | 7  | Normal, 10                  | 25                           | 120.8                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 424                                    | Peanut Candy Protein Muesli (Herman Brot Pty Ltd, Australia)                             | Australia                  | 2016                      | 30±3                                 | 6  | Normal, 10                  | 25                           | 147.1                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 425                                    | Red Fruits Protein Muesli (Herman Brot Pty Ltd, Australia)                               | Australia                  | 2016                      | 32±4                                 | 6  | Normal, 10                  | 25                           | 134.4                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Porridge / oatmeal                     |                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Instant oat porridge                   |                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 426                                    | Instant oats, cooked in microwave for 2.5 min (Quaker Quick Oats; Peterborough, Ontario) | Canada                     | 2010                      | 76±4                                 | 15 | Normal, 10                  | 50                           | 88.2                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 39               |
| 427                                    | Instant oat porridge, cooked in microwave with water (Uncle Toby's, Australia)           | Australia                  | 2003                      | 82±10                                | 16 | Normal, 10                  | 50                           | 88.2                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 428                                    | Instant oat cereal porridge, prepared with 348 g water                                   | UK                         | 2006                      | 83±10                                | 17 | Normal, 10                  | 50                           | 87.1                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 429                                    | Instant oat porridge, prepared with water, cooked                                        | Australia                  | 2007                      | 87±9                                 | 17 | Normal, 10                  | 50                           | 88.2                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                                        |                                                                                          |                            |                           | 82                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Porridge, made from rolled oats        |                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 430                                    | Porridge oats (Freedom Foods, Australia)                                                 | Australia                  | 2007                      | 50±4                                 | 10 | Normal, 12                  | 50                           | 80.9                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 431                                    | Porridge oats, traditional (Lowan Whole Foods, Australia)                                | Australia                  | 2004                      | 51±8                                 | 10 | Normal, 10                  | 50                           | 81.0                             | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 432                                    | Porridge oats                                                                            | China                      | 2005                      | 55±2                                 | 11 | Normal, 9                   | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |

| Food Number and Item |                                                                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints                   | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------------------------|------------------------|-------------------------------------|-----------------|
| 433                  | Porridge, Traditional Rolled Oats (Woolworths Select brand, Australia)                                                                                   | Australia                  | 2008                      | 57±4                              | 11 | Normal, 10               | 50                        | 81.4                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 434                  | Porridge (Hubbards, New Zealand)                                                                                                                         | New Zealand                | 2000                      | 58±9                              | 12 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard                     | Venous, plasma         | Enzymatic                           | 27              |
| 435                  | Porridge, Scottish, made with water, cooked in microwave                                                                                                 | UK                         | 2005                      | 63±7                              | 13 | Normal, 10               | 50                        | 80.6                          | Glucose, 2h                  | Standard                     | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 436                  | Oat porridge made from 0.5-0.6 mm thick rolled oat flakes, cooked for 10 min (Elovena, Raisio Group Ltd, Raisio, Finland)                                | Finland                    | 2005                      | 76±7                              | 15 | Normal, 12               | 50                        | 495                           | Glucose, 3h <sup>21</sup>    | 0,15,30,45,6<br>0,90,120,180 | Capillary, whole blood | HemoCue                             | 59              |
| 437                  | Multigrain porridge, containing rolled oats, wheat, triticale, rye, barley and rice, cooked with water (The Monster Muesli Company, Beecroft, Australia) | Australia                  | 2003                      | 55±2                              | 11 | Normal, 9                | 50                        | 143.8                         | Glucose, 2h                  | Standard                     | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
|                      | <i>Porridge made from rolled oats, mean of eight foods</i>                                                                                               |                            |                           | 58                                |    |                          |                           |                               |                              |                              |                        |                                     |                 |
|                      | <b>Porridge, made from steel-cut oats</b>                                                                                                                |                            |                           |                                   |    |                          |                           |                               |                              |                              |                        |                                     |                 |
| 438                  | Porridge, made from steel-cut oats, cooked in water                                                                                                      | Australia                  | 2003                      | 48±5                              | 10 | Normal, 10               | 50                        | 81.2                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 439                  | Porridge, made from steel-cut oats, Moulamein™, cooked in water                                                                                          | Australia                  | 2016                      | 51±5                              | 10 | Normal, 9                | 50                        | 87.9                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 440                  | Porridge, made from steel-cut oats, cooked in water                                                                                                      | USA                        | 2003                      | 52±4                              | 10 | Normal, 9                | 50                        | 90.9                          | Glucose, 2h                  | Standard                     | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 441                  | Porridge, made from steel-cut oats, cooked in water (Meebags, Sunny International Trading Pty Ltd)                                                       | Australia                  | 2019                      | 53±3                              | 11 | Normal, 9                | 50                        | 89.6                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 442                  | Porridge, made from old-Fashioned Steel Cut Oats, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                         | Canada                     | 2007                      | 57±8                              | 11 | Normal, 10               | 50                        | 80.0                          | Bread, 2h                    | Standard                     | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
|                      | <i>Porridge made from steel-cut oats, mean of five foods</i>                                                                                             |                            |                           | 52                                |    |                          |                           |                               |                              |                              |                        |                                     |                 |
|                      | <b>Porridge, made from rolled oats, flavored</b>                                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |                              |                        |                                     |                 |
| 443                  | Almond & Cinnamon, Uncle Toby's® Oats Super Blends Protein, prepared with water                                                                          | Australia                  | 2019                      | 57±5                              | 11 | Normal, 10               | 50                        | 105.3                         | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 444                  | Cranberry & Chia, Uncle Toby's® Oats Super Blends Protein, prepared with water                                                                           | Australia                  | 2019                      | 52±5                              | 10 | Normal, 10               | 50                        | 94.3                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 445                  | Multi grain instant oatmeal, Regular and Cinnamon & Spice, President's Choice® Blue Menu™ Loblaw Brands Limited, Canada)                                 | Canada                     | 2007                      | 55±7                              | 11 | Normal, 10               | 50                        | 86.5                          | Bread, 2h                    | Standard                     | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |

| Food Number and Item                                                  |                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-----------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Rice Bubbles                                                          |                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 446                                                                   | Rice Bubbles™ (Kellogg's, Australia)                                    | Australia                  | 2000                      | 85±3                              | 17 | Normal, 10               | 50                        | 58.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 447                                                                   | Rice Bubbles™ (Kellogg's, Australia)                                    | Australia                  | 2007                      | 92±8                              | 18 | Normal, 9                | 50                        | 58.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Special K™ - formulation of this cereal varies in different countries |                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 448                                                                   | Special K™ (Kellogg's, USA)                                             | USA                        | 2000                      | 69±5                              | 14 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 449                                                                   | Special K™, made from rice (Kellogg's, France)                          | France                     | 2002                      | 84±12                             | 17 | Normal, 11-14            | 50                        | 64                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53              |
| Sustain                                                               |                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 450                                                                   | Sustain™, Original (Kellogg's, Australia)                               | Australia                  | 2007                      | 55±5                              | 11 | Normal, 10               | 50                        | 67.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 451                                                                   | Sustain™ (Kellogg's) <sup>13</sup> , tested in younger adults (19-32 y) | Australia                  | 2014*                     | 56±4                              | 11 | Normal, 20               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 55              |
| 452                                                                   | Sustain™ (Kellogg's) <sup>13</sup> , tested in older adults (56–86 y)   | Australia                  | 2014*                     | 66±3                              | 13 | Normal, 60               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 55              |
| Sustain, mean of three studies                                        |                                                                         |                            |                           | 59                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| Wheat biscuits (plain flaked wheat)                                   |                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 453                                                                   | Vita-Brits™ (Uncle Toby's, Australia)                                   | Australia                  | 2001                      | 68±6                              | 14 | Normal, 10               | 50                        | 75.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 454                                                                   | Weet-Bix™ (Sanitarium, Australia)                                       | Australia                  | 2004                      | 69±4                              | 14 | Normal, 10               | 50                        | 78.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 455                                                                   | Weet-Bix™ (Sanitarium, Australia)                                       | Australia                  | 2001                      | 69±4                              | 14 | Normal, 12               | 50                        | 75.1                          | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 456                                                                   | Whole wheat Goldies™ (Kellogg's, Australia)                             | Australia                  | 2001                      | 70±4                              | 14 | Normal, 10               | 50                        | 74.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 457                                                                   | Wheat based cereal biscuits                                             | UK                         | 2006                      | 72±10                             | 14 | Normal, 10               | 50                        | 74.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30              |
| 458                                                                   | Wheat flake cereal biscuits                                             | Australia                  | 2014*                     | 76±5                              | 15 | Normal 10                | 50                        | 75                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |
| Wheat biscuits plain, mean of six foods                               |                                                                         |                            |                           | 71                                |    |                          |                           |                               |                              |            |                        |                                     |                 |

| Food Number and Item                                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|--------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| <b>Wheat biscuits (flaked wheat) with additional ingredients</b>                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 459 Good Start™, muesli wheat biscuits (Sanitarium, Australia)                                                           | Australia                  | 2001                      | 68±4                              | 14 | Normal, 10               | 50                        | 75.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 460 Hi-Bran Weet-Bix™, wheat biscuits with extra wheat bran (Sanitarium, Australia)                                      | Australia                  | 2001                      | 61±4                              | 12 | Normal, 10               | 50                        | 147.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 461 Hi-Bran Weet-Bix™ with soy and linseed (Sanitarium, Australia)                                                       | Australia                  | 2001                      | 57±3                              | 11 | Normal, 10               | 50                        | 92.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 462 Honey Goldies™ (Kellogg's Australia)                                                                                 | Australia                  | 2001                      | 72±3                              | 14 | Normal, 10               | 50                        | 71.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 463 Lite-Bix™, plain, no added sugar (Sanitarium, Australia)                                                             | Australia                  | 2001                      | 70±3                              | 14 | Normal, 10               | 50                        | 92.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 464 Oat bran Weet-Bix™ (Sanitarium, Australia)                                                                           | Australia                  | 2001                      | 57±4                              | 11 | Normal, 10               | 50                        | 91.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 465 Sultana Goldies™ (Kellogg's Australia)                                                                               | Australia                  | 2001                      | 65±6                              | 13 | Normal, 10               | 50                        | 73.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 466 Wheat flake cereal biscuits with 1.4 g Filtered Molasses Concentrate added per 100 g (2.08 g FMC/100 g carbohydrate) | Australia                  | 2014*                     | 72±5                              | 14 | Normal 10                | 50                        | 75                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |
| 467 Wheat flake cereal biscuits with 2.0 g Filtered Molasses Concentrate added per 100g (2.98 g FMC/100 g carbohydrate)  | Australia                  | 2014*                     | 70±4                              | 14 | Normal 10                | 50                        | 75                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |
| 468 Wheat flakes                                                                                                         | Australia                  | 2019                      | 73±7                              | 15 | Normal 10                | 50                        | 85.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Other breakfast cereals</b>                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 469 All-Bran Fruit 'n Oats™ (Kellogg's, Australia)                                                                       | Australia                  | 1997                      | 41±9                              | 8  | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25              |
| 470 All-Bran Soy 'n Fiber™ (Kellogg's, Australia)                                                                        | Australia                  | 1999                      | 33±3                              | 7  | Normal, 10               | 50                        | 88.0                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 471 All-Bran Wheat Flakes™ (Kellogg's, Australia)                                                                        | Australia                  | 2007                      | 60±8                              | 12 | Normal, 9                | 50                        | 72.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 472 Bran cereal, high fiber                                                                                              | UK                         | 2005                      | 43±10                             | 9  | Normal, 10               | 50                        | 129.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 473 Coco Pops™ (Kellogg's, Australia)                                                                                    | Australia                  | 2000                      | 77±3                              | 15 | Normal, 10               | 50                        | 57.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 474 Corn Pops™ (Kellogg's, Australia)                                                                                    | Australia                  | 2000                      | 80±4                              | 16 | Normal, 10               | 50                        | 55.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item |                                                                                               | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|-----------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 475                  | Crunchola Apple & Cinnamon Oat & Fruit (Norganic Foods Pty Ltd, Australia)                    | Australia                  | 2008                      | 70±6                              | 14 | Normal, 10               | 50                        | 69.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 476                  | Energy Mix™, wheat-based flaked cereal (Quaker, France)                                       | France                     | 2002                      | 80±7                              | 16 | Normal, 11-14            | 50                        | 58                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 477                  | Fibre First Multi-Bran Cereal, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada                     | 2004-2007                 | 56±10                             | 11 | Normal, 10               | 50                        | 150.2                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 478                  | Froot Loops™ (Kellogg's, Australia)                                                           | Australia                  | 1999                      | 69±9                              | 14 | Normal, 10               | 50                        | 58.6                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 479                  | Frosties™, sugar-coated cornflakes (Kellogg's, Australia)                                     | Australia                  | 1997                      | 55±7                              | 11 | Normal, 12               | 50                        | 57.8                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 480                  | Fruity-Bix™, berry (Sanitarium, New Zealand)                                                  | New Zealand                | 2000                      | 113±10                            | 23 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27               |
| 481                  | Golden Wheats™ (Kellogg's, Australia)                                                         | Australia                  | 1997                      | 71±8                              | 14 | Normal, 10               | 50                        | 65.2                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 482                  | Goodness Superfoods Fibre Boost Sprinkles (Popina Pty Ltd, Australia)                         | Australia                  | 2009                      | 34±4                              | 7  | Normal, 10               | 25                        | 40.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 483                  | Grapenuts™ (Kraft Foods Inc, Port Chester, USA)                                               | USA                        | 1997                      | 75±6                              | 15 | Normal, 10               | 50                        | 72.5                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 484                  | Guardian™ (Kellogg's, Australia)                                                              | Australia                  | 1997                      | 37±9                              | 7  | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25               |
| 485                  | Guardian™ (Kellogg's, Australia)                                                              | Australia                  | 2019                      | 43±4                              | 9  | Normal, 11               | 50                        | 38.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 486                  | Healthwise™ for bowel health (Uncle Toby's, Wahgunyah, Australia)                             | Australia                  | 2006                      | 66±9                              | 13 | Normal, 10               | 50                        | 72.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 487                  | High-fiber cereal                                                                             | UK                         | 2006                      | 52±6                              | 10 | Normal, 10               | 50                        | 87.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 488                  | Hi-Lite™, containing 55% rolled barley grains (Freedom Foods, Cheltenham, Australia)          | Australia                  | 2006-2007                 | 54±5                              | 11 | Normal, 9                | 50                        | 82.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 489                  | Honey Rice Bubbles™ (Kellogg's, Australia)                                                    | Australia                  | 2000                      | 77±4                              | 15 | Normal, 10               | 50                        | 56.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 490                  | Honey Smacks™ (Kellogg's, Australia)                                                          | Australia                  | 1997                      | 71±10                             | 14 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25               |
| 491                  | Hot cereal, Sustagrain, apple & cinnamon (Con Agra Inc, USA)                                  | USA                        | 1999                      | 37±6                              | 7  | Normal, 10               | 50                        | 96.3                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 492                  | Hot cereal, Sustagrain, unflavored (Con Agra Inc., USA)                                       | USA                        | 1999                      | 25±5                              | 5  | Normal, 10               | 50                        | 135.5                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                     |                                                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 493                                      | Just Right™ (Kellogg's, Australia)                                                                                  | Australia                  | 1997                      | 60±15                             | 12 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25              |
| 494                                      | Just Right Just Grains™ (Kellogg's, Australia)                                                                      | Australia                  | 1999                      | 62±11                             | 12 | Normal, 10               | 50                        | 64.3                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 495                                      | Komplete™ (Kellogg's, Australia)                                                                                    | Australia                  | 1997                      | 48±5                              | 10 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 496                                      | Milo® Protein Clusters Cereal (Nestlé, Australia)                                                                   | Australia                  | 2015                      | 47±4                              | 9  | Normal, 10               | 50                        | 80.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 497                                      | Mini Wheats™, blackcurrant (Kellogg's, Australia)                                                                   | Australia                  | 1997                      | 72±10                             | 14 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25              |
| 498                                      | Oat 'n Honey Bake™ (Kellogg's, Australia)                                                                           | Australia                  | 1999                      | 77±11                             | 15 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 499                                      | Oats, rolled, uncooked (Lowman's Whole Foods, Box Hill, Australia)                                                  | Australia                  | 2003                      | 59±4                              | 12 | Normal, 10               | 50                        | 80.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 500                                      | Raisin Bran™ (Kellogg's, USA)                                                                                       | USA                        | 2000                      | 61±5                              | 12 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 501                                      | Soy Tasty™ (flaked grains, soy nuts, dried fruit) (Sanitarium, Australia)                                           | Australia                  | 2001                      | 60±5                              | 12 | Normal, 10               | 50                        | 77.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 502                                      | Sultana Bran™ (Kellogg's, Australia)                                                                                | Australia                  | 2007                      | 64±3                              | 13 | Normal, 9                | 50                        | 78.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 503                                      | Ultra-bran™, Vogel's, soy and linseed extruded wheat bran cereal, 30.2 g fiber/100 g (Specialty Cereals, Australia) | Australia                  | 2001                      | 41±4                              | 8  | Normal, 10               | 50                        | 104.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 504                                      | Wheat flakes                                                                                                        | Australia                  | 2019                      | 73±7                              | 15 | Normal, 10               | 50                        | 85.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 505                                      | Whole-grain protein cereal                                                                                          | USA                        | 2018*                     | 49±3                              | 10 | Normal, 19               | 50                        | 99                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57              |
| <b>Breakfast cereal bars and cookies</b> |                                                                                                                     |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>Breakfast cereal bars</b>             |                                                                                                                     |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 506                                      | Apricot Breakfast Bar, chewy (Norganic Foods Pty Ltd, Australia)                                                    | Australia                  | 2008                      | 85±10                             | 17 | Normal, 10               | 50                        | 74.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 507                                      | Cereal bar, cranberry flavor                                                                                        | UK                         | 2006                      | 42±5                              | 8  | Normal, 10               | 50                        | 103.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30              |
| 508                                      | Cereal bar, hazelnut flavor                                                                                         | UK                         | 2006                      | 33±6                              | 7  | Normal, 10               | 50                        | 103.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30              |

| Food Number and Item                    |                                                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 509                                     | Cereal bar, orange flavor                                                                                              | UK                         | 2006                      | 33±3                                 | 7  | Normal, 10                  | 50                           | 105.5                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 510                                     | Crunchy Nut Cornflakes™ bar (Kellogg's, Australia)                                                                     | Australia                  | 1999                      | 72±6                                 | 14 | Normal, 10                  | 50                           | 58.3                             | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 511                                     | Fruity-Bix™ bar, wheat biscuit cereal with dried fruit and nuts with yoghurt coating (Sanitarium, Australia)           | Australia                  | 2001                      | 56±4                                 | 11 | Normal, 10                  | 50                           | 79.0                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 512                                     | Fruity-Bix™ bar, wild berry, wheat biscuit cereal and dried fruit covered with yoghurt coating (Sanitarium, Australia) | Australia                  | 2001                      | 51±4                                 | 10 | Normal, 10                  | 50                           | 82.4                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 513                                     | Hi-Lite™ breakfast bar (Freedom Foods, Australia)                                                                      | Australia                  | 2007                      | 53±3                                 | 11 | Normal, 10                  | 50                           | 71.6                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 514                                     | K-Time Just Right™ bar (Kellogg's, Australia)                                                                          | Australia                  | 2000                      | 72±4                                 | 14 | Normal, 10                  | 50                           | 64.3                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 515                                     | K-Time Strawberry Crunch™ bar (Kellogg's, Australia)                                                                   | Australia                  | 2000                      | 77±5                                 | 15 | Normal, 10                  | 50                           | 61.7                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 516                                     | Muesli breakfast bar, gluten-free (Freedom Foods, Australia)                                                           | Australia                  | 2007                      | 50±6                                 | 10 | Normal, 9                   | 50                           | 87.9                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 517                                     | Rice Bubble Treat™ bar (Kellogg's, Australia)                                                                          | Australia                  | 1999                      | 63±11                                | 13 | Normal, 10                  | 50                           | 63.2                             | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 518                                     | Sustain™ bar (Kellogg's, Australia)                                                                                    | Australia                  | 1999                      | 57±10                                | 11 | Normal, 10                  | 50                           | 60.8                             | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 519                                     | Uncle Toby's® Milk and Oats, Chocolate cereal bar                                                                      | Australia                  | 2019                      | 48±3                                 | 10 | Normal, 10                  | 50                           | 93.8                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 520                                     | Uncle Toby's® Milk and Oats, Strawberry cereal bar                                                                     | Australia                  | 2018                      | 50±4                                 | 10 | Normal, 10                  | 50                           | 94.2                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 521                                     | Uncle Toby's® Milk and Oats, Vanilla cereal bar                                                                        | Australia                  | 2019                      | 46±4                                 | 9  | Normal, 9                   | 50                           | 93.6                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Breakfast cereal bars, mean of 16 foods |                                                                                                                        |                            |                           | 56                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Breakfast cereal cookies                |                                                                                                                        |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 522                                     | Uncle Toby's® Breakfast Bakes, Apple and Cinnamon                                                                      | Australia                  | 2019                      | 45±5                                 | 9  | Normal, 9                   | 50                           | 95.8                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 523                                     | Uncle Toby's® Breakfast Bakes, Classic Peanut Butter                                                                   | Australia                  | 2019                      | 47±5                                 | 9  | Normal, 10                  | 50                           | 102.7                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 524                                     | Uncle Toby's® Breakfast Bakes, Honey Almond                                                                            | Australia                  | 2019                      | 50±4                                 | 10 | Normal, 9                   | 50                           | 101.2                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                                                                                                                                                            | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 525 Uncle Toby's® Breakfast Bakes, Vanilla & Roasted Cashew<br><i>Breakfast cereal cookies, mean of four foods</i>                                                              | Australia                  | 2019                      | 44±3<br>47                        | 9  | Normal, 9                | 50                        | 101.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>CEREAL GRAINS</b>                                                                                                                                                            |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <i>Average available carbohydrate portion = 45 g, this value was used to determine the nominal GL for each item in this category.</i>                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>Adlay/Chinese pearl barley (Coix lachryma-Jobi)</b>                                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 526 Adlay (Coix lachryma-jobi L.) <sup>22</sup>                                                                                                                                 | Taiwan                     | 2010*                     | 39±0.3                            | 18 | Normal, 10               | 50                        | 64                            | Bread, 2h                    | Standard   | Capillary, whole blood | Enzymatic                           | 60              |
| 527 Adlay, Chinese pearl barley (Coix lachryma-Jobi L.), boiled in water for 28 min                                                                                             | Australia                  | 2005                      | 78±6                              | 35 | Normal, 10               | 50                        | 81.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Barley</b>                                                                                                                                                                   |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 528 Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan), whole grain (only the husk was removed), boiled for 25 min                    | Canada                     | 2012*                     | 21±4                              | 9  | Normal, 10               | 50                        | 92.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61              |
| 529 Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan), pot pearled (all of the bran and most of the germ removed), boiled for 30 min | Canada                     | 2012*                     | 22±3                              | 10 | Normal, 10               | 50                        | 83.7                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61              |
| 530 Barley, CDC Fibar cultivar (two-rowed, hull-less, waxy barley; low amylose, high β-glucan) whole grain (only the husk was removed), boiled for 25 min                       | Canada                     | 2012*                     | 22±4                              | 10 | Normal, 10               | 50                        | 102.2                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61              |
| 531 Barley, GB cultivar (two-rowed, hulled, normal barley), whole grain (only the husk was removed), boiled for 25 min                                                          | Canada                     | 2012*                     | 24±5                              | 11 | Normal, 10               | 50                        | 89.5                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61              |
| 532 Barley, pot, boiled in salted water 20 min (Goudas Food Products, Concord, Canada)                                                                                          | Canada                     | 1999                      | 25±2                              | 11 | Normal, 10               | 50                        | 79.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 533 Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan), commercial pearled (some bran and germ were also removed), boiled for 25 min  | Canada                     | 2012*                     | 25±3                              | 11 | Normal, 10               | 50                        | 91.6                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61              |
| 534 Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan) whole grain (only the husk was removed), boiled for 25 min                     | Canada                     | 2012*                     | 25±4                              | 11 | Normal, 10               | 50                        | 92.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61              |
| 535 Barley, Rattan cultivar (two-rowed, hull-less, waxy barley), whole grain (only the husk was removed), boiled for 25 min                                                     | Canada                     | 2012*                     | 26±6                              | 12 | Normal, 10               | 50                        | 95.3                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61              |
| 536 Barley, Kawathra cultivar (six-rowed, hulled, normal barley), whole grain (only the husk was removed), boiled for 25 min                                                    | Canada                     | 2012*                     | 28±4                              | 13 | Normal, 10               | 50                        | 85.1                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61              |

| Food Number and Item                                                                                                                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref. |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 537 Barley, Chief cultivar (two-rowed, hulled, normal barley), whole grain (only the husk was removed), boiled for 25 min                                                                    | Canada                     | 2012*                     | 29±4                              | 13 | Normal, 10               | 50                        | 83.6                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61   |
| 538 Barley, AC Alberta cultivar (two-rowed, hull-less, normal barley), whole grain (only the husk was removed), boiled for 25 min                                                            | Canada                     | 2012*                     | 29±7                              | 13 | Normal, 10               | 50                        | 91.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61   |
| 539 Barley, CDC Fibar cultivar (two-rowed, hull-less, waxy barley; low amylose, high β-glucan) white pearled (all of the bran and most of the germ and crease removed), boiled for 30 min    | Canada                     | 2012*                     | 30±3                              | 14 | Normal, 10               | 50                        | 86.9                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61   |
| 540 Barley, AC Parkhill cultivar (two-rowed, hulled, normal barley; high amylose, low β-glucan) whole grain (only the husk was removed), boiled for 25 min                                   | Canada                     | 2012*                     | 30±5                              | 14 | Normal, 10               | 50                        | 87.6                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61   |
| 541 Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan), white pearled (all of the bran and most of the germ and crease removed), boiled for 30 min | Canada                     | 2012*                     | 32±6                              | 14 | Normal, 10               | 50                        | 80.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61   |
| 542 Barley, Celebrity cultivar (six-rowed, hulled, normal barley; high amylose, medium β-glucan) white pearled (all of the bran and most of the germ and crease removed), boiled for 30 min  | Canada                     | 2012*                     | 33±3                              | 15 | Normal, 10               | 50                        | 80.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61   |
| 543 Barley, pot, boiled (Goudas Food Products, Canada)                                                                                                                                       | Canada                     | 2001                      | 35±4                              | 16 | Normal, 47               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, NS          | YSI or Enzymatic                    | 42   |
| 544 Barley, pot, boiled (Goudas Food Products, Canada)                                                                                                                                       | Canada                     | 2001                      | 33±8                              | 15 | Normal, 21               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | Enzymatic                           | 42   |
| 545 Barley, AC Klinck cultivar (six-rowed, hulled, normal barley), whole grain (only the husk was removed), boiled for 25 min                                                                | Canada                     | 2012*                     | 36±8                              | 16 | Normal, 10               | 50                        | 85.8                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61   |
| 546 Barley, AC Parkhill cultivar (two-rowed, hulled, normal barley; high amylose, low β-glucan) white pearled (all of the bran and most of the germ and crease removed), boiled for 30 min   | Canada                     | 2012*                     | 41±5                              | 18 | Normal, 10               | 50                        | 76.1                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61   |
| 547 Barley, pearled (Orzo, Barilla, Italy)                                                                                                                                                   | Italy                      | 2009                      | 58±8                              | 26 | Normal, 9                | 50                        | 76                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3    |
| <i>Barley, mean of 20 foods</i>                                                                                                                                                              |                            |                           | 30                                |    |                          |                           |                               |                              |            |                        |                                     |      |
| 548 Barley tempe (prepared by Lantmännen R&D from whole barley grains (c.v. Karmosé) with high β-glucan (6%) and high amylose content (~40%) from Svalöf Weibull AB, Sweden)                 | Sweden                     | 2007                      | 30±5                              | 14 | Normal, 13               | 25                        | 95                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 62   |

| Food Number and Item |                                                                                                                                 | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 549                  | Highland Barley Mixed Flour (20% Highland Barley flour, 80% wheat flour) (Xinwang (Tibet XinWang Biology & Technology, China)   | China                      | 2019                      | 63±5                              | 28 | Normal, 12               | 50                        | 71.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 550                  | Porridge made from pearl barley (15.6 g fiber/100 g) (Waitrose Limited, Bracknell, UK)                                          | UK                         | 2012*                     | 44±7                              | 20 | Normal, 10               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 63               |
| 551                  | Porridge made from pearl barley (15.6 g fiber/100 g) (Waitrose Limited, Bracknell, UK)                                          | UK                         | 2012*                     | 39±10                             | 18 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 63               |
| 552                  | Porridge made from organic barley grain (9.6 g fiber/100 g) (Suma Whole Foods, UK)                                              | UK                         | 2012*                     | 50±5                              | 23 | Normal, 10               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 63               |
| 553                  | Porridge made from organic barley grain (9.6 g fiber/100 g) (Suma Whole Foods, UK)                                              | UK                         | 2012*                     | 43±8                              | 19 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 63               |
|                      | <i>Porridge made from barley, mean of four studies</i>                                                                          |                            |                           | 44                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
|                      | <b>Corn/Maize</b>                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 554                  | Corn granules                                                                                                                   | China                      | 2005                      | 52±3                              | 23 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 555                  | Cornmeal porridge                                                                                                               | China                      | 2005                      | 68±3                              | 31 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 556                  | 100% waxy corn starch (Amioca™ powder, Ingredient), prepared as a gel with 224.2 mL water, heated in microwave for 90 sec       | Australia                  | 2016                      | 92±6                              | 41 | Normal, 10               | 25                        | 28.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 557                  | 100% waxy corn starch (Ultra-Sperse™ powder, Ingredient), prepared as a gel with 224.2 mL water, heated in microwave for 90 sec | Australia                  | 2016                      | 101±7                             | 45 | Normal, 10               | 25                        | 28.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                      | <b>Sweet corn</b>                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 558                  | Sweet corn, cooked in microwave for 1.5 min                                                                                     | Australia                  | 2015                      | 51±4                              | 23 | Normal, 10               | 25                        | 185.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 559                  | Sweet corn, cooked                                                                                                              | China                      | 2005                      | 55±2                              | 25 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
|                      | <b>Couscous</b>                                                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 560                  | Couscous, rehydrated with hot water (San Remo, Australia)                                                                       | Australia                  | 2006                      | 65±7                              | 29 | Normal, 9                | 50                        | 70.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 561                  | Pearl couscous (Israeli couscous) (Blu™ Gourmet brand, Benedikts Imports, Australia), rehydrated with hot water                 | Australia                  | 2008                      | 52±5                              | 23 | Normal, 9                | 50                        | 63.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 562                  | Pearl couscous (Israeli couscous), whole wheat (Blu™ brand, Benedikts Imports, Australia), rehydrated with hot water            | Australia                  | 2013                      | 53±4                              | 24 | Normal, 9                | 50                        | 80.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item        |                                                                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Millet                      |                                                                                                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 563                         | Foxtail millet, cooked (millet:water ratio 1:1.5)                                                                                                | China                      | 2016*                     | 64±9                              | 29 | Normal, 10               | 50                        | 169                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 11               |
| 564                         | Unpolished little millet, plain cooked (Earth 360, Kadiri, Andhra Pradesh, India)                                                                | India                      | 2017-18                   | 89±6                              | 40 | Normal, 15               | 50                        | 182.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 64               |
| 565                         | Unpolished foxtail millet, plain cooked (Earth 360, Kadiri, Andhra Pradesh, India)                                                               | India                      | 2017-18                   | 89±9                              | 40 | Normal, 15               | 50                        | 170.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 64               |
| 566                         | Foxtail millet porridge (millet:water ratio 1:9)                                                                                                 | China                      | 2016*                     | 94±11                             | 42 | Normal, 10               | 50                        | 550                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 11               |
| Oat                         |                                                                                                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 567                         | Oat tempe (prepared by Lantmännen R&D from whole oat grains (c.v. Betania) with high β-glucan content (6%) from Svalöf Weibull AB, Sweden)       | Sweden                     | 2007                      | 63±6                              | 28 | Normal, 13               | 25                        | 111                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 62               |
| Quinoa                      |                                                                                                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 568                         | Quinoa, white, cooked in boiling water for 15 min (Nutritious Foods, Australia)                                                                  | Australia                  | 2017                      | 50±6                              | 23 | Normal, 10               | 50                        | 74.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 569                         | Quinoa, retort product, Coles Simply Gluten Free Quinoa Cups, microwaved for 70 sec (Coles Supermarkets, Australia)                              | Australia                  | 2013                      | 53±3                              | 24 | Normal, 10               | 50                        | 136.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 570                         | Quinoa, cooked, refrigerated, reheated in microwave for 1.5 min (Nature First Organic, Australia)                                                | Australia                  | 2003                      | 53±5                              | 24 | Normal, 10               | 50                        | 73.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 571                         | Quinoa, red, cooked in boiling water for 15 min (Nutritious Foods, Australia)                                                                    | Australia                  | 2017                      | 54±4                              | 24 | Normal, 10               | 50                        | 74.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Quinoa, mean of four foods  |                                                                                                                                                  |                            |                           | 53                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 572                         | Quinoa, retort product, Coles Simply Gluten Free Mexican Style Quinoa and Brown Rice Cups, microwaved for 70 sec (Coles Supermarkets, Australia) | Australia                  | 2013                      | 49±3                              | 22 | Normal, 10               | 50                        | 167.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Rice                        |                                                                                                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 573                         | Rice flour, 10% resistant starch, prepared with boiled water (Youtang Shanghai Academy of Agricultural Sciences, China)                          | China                      | 2020                      | 56±4                              | 25 | Normal, 12               | 25                        | 32.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| Basmati, white rice, boiled |                                                                                                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 574                         | Basmati, white, polished, cooked 10 min                                                                                                          | UK                         | 2009*                     | 50±6                              | 23 | Normal, 10               | 50                        | 64.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 65               |
| 575                         | Basmati rice (Dreamrice, Singapore)                                                                                                              | Singapore                  | 2015*                     | 56±3                              | 25 | Normal, Chinese, 25      | 50                        | 66.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 66               |

| Food Number and Item |                                                                                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 576                  | Basmati rice (SunRice; Ricegrowers Ltd.; Leeton, NSW, Australia) <sup>13</sup>                                                          | Australia                  | 2013*                     | 57±4                              | 26 | Normal European, 31      | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 67              |
| 577                  | Basmati, white, boiled (Mahatma brand, Australia)                                                                                       | Australia                  | 1995                      | 58±8                              | 26 | Normal, 9                | 50                        | 63.0                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 578                  | Basmati, white, boiled (SunRice brand, Rice Growers Co-Op., Australia)                                                                  | Pakistan                   | 2003                      | 59±6                              | 27 | Normal, 10               | 50                        | 63.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 579                  | Basmati rice (Dreamrice, Singapore)                                                                                                     | Singapore                  | 2015*                     | 60±4                              | 27 | Normal, Asian-Indian, 25 | 50                        | 66.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 66              |
| 580                  | Basmati rice (Dreamrice, Singapore)                                                                                                     | Singapore                  | 2015*                     | 63±3                              | 28 | Normal, Malay, 25        | 50                        | 66.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 66              |
| 581                  | Basmati, white, boiled (SunRice brand, Rice Growers Co-Op., Australia)                                                                  | Pakistan                   | 2005                      | 65±7                              | 29 | Normal, 10               | 50                        | 69.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 582                  | Basmati rice (Laila Basmati Rice, Surya Foods, Harwich, UK)                                                                             | UK                         | 2015*                     | 66±7                              | 30 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 68              |
| 583                  | Basmati rice (SunRice; Ricegrowers Ltd.; Leeton, NSW) <sup>13</sup>                                                                     | Australia                  | 2013*                     | 67±5                              | 30 | Normal Chinese, 32       | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 67              |
|                      | <i>Basmati rice, white, mean of 10 studies</i>                                                                                          |                            |                           | 60                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 584                  | Basmati, parboiled long grain rice, Maharani brand (Chaman Lal Setia Exports Ltd, India)                                                | India                      | 2012                      | 52±6                              | 23 | Normal, 9                | 50                        | 63.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 585                  | Basmati, brown (unpolished milled basmati rice), cooked for 25 min                                                                      | UK                         | 2009*                     | 75±8                              | 34 | Normal, 10               | 50                        | 71.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 65              |
| 586                  | Basmati, white and brown (mixture of 60% white and 40% brown basmati rice), cooked for 25 min                                           | UK                         | 2009*                     | 59±9                              | 27 | Normal, 10               | 50                        | 67                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 65              |
| 587                  | Basmati with wild rice (mixture of 83% easy-cook basmati and 17% North American wild rice ( <i>Zizania palustris</i> L.), cooked 20 min | UK                         | 2009*                     | 63±8                              | 28 | Normal, 10               | 50                        | 65                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 65              |
|                      | <b>Basmati, white rice, quick cooking</b>                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 588                  | Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® (Masterfoods, UK)                                   | UK                         | 2001                      | 57±4                              | 26 | Normal, 10               | 50                        | 151.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 589                  | Quick cooking white basmati, cooked 10 min, Uncle Ben's® Superior (Masterfoods, Belgium)                                                | Belgium                    | 2000                      | 60±5                              | 27 | Normal, 10               | 50                        | 67.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 590                  | Basmati, white, express rice, microwaved for 2 min (Uncle Ben's®, Masterfoods, Australia)                                               | Australia                  | 2011                      | 63±6                              | 28 | Normal, 9                | 50                        | 166.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                                                                                                                              | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints                      | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|---------------------------------|------------------------|-------------------------------------|------------------|
| 591 Basmati, easy-cook (heat-treated white, polished basmati rice), cooked 15 min<br><i>Basmati, quick cooking, mean of four foods</i><br><b>Doongara, white rice (SunRice CleverRice™ brand, Rice Growers Co-Op., Australia)</b> | UK                         | 2009*                     | 80±8<br>65                        | 36 | Normal, 10               | 50                        | 64.1                          | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | 65               |
| 592 Doongara, white, cooked in rice cooker                                                                                                                                                                                        | Australia                  | 2007                      | 48±4                              | 22 | Normal, 9                | 50                        | 64.1                          | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 593 Doongara, white rice (SunRice CleverRice, Rice Growers Coop, New Zealand) <sup>13</sup>                                                                                                                                       | New Zealand                | 2011*                     | 48±4                              | 22 | Normal, 30               | 50                        | NS                            | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | 69               |
| 594 Doongara, white                                                                                                                                                                                                               | Australia                  | 2015                      | 53±4                              | 24 | Normal, 10               | 50                        | 66.0                          | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 595 Doongara, white                                                                                                                                                                                                               | Australia                  | 2005                      | 54±6                              | 24 | Normal, 10               | 50                        | 65.8                          | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 596 Doongara, white                                                                                                                                                                                                               | Australia                  | 1995                      | 54±7                              | 24 | Normal, 9                | 50                        | 185                           | Bread, 2h                    | 0,15,30,45,6<br>0,75,90,105,120 | Capillary, plasma      | Enzymatic                           | 70               |
| 597 Doongara rice, cooked in rice cooker <sup>13</sup>                                                                                                                                                                            | Australia                  | 2013*                     | 55±4                              | 25 | Normal European, 31      | 50                        | NS                            | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | 67               |
| 598 Doongara rice, cooked in rice cooker <sup>13</sup><br><i>Doongara rice, mean of seven studies</i><br><b>Jasmine, white rice</b>                                                                                               | Australia                  | 2013*                     | 67±4<br>54                        | 30 | Normal Chinese, 32       | 50                        | NS                            | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | 67               |
| 599 Jasmine rice, white Thai (Double FP brand, NTUC Fairprice Co-operative Ltd., Singapore), chewed 15 times                                                                                                                      | Singapore                  | 2014*                     | 68±3                              | 31 | Normal, 15               | 50                        | NS                            | Glucose, 2h                  | Standard                        | Capillary, whole blood | Enzymatic                           | 71               |
| 600 Jasmine rice, cooked in rice cooker (SunRice; Ricegrowers Ltd., NSW, Australia) <sup>13</sup>                                                                                                                                 | Australia                  | 2013*                     | 68±4                              | 31 | Normal European, 31      | 50                        | NS                            | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | 67               |
| 601 Jasmine rice, steamed for 30 min, 31.6 g rice cooked with 35 mL water (COFCO China)                                                                                                                                           | Thailand                   | 2016                      | 76±5                              | 34 | Normal, 10               | 25                        | 31.6                          | Glucose, 2h                  | Standard                        | Capillary, whole blood | Enzymatic                           | UO <sup>18</sup> |
| 602 Jasmine Fragrant rice, white (SunRice brand, Ricegrowers Limited, Australia)                                                                                                                                                  | Australia                  | 2008                      | 79±5                              | 36 | Normal, 10               | 50                        | 63.0                          | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 603 Jasmine Fragrant rice (SunRice, Ricegrowers Limited, NSW)                                                                                                                                                                     | Australia                  | 2011                      | 80±3                              | 36 | Normal, 10               | 50                        | 63.0                          | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                    |                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints                   | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------------------------|------------------------|-------------------------------------|-----------------|
| 604                                     | Jasmine rice, cooked in rice cooker (SunRice; Ricegrowers Ltd., NSW, Australia) <sup>13</sup>            | Australia                  | 2013*                     | 80±4                              | 36 | Normal Chinese, 32       | 50                        | NS                            | Glucose, 2h                  | Standard                     | Capillary, whole blood | HemoCue                             | 67              |
| 605                                     | Jasmine long grain rice                                                                                  | Canada                     | 2010*                     | 82±8                              | 37 | Normal, 10               | 50                        | 62.5                          | Bread, 2h                    | Standard                     | Capillary, whole blood | YSI                                 | 56              |
| 606                                     | Jasmine white rice (Uncle Ben's Jasmine Rice, Mars Canada, Bolton, Ontario, Canada)                      | Canada                     | 2010                      | 84±4                              | 38 | Normal, 10               | 50                        | 60.0                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | 39              |
| 607                                     | Jasmine rice, white Thai (Double FP brand, NTUC Fairprice Co-operative Ltd., Singapore); chewed 30 times | Singapore                  | 2014*                     | 88±10                             | 40 | Normal, 14               | 50                        | NS                            | Glucose, 2h                  | Standard                     | Capillary, whole blood | Enzymatic                           | 71              |
| 608                                     | Jasmine Fragrant rice, white (SunRice brand, Ricegrowers Limited, Australia)                             | Australia                  | 2006                      | 89±4                              | 40 | Normal, 10               | 50                        | 63.0                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 609                                     | Jasmine rice (Double FP Thai Hom Mali premium quality fragrant rice, Thailand) <sup>11</sup>             | Thailand                   | 2015*                     | 90±5                              | 41 | Normal, Asian-Indian, 25 | 50                        | 63.6                          | Glucose, 2h                  | Standard                     | Capillary, whole blood | HemoCue                             | 66              |
| 610                                     | Jasmine rice (Double FP Thai Hom Mali premium quality fragrant rice, Thailand) <sup>11</sup>             | Thailand                   | 2015*                     | 91±4                              | 41 | Normal, Chinese, 25      | 50                        | 63.6                          | Glucose, 2h                  | Standard                     | Capillary, whole blood | HemoCue                             | 66              |
| 611                                     | Jasmine rice (Double FP Thai Hom Mali premium quality fragrant rice, Thailand) <sup>11</sup>             | Thailand                   | 2015*                     | 92±4                              | 41 | Normal, Malay, 25        | 50                        | 63.6                          | Glucose, 2h                  | Standard                     | Capillary, whole blood | HemoCue                             | 66              |
| 612                                     | Rice, white, Thai Hom Mali fragrant rice, cooked in rice cooker (NTUC Fairprice, Singapore)              | Singapore                  | 2013                      | 96±6                              | 43 | Normal, 12               | 50                        | 63.2                          | Glucose, 3h <sup>21</sup>    | 0,15,30,45,60,90,120,150,180 | Capillary, whole blood | HemoCue                             | 72              |
| 613                                     | Jasmine rice, Jazzmen, cooked in rice cooker (Jazzmen Rice, Inc., USA) <sup>11</sup>                     | USA                        | 2014*                     | 106±13                            | 48 | Normal, 12               | 50                        | 68.8                          | Glucose, 2h                  | Standard                     | Capillary, whole blood | HemoCue                             | 73              |
| 614                                     | Jasmine rice, white, cooked in rice cooker (Golden World Foods, Bangkok, Thailand)                       | Thailand                   | 2000                      | 109±10                            | 49 | Normal, 12               | 50                        | 63.2                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | 74              |
| 615                                     | Jasmine rice, Mahatma, cooked in rice cooker (Riviana Foods Inc., Thailand) <sup>11</sup>                | Thailand                   | 2014*                     | 115±7                             | 52 | Normal, 12               | 50                        | 62.5                          | Glucose, 2h                  | Standard                     | Capillary, whole blood | HemoCue                             | 73              |
| 616                                     | Jasmine rice, Reindeer, cooked in rice cooker (Oriental Jasmine Rice Co., Thailand) <sup>11</sup>        | Thailand                   | 2014*                     | 116±11                            | 52 | Normal, 12               | 50                        | 62.5                          | Glucose, 2h                  | Standard                     | Capillary, whole blood | HemoCue                             | 73              |
| Jasmine rice, white, mean of 18 studies |                                                                                                          |                            |                           | 89                                |    |                          |                           |                               |                              |                              |                        |                                     |                 |
| Rice, brown                             |                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |                              |                        |                                     |                 |
| 617                                     | Brown Doongara rice (SunRice; Ricegrowers Ltd., NSW, Australia)                                          | Australia                  | 2016                      | 51±5                              | 23 | Normal, 10               | 50                        | 69.9                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 618                                     | Brown Doongara rice (SunRice; Ricegrowers Ltd., NSW, Australia)                                          | Australia                  | 2006                      | 54±4                              | 24 | Normal, 10               | 50                        | 68.7                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 619                                     | Brown rice, boiled in excess water for 25 min (SunRice brand, Rice Growers Co-op, Australia)             | Australia                  | 2005                      | 72±6                              | 32 | Normal, 9                | 50                        | 69.8                          | Glucose, 2h                  | Standard                     | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                    |                                                                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 620                                     | Brown rice                                                                                                                                               | China                      | 2005                      | 87±2                              | 39 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 621                                     | Brown rice (SunRice, Ricegrowers Ltd., NSW, Australia) <sup>13</sup>                                                                                     | Australia                  | 2013*                     | 65±4                              | 29 | Normal European, 31      | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 67              |
| 622                                     | Brown rice (SunRice, Ricegrowers Ltd., NSW, Australia) <sup>13</sup>                                                                                     | Australia                  | 2013*                     | 78±5                              | 35 | Normal Chinese, 32       | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 67              |
| 623                                     | Brown rice, variety Tai Ken #9; <i>Oryza sativa</i> L. japonica (Union Rice Company; Taipei), soaked overnight and cooked in a rice cooker <sup>22</sup> | Taiwan                     | 2010*                     | 58±0.2                            | 26 | Normal, 10               | 50                        | 84                            | Bread, 2h                    | Standard   | Capillary, whole blood | Enzymatic                           | 60              |
| 624                                     | Brown rice (0% polished), prepared from the Indian rice variety "Bapatla" (BPT-5204), pressure cooked for 8 min                                          | India                      | 2017*                     | 58±7                              | 26 | Normal, 12               | 50                        | 67                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 75              |
| Rice, brown, instant                    |                                                                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 625                                     | Brown Rice, Uncle Ben's® Ready Whole Grain (pouch) (Effem Foods, USA)                                                                                    | USA                        | 2006                      | 48±5                              | 22 | Normal, 10               | 50                        | 179.5                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>5</sup> |
| 626                                     | Brown & Wild, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA)                                                                          | USA                        | 2006                      | 45±5                              | 20 | Normal, 10               | 50                        | 192.1                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>5</sup> |
| 627                                     | Chicken Flavored Brown Rice, Uncle Ben's® Ready Whole Grain (pouch) (Effem Foods, USA)                                                                   | USA                        | 2005                      | 46±4                              | 21 | Normal, 10               | 50                        | 192.3                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>5</sup> |
| 628                                     | Medium Grain Brown Rice in 90 sec, microwaved on high (SunRice brand, Rice Growers Co-Op., Australia)                                                    | Australia                  | 2005                      | 59±8                              | 27 | Normal, 10               | 50                        | 147.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Rice Instant, brown, mean of four foods |                                                                                                                                                          |                            |                           | 50                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| Rice, Long grain, white, boiled         |                                                                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 629                                     | Long grain, white (Uncle Ben's, Auckland, New Zealand)                                                                                                   | New Zealand                | 2000                      | 56±7                              | 25 | Normal, 14               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| 630                                     | Premium long grain, white (SunRice brand, Rice Growers Co-Op., Australia)                                                                                | Australia                  | 2005                      | 59±7                              | 27 | Normal, 10               | 50                        | 66.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 631                                     | Long grain, white, boiled 7 min (Star brand, Gouda Food Products, Canada)                                                                                | Canada                     | 1999                      | 64±3                              | 29 | Normal, 10               | 50                        | 64.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 632                                     | Long grain, boiled (Star Brand, Goudas Food Products, Canada)                                                                                            | Canada                     | 2001                      | 69±3                              | 31 | Normal, 47               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, NS          | YSI or Enzymatic                    | 42              |
| 633                                     | Long grain, boiled (Star Brand, Goudas Food Products, Canada)                                                                                            | Canada                     | 2001                      | 76±13                             | 34 | Normal, 21               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | Enzymatic                           | 42              |
| 634                                     | Long-grain rice (Indica-type long-grain rice, polished), cooked 15 min                                                                                   | UK                         | 2009*                     | 47±6                              | 21 | Normal, 10               | 50                        | 64.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 65              |
| Rice long grain, mean of six foods      |                                                                                                                                                          |                            |                           | 62                                |    |                          |                           |                               |                              |            |                        |                                     |                 |

| Food Number and Item                             |                                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints                      | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|---------------------------------|------------------------|-------------------------------------|-----------------|
| Rice, long grain, white, quick-cooking varieties |                                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |                                 |                        |                                     |                 |
| 635                                              | Long grain, easy-cook (heat-treated white polished long-grain rice), cooked 15 min                                       | UK                         | 2009*                     | 47±8                              | 21 | Normal, 10               | 50                        | 68.3                          | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | 65              |
| Rice, white, instant                             |                                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |                                 |                        |                                     |                 |
| 636                                              | DGI SunRice Low GI Rice, heated in microwave (Imported by Methuselah Shanghai Medical Technology from SunRice Australia) | Australia                  | 2018                      | 49±4                              | 22 | Normal, 10               | 50                        | 148.4                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 637                                              | Instant Doongara, white, cooked 5 min (Rice Growers Co-op, Australia)                                                    | Australia                  | 1995                      | 94±7                              | 42 | Normal, 9                | 50                        | 178                           | Bread, 2h                    | 0,15,30,45,6<br>0,75,90,105,120 | Capillary, plasma      | Enzymatic                           | 70              |
| 638                                              | Instant rice, white, cooked 3 min                                                                                        | China                      | 2005                      | 46±3                              | 21 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard                        | Venous, NS             | NS                                  | 12              |
| 639                                              | Instant rice, white, cooked 6 min                                                                                        | China                      | 2005                      | 87±2                              | 39 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard                        | Venous, NS             | NS                                  | 12              |
| 640                                              | Long grain, white, pre-cooked, microwaved 2 min (Express Rice, plain, Uncle Ben's, Masterfoods, UK)                      | UK                         | 2002                      | 52±5                              | 23 | Normal, 10               | 50                        | 164.5                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 641                                              | Long grain, white, cooked in microwave for 90 sec (Uncle Ben's®, Masterfoods, Australia)                                 | Australia                  | 2011                      | 59±6                              | 27 | Normal, 9                | 50                        | 162.3                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 642                                              | Long Grain White Rice in 90 Seconds, microwaved (SunRice brand, Rice Growers Co-Op., Australia)                          | Australia                  | 2005                      | 76±7                              | 34 | Normal, 10               | 50                        | 139.8                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 643                                              | Long Grain White Rice, steamed rice, heated in microwave for 40 sec (SunRice® brand, Rice Growers Co-Op., Australia)     | Australia                  | 2020                      | 45±4                              | 20 | Normal, 10               | 50                        | 148.4                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 644                                              | Long Grain & Wild, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)                                                    | USA                        | 2003                      | 49±3                              | 22 | Normal, 10               | 50                        | 177.9                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 645                                              | Original Long Grain, Uncle Ben's® Ready Rice pouch) (Effem Foods, USA)                                                   | USA                        | 2003                      | 48±5                              | 22 | Normal, 10               | 50                        | 162.8                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 646                                              | Rice, parboiled, pre-cooked, ready to eat (Riso Blond Espresso (Riso Gallo, Italy)                                       | Italy                      | 2009                      | 67±8                              | 30 | Normal, 10               | 50                        | 116                           | Glucose, 2h                  | Standard                        | Capillary, whole blood | YSI                                 | 3               |
| 647                                              | Steamed Low GI White Rice (SunRice® brand, Rice Growers Co-Op., Australia), heated in microwave                          | Australia                  | 2013                      | 52±5                              | 23 | Normal, 10               | 50                        | 168.9                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Instant white rice, mean of 12 foods             |                                                                                                                          |                            |                           | 60                                |    |                          |                           |                               |                              |                                 |                        |                                     |                 |
| Rice, boiled, white, other varieties             |                                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |                                 |                        |                                     |                 |
| 648                                              | Arborio, risotto rice, boiled (SunRice brand, Rice Growers Co-Op., Australia)                                            | Australia                  | 2005                      | 69±7                              | 31 | Normal, 10               | 50                        | NS                            | Glucose 2 h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                   | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 649 Medium grain white rice, boiled 12 min (Sun Rice brand, Rice Growers Co-Op., Australia)                            | Australia                  | 2005                      | 75±8                              | 34 | Normal, 10               | 50                        | 63.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 650 Moolgiri white rice (Tajmahal Agro Industries, India)                                                              | India                      | 2005                      | 54±5                              | 24 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>5</sup>  |
| 651 White rice, NS                                                                                                     | China                      | 2005                      | 83±1                              | 37 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 652 White rice, fully polished, prepared from the Indian rice variety "Bapatla" (BPT-5204), pressure cooked for 18 min | India                      | 2017*                     | 80±7                              | 36 | Normal, 12               | 50                        | 76                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 75               |
| 653 White rice, Carnaroli, regular (Scotti, Italy)                                                                     | Italy                      | 2009                      | 64±11                             | 29 | Normal, 10               | 50                        | 63                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 654 White rice, Ponni, cooked in rice cooker for 33 min                                                                | India                      | 2012*                     | 70±4                              | 32 | Normal, 23               | 50                        | 236                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 76               |
| 655 White rice, Ponni, refined, harvested 2013, pressure-cooked for 30 min                                             | India                      | 2013                      | 81±7                              | 36 | Normal, 25               | 50                        | 63.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 77               |
| 656 White rice, Ponni, refined, harvested 2014, pressure-cooked for 30 min                                             | India                      | 2014                      | 77±8                              | 35 | Normal, 15               | 50                        | 65                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 77               |
| <i>White rice, Ponni variety, mean of three studies</i>                                                                |                            |                           | 76                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 657 White rice, Sona Masuri variety, cooked in rice cooker for 35 min                                                  | India                      | 2012*                     | 72±5                              | 32 | Normal, 23               | 50                        | 235                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 76               |
| 658 White rice, Surti Kolam variety, cooked in rice cooker for 32 min                                                  | India                      | 2012*                     | 77±4                              | 35 | Normal, 23               | 50                        | 259                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 76               |
| <b>Rice porridge/Congee</b>                                                                                            |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 659 Rice porridge, made with Jasmine rice, steamed for 40 min, 31.6 g rice cooked with 250 mL water (COFCO China)      | Thailand                   | 2016                      | 80±7                              | 36 | Normal, 10               | 25                        | 250                           | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | UO <sup>18</sup> |
| 660 Rice porridge, NS                                                                                                  | China                      | 2005                      | 66±5                              | 30 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 661 Rice porridge, NS                                                                                                  | China                      | 2005                      | 69±6                              | 31 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 662 Rice porridge, NS                                                                                                  | Australia                  | 2005                      | 88±5                              | 40 | Normal, 9                | 50                        | 469.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <i>Rice porridge/congee, mean of four foods</i>                                                                        |                            |                           | 76                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 663 Rice porridge, made from rice bran                                                                                 | China                      | 2005                      | 19±1                              | 9  | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 664 Rice porridge, made from black rice                                                                                | China                      | 2005                      | 42±3                              | 19 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 665 Rice porridge, made from sticky rice                                                                               | China                      | 2005                      | 65±7                              | 29 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |

| Food Number and Item |                                                                                               | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-----------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Rice, specialty rice |                                                                                               |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 666                  | Broken rice, white, cooked in rice cooker (Lion foods, Bangkok, Thailand)                     | Thailand                   | 2000                      | 86±8                                 | 39 | Normal, 11                  | 50                           | 63.2                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 74              |
| 667                  | Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)  | Thailand                   | 2000                      | 94±6                                 | 42 | Normal, 11                  | 50                           | 65.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 74              |
| 668                  | Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Mill, Bangkok, Thailand) | Thailand                   | 2001                      | 98±7                                 | 44 | Normal, 12                  | 50                           | 65.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 669                  | Guilin rice vermicelli (Chinese rice vermicelli), cooked 8 min                                | UK                         | 2009*                     | 37±8                                 | 17 | Normal, 10                  | 50                           | 63.5                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 65              |
| 670                  | Hassawi rice (Al-Hassa, Saudi Arabia)                                                         | Saudi Arabia               | 2011*                     | 59±5                                 | 27 | Normal, 10                  | 25                           | 95.6                             | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 78              |
| 671                  | High-fiber white rice, harvested 2013 (Kharif), pressure-cooked for 32 min                    | India                      | 2013                      | 59±4                                 | 27 | Normal, 25                  | 50                           | 67                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 77              |
| 672                  | High-fiber white rice, harvested 2014 (Rabi), pressure-cooked for 32 min                      | India                      | 2013                      | 64±4                                 | 29 | Normal, 25                  | 50                           | 100                              | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 77              |
| 673                  | Japanese Style Sushi rice, white (SunRice brand, Rice Growers Co-Op., Australia)              | Australia                  | 2005                      | 85±10                                | 38 | Normal, 10                  | 50                           | 66.2                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 674                  | Jiangxi rice vermicelli (Chinese rice vermicelli), cooked for 8 min                           | UK                         | 2009*                     | 40±6                                 | 18 | Normal, 10                  | 50                           | 63.5                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 65              |
| 675                  | Koshihikari rice, white (SunRice brand, Rice Growers Co-Op., Australia)                       | Australia                  | 2005                      | 73±7                                 | 33 | Normal, 10                  | 50                           | 64.9                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 676                  | Mighty Rice, short grain white rice, boiled for 16 min (VitaRice, Mauritius)                  | Mauritius                  | 2010                      | 48±5                                 | 22 | Normal, 10                  | 50                           | 73.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 677                  | Red Raw rice, Sri Lankan, cooked in rice cooker                                               | Sri Lanka                  | 2006                      | 59±4                                 | 27 | Normal, 10                  | 50                           | 63.9                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 678                  | Red rice, Thai, unpolished, cooked 25 min                                                     | UK                         | 2009*                     | 76±8                                 | 34 | Normal, 10                  | 50                           | 67.4                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 65              |
| 679                  | Roasted Chicken Flavored, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)                  | USA                        | 2003                      | 51±4                                 | 23 | Normal, 10                  | 50                           | 176.7                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 680                  | Santa Fe, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA)                   | USA                        | 2005                      | 48±6                                 | 22 | Normal, 10                  | 50                           | 205.1                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>5</sup> |
| 681                  | Spanish Style, Uncle Ben's® Ready Rice (pouch) (Effem Foods, USA)                             | USA                        | 2003                      | 51±4                                 | 23 | Normal, 10                  | 50                           | 170.7                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 682                  | Sticky rice                                                                                   | China                      | 2005                      | 87±2                                 | 39 | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |

| Food Number and Item   |                                                                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 683                    | Sticky rice                                                                                                                         | China                      | 2005                      | 88±2                              | 40 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 684                    | Sticky rice, high-amylose                                                                                                           | China                      | 2005                      | 50±2                              | 23 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 685                    | Sticky rice, Thai glutinous rice, cooked for 10 min                                                                                 | UK                         | 2009*                     | 92±8                              | 41 | Normal, 10               | 50                        | 64.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 65              |
| 686                    | Rice, under milled, minimally polished 2.3%, prepared from the Indian rice variety "Bapatla" (BPT-5204), pressure cooked for 10 min | India                      | 2017*                     | 73±5                              | 33 | Normal, 12               | 50                        | 71                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 75              |
| 687                    | Vegetable Harvest, Uncle Ben's® Ready Whole Grain Medley™ (pouch) (Effem Foods, USA)                                                | USA                        | 2005                      | 48±5                              | 22 | Normal, 10               | 50                        | 206.8                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>5</sup> |
| <b>Rice, Parboiled</b> |                                                                                                                                     |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 688                    | Parboiled brown rice, Uncle Ben's® Natural Wholegrain Instant brown rice, cooked for 20 min                                         | India                      | 2019*                     | 88±7                              | 40 | Normal, 15               | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 79              |
| 689                    | Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® (Masterfoods, Belgium)                                                       | Belgium                    | 2000                      | 64±7                              | 29 | Normal, 10               | 50                        | 71.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 690                    | Parboiled rice, long grain white Uncle Ben's®                                                                                       | Belgium                    | 2011*                     | 54±7                              | 24 | Normal, 10               | 25                        | 45.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 78              |
| 691                    | Parboiled, long-grain rice (Harlem Foods AS, Oslo) <sup>11</sup>                                                                    | Norway                     | 2019*                     | 57±5                              | 26 | Normal, 13               | 50                        | 179.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 80              |
| 692                    | Parboiled, long grain, 10 min cooking time (Uncle Ben's, Masterfoods, Belgium)                                                      | Belgium                    | 2000                      | 68±6                              | 31 | Normal, 10               | 50                        | 65.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 693                    | Parboiled, long grain, 20 min cooking time (Uncle Ben's, Masterfoods, Belgium)                                                      | Belgium                    | 2000                      | 75±7                              | 34 | Normal, 10               | 50                        | 66.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 694                    | Rice, parboiled, NS                                                                                                                 | Canada                     | 2010*                     | 51±4                              | 23 | Normal, 10               | 50                        | 63                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 81              |
| 695                    | Parboiled rice, NS (Riso Blond Risotti, Riso Gallo, Italy)                                                                          | Italy                      | 2009                      | 53±6                              | 24 | Normal, 10               | 50                        | 59                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 696                    | Parboiled rice, NS (Uncle Ben's, Masterfoods Australia New Zealand, NSW, Australia) <sup>13</sup>                                   | Australia                  | 2013*                     | 57±3                              | 26 | Normal European, 31      | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 67              |
| 697                    | Parboiled rice, NS (Riso Blond Veloce e Versatile, Riso Gallo, Italy)                                                               | Italy                      | 2009                      | 61±11                             | 27 | Normal, 10               | 50                        | 64                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 698                    | Parboiled rice, NS (Uncle Ben's, Masterfoods Australia New Zealand, NSW, Australia) <sup>13</sup>                                   | Australia                  | 2013*                     | 72±5                              | 32 | Normal Chinese, 32       | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 67              |
| 699                    | Parboiled rice, white, cooked 5 min, Uncle Ben's Snabbris® (Masterfoods, Belgium)                                                   | Belgium                    | 2000                      | 74±5                              | 33 | Normal, 10               | 50                        | 62.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 700 Rice, whole-meal, parboiled (Riso Blond Integrale, Riso Gallo, Italy)<br><i>Parboiled rice, mean of 10 studies</i><br><b>Wheat</b><br><b>Wheat, precooked kernels</b>  | Italy                      | 2009                      | 56±6<br>64                        | 25 | Normal, 10               | 50                        | 66                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 701 Durum wheat, precooked, cooked 20 min (Ebly, Chateaudun, France)                                                                                                       | France                     | 2000                      | 52±4                              | 23 | Normal, 10               | 50                        | 75.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 702 Durum wheat, precooked, cooked 10 min (Ebly, France)                                                                                                                   | France                     | 2000                      | 50±5                              | 23 | Normal, 10               | 50                        | 75.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 703 Durum wheat, precooked in pouch, reheated in microwave, Ebly Express (Ebly, France)                                                                                    | France                     | 2000                      | 40±5                              | 18 | Normal, 10               | 50                        | 159.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 704 Wheat, pearled (Grano, Barilla, Italy)                                                                                                                                 | Italy                      | 2009                      | 72±8                              | 32 | Normal, 9                | 50                        | 77                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 705 Whole wheat powder                                                                                                                                                     | China                      | 2005                      | 42±2                              | 19 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 706 Wheat flour, raw (2005 from Griffith NSW, Chara, Row10, Plot 6:181), consumed suspended in 250 mL water                                                                | Australia                  | 2009                      | 22±3                              | 10 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 10              |
| 707 Wheat flour, raw, consumed suspended in 250 mL water (Coles Smart Buy Plain Flour, Coles Supermarkets Pty Ltd)<br><b>Other cereals</b>                                 | Australia                  | 2009                      | 20±2                              | 9  | Normal, 10               | 50                        | 68.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 10              |
| 708 Beta Flour (oat, flaxseed, buckwheat, pearl barley, soybean and wheat flours), tested prepared with water, steamed (Inner Mongolia Golden Flax Biotech Pty Ltd, China) | China                      | 2019                      | 27±3                              | 12 | Normal, 10               | 50                        | 87.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 709 Mixed cereals powder, NS                                                                                                                                               | China                      | 2005                      | 58±1                              | 26 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 710 3 Cereals (rice, oat, kamut) (Riso Gallo, Italy)                                                                                                                       | Italy                      | 2009                      | 41±6                              | 18 | Normal, 10               | 50                        | 67                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 711 3 Cereals (rice, spelt, barley) (Riso Gallo, Italy)                                                                                                                    | Italy                      | 2009                      | 44±8                              | 20 | Normal, 10               | 50                        | 65                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 712 Cereal powder, various cereals NS                                                                                                                                      | China                      | 2005                      | 58±1                              | 26 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 713 Teff, brown (Macro brand, Woolworths Australia Pty Ltd), boiled in water for 15 min                                                                                    | Australia                  | 2016                      | 57±5                              | 26 | Normal, 10               | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 714 Spelt, pearled (Farro, Barilla, Italy)                                                                                                                                 | Italy                      | 2009                      | 63±10                             | 28 | Normal, 9                | 50                        | 75                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |

| Food Number and Item                                                                                                           |                                                                           | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.                 |
|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|----------------------|
| COOKIES                                                                                                                        |                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                      |
| Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category. |                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                      |
| 715                                                                                                                            | Apricot Temptation fruit cookies, 97% fat-free (Freedom Foods, Australia) | Australia                  | 2007                      | 47±4                              | 9  | Normal, 10               | 50                        | 78.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup>     |
| 716                                                                                                                            | Barquette Abricot (LU, Ris, Orangis, France)                              | France                     | 2002                      | 71±6                              | 14 | Normal, 11-14            | 50                        | 65                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53                   |
| 717                                                                                                                            | Bebe Dobre Rano Chocolate (LU, Czech Republic)                            | Czech Republic             | 2002                      | 46±4                              | 9  | Normal, 12               | 50                        | 72.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>      |
| 718                                                                                                                            | Bebe Dobre Rano Chocolate (LU, Czech Republic)                            | Czech Republic             | 2006                      | 46±3                              | 9  | Normal, 12               | 50                        | 72.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>      |
| 719                                                                                                                            | Bebe Dobre Rano Chocolate (Opavia/LU, Czech Republic)                     | Czech Republic             | 1996-2000                 | 57±9                              | 11 | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>23, 24</sup> |
| Bebe Dobre Rano Chocolate, mean of three studies                                                                               |                                                                           |                            |                           | 50                                |    |                          |                           |                               |                              |            |                        |                                     |                      |
| 720                                                                                                                            | Bebe Dobre Rano Coconut (LU, Czech Republic)                              | Czech Republic             | 2002                      | 48±3                              | 10 | Normal, 12               | 50                        | 69.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>      |
| 721                                                                                                                            | Bebe Dobre Rano Four Cereals (LU, Czech Republic)                         | Czech Republic             | 2007                      | 51±4                              | 10 | Normal, 12               | 50                        | 71.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>      |
| 722                                                                                                                            | Bebe Dobre Rano Honey and Hazelnuts (Opavia/LU, Czech Republic)           | Czech Republic             | 1996-2000                 | 51±9                              | 10 | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>23, 24</sup> |
| 723                                                                                                                            | Bebe Dobre Rano Nuts and Honey (LU, Czech Republic)                       | Czech Republic             | 2002                      | 41±5                              | 8  | Normal, 12               | 50                        | 70.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>      |
| 724                                                                                                                            | Bebe Dobre Rano Nuts and Honey (LU, Czech Republic)                       | Czech Republic             | 2006                      | 45±4                              | 9  | Normal, 12               | 50                        | 71.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>      |
| 725                                                                                                                            | Bebe Dobre Rano with Milk (LU, Czech Republic)                            | Czech Republic             | 2003                      | 50±4                              | 10 | Normal, 12               | 50                        | 70.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>      |
| 726                                                                                                                            | Bebe Jemne Susenky (Opavia/LU, Czech Republic)                            | Czech Republic             | 1996-2000                 | 67±11                             | 13 | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>23, 24</sup> |
| 727                                                                                                                            | Better Choice Multicereals (LU, Denmark)                                  | Denmark                    | 2004                      | 51±4                              | 10 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>      |
| 728                                                                                                                            | Better Choice Wholegrain (LU Denmark)                                     | Denmark                    | 2004                      | 46±3                              | 9  | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>      |
| 729                                                                                                                            | Biscuit, Danone, NS                                                       | China                      | 2005                      | 39±4                              | 8  | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12                   |
| 730                                                                                                                            | Biscuit, Danone, NS                                                       | China                      | 2005                      | 47±4                              | 9  | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12                   |
| 731                                                                                                                            | Biscuit, NS                                                               | China                      | 2005                      | 72±5                              | 14 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12                   |

| Food Number and Item |                                                                                                      | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 732                  | Biscuit, thin, NS                                                                                    | China                      | 2005                      | 81±2                              | 16 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 733                  | Biscuits, rolled oat, wholemeal wheat flour, wheat fibre (Gran Cereale Classico, Italy) <sup>6</sup> | Italy                      | 2005                      | 49±4                              | 10 | Normal, 10               | 50                        | 85.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 734                  | Biscuits, wheat flour, butter, cream (Macine, Italy) <sup>6</sup>                                    | Italy                      | 2006                      | 52±7                              | 10 | Normal, 10               | 50                        | 75.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 735                  | Biscuits, wheat flour, oat flour, wholemeal buckwheat flour (6.2%) (Molinetti, Italy) <sup>6</sup>   | Italy                      | 2006                      | 58±7                              | 12 | Normal, 10               | 50                        | 77.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 736                  | Biscuit, wholegrain                                                                                  | USA                        | 2018*                     | 54±5                              | 11 | Normal, 19               | 50                        | 82                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57               |
| 737                  | Biscuits, wholegrain, filled with peanut butter                                                      | USA                        | 2018*                     | 44±3                              | 9  | Normal, 19               | 50                        | 102                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57               |
| 738                  | Breakfast biscuit (Frollino), gluten free (Dr Schär AG/SPA, Italy) <sup>25</sup>                     | Italy                      | 2015*                     | 37±7                              | 7  | Normal, 10               | 50                        | 66                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 5                |
| 739                  | Chocolate chip cookies, containing wheat flour and coconut flour                                     | Philippines                | 2002                      | 44±3                              | 9  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, serum       | Enzymatic                           | 2                |
| 740                  | Cookie, fiber enriched (Bahlsen GmbH&Co.KG, Hannover, Germany) <sup>11</sup>                         | Germany                    | 2016*                     | 42±4                              | 8  | Normal, 26               | 50                        | 84.5                          | Bread, 2h                    | Standard   | Venous, whole blood    | Enzymatic                           | 82               |
| 741                  | Cookie, decreased GI variant (sugar-to-flour ratio: 0.45)                                            | Belgium                    | 2010*                     | 37±10                             | 7  | Normal, 10               | 25                        | 62.5                          | Glucose, 2h                  | Standard   | Venous, plasma/serum   | Enzymatic                           | 1                |
| 742                  | Digestives                                                                                           | UK                         | 2006                      | 39±5                              | 8  | Normal, 10               | 50                        | 79.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 743                  | Evergreen met Krenten (LU, Netherlands)                                                              | Netherlands                | 1996-2000                 | 66±12                             | 13 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>23</sup> |
| 744                  | Fior di Latte (Mulino Bianco, Barilla, Italy)                                                        | Italy                      | 2012                      | 47±4                              | 9  | Normal, 9                | 50                        | 70                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 745                  | Gemme Integrali (Mulino Bianco, Barilla, Italy)                                                      | Italy                      | 2012                      | 46±6                              | 9  | Normal, 9                | 50                        | 80                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 746                  | Gingerbread cookies                                                                                  | Australia                  | 2016                      | 66±4                              | 13 | Normal, 9                | 50                        | 70.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 747                  | Golden Flaxseed biscuits (SCIQ Biotech Pty Ltd, Australia)                                           | Australia                  | 2020                      | 36±5                              | 7  | Normal, 10               | 50                        | 106.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 748                  | Gran Cereale Cioccolato (Grancereale, Barilla, Italy)                                                | Italy                      | 2010                      | 52±10                             | 10 | Normal, 9                | 50                        | 81                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 749                  | Gran Cereale Frutta (Grancereale, Barilla, Italy)                                                    | Italy                      | 2010                      | 51±7                              | 10 | Normal, 9                | 50                        | 87                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |

| Food Number and Item |                                                                           | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|---------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 750                  | Gran Cereale Classico (Grancereale, Barilla, Italy)                       | Italy                      | 2005                      | 49±4                              | 10 | Normal, 10               | 50                        | 86                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 751                  | Gran'Dia Banana, Oats and Honey (LU, Brazil)                              | Brazil                     | 2002                      | 28±5                              | 6  | Normal, 11-14            | 50                        | 65                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 752                  | Gran'Dia Chocolate with five cereals (Danone, Brazil)                     | Brazil                     | 2002                      | 39±8                              | 8  | Normal, 11-14            | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 753                  | Grany en-cas Abricot (LU, France)                                         | France                     | 1996-2000                 | 55±6                              | 11 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>10</sup> |
| 754                  | Grany en-cas Fruits des bois (LU, France)                                 | France                     | 1996-2000                 | 50±5                              | 10 | Normal, 14               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>23</sup> |
| 755                  | Grany Rush Apricot (LU, Netherlands)                                      | Netherlands                | 2000                      | 62±3                              | 12 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 756                  | Grain biscuit, Mixed Berry flavor (belVita, Mondelēz, Shanghai, China)    | China                      | 2019                      | 55±6                              | 11 | Normal, 12               | 50                        | 87.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 757                  | Grain biscuits, Milk & Cereal flavor (belVita, Mondelēz, Shanghai, China) | China                      | 2020                      | 53±4                              | 11 | Normal, 12               | 50                        | 78.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 758                  | Györi Édes Jó reggelt! Müzli és gyümölcs / Fruits and Muesli (LU Hungary) | Hungary                    | 2002                      | 45±5                              | 9  | Normal, 11               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 759                  | Györi Édes Jó reggelt! Müzli és gyümölcs / Fruits and Muesli (LU Hungary) | Hungary                    | 2003                      | 49±5                              | 10 | Normal, 11               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 760                  | Györi Édes Jó reggelt! Müzli és gyümölcs / Fruits and Muesli (LU Hungary) | Hungary                    | 2004                      | 47±6                              | 9  | Normal, 12               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                      | <i>Györi Édes Jó reggelt! Müzli és gyümölcs, mean of three studies</i>    |                            |                           | 47                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 761                  | Jo Reggelt Fruits and Figs (LU, Hungary)                                  | Hungary                    | 2004                      | 41±6                              | 8  | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 762                  | Jubilee Nuts and Honey (LU, Russia)                                       | Russia                     | 2002                      | 44±3                              | 9  | Normal, 11               | 50                        | 72.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 763                  | Jubilee Nuts and Honey (LU, Russia)                                       | Russia                     | 2003                      | 45±4                              | 9  | Normal, 12               | 50                        | 74.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 764                  | Jyväsylvä Paussi Mysli and Fruits (LU Finland)                            | Finland                    | 2002                      | 45±5                              | 9  | Normal, 11               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 765                  | Jyväsylvä Paussi Mysli and Fruits (LU Finland)                            | Finland                    | 2003                      | 49±5                              | 10 | Normal, 11               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 766                  | Jyväsylvä Paussi Mysli and Fruits (LU Finland)                            | Finland                    | 2004                      | 47±6                              | 9  | Normal, 12               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                      | <i>Jyväsylvä Paussi Mysli and Fruits, mean of three studies</i>           |                            |                           | 47                                |    |                          |                           |                               |                              |            |                        |                                     |                  |

| Food Number and Item                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method <sup>4</sup> | Ref.                 |
|----------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|----------------------|
| 767 Jyväsšyvä Paussi Vanilla (LU Finland)                                                                | Finland                    | 2004                      | 55±7                              | 11 | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 768 Jyväsšyvä Paussi Vanilla (LU Finland)                                                                | Finland                    | 2006                      | 39±4                              | 8  | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 769 Jyväsšyvä Paussi Wholegrain (LU Finland)                                                             | Finland                    | 2004                      | 46±3                              | 9  | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 770 Kingston, butternut cookies with chocolate filling (Arnott's Pty Ltd, Australia)                     | Australia                  | 2013                      | 48±6                              | 10 | Normal, 10               | 50                        | 81.3                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 771 Leda Luxury gluten-free chocolate coated cookies (Leda Nutrition, QLD, Australia)                    | Australia                  | 2004                      | 35±7                              | 7  | Normal, 10               | 50                        | 111.1                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 772 LU P'tit Déjeuner Chocolat (LU, France)                                                              | France                     | 2002                      | 42±5                              | 8  | Normal, 11-14            | 50                        | 73                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 53                   |
| 773 LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)                                              | France                     | 2002                      | 45±5                              | 9  | Normal, 11-14            | 50                        | 71                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 53                   |
| 774 LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)                                              | France                     | 1996-2000                 | 49±8                              | 10 | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>23, 24</sup> |
| 775 LU P'tit Déjeuner Miel et Pépites Chocolat (LU, France)                                              | France                     | 2000                      | 52±3                              | 10 | Normal, 12               | 50                        | 76.1                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| <i>LU P'tit Déjeuner Miel et Pépites Chocolat, mean of three studies</i>                                 |                            |                           | 49                                |    |                          |                           |                               |                              |            |                   |                                     |                      |
| 776 LU Petit Dejeuner, Chocolate, low in sugar (LU France)                                               | France                     | 2004                      | 51±7                              | 10 | Normal, 11               | 50                        | 69.1                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 777 LU Petit Dejeuner Chocolate & Cereals (LU, France)                                                   | France                     | 2003                      | 46±6                              | 9  | Normal, 11               | 50                        | 70.7                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 778 LU Petit Dejeuner Chocolate & Cereals (LU, France)                                                   | France                     | 2006                      | 58±6                              | 12 | Normal, 12               | 50                        | 71.4                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 779 LU Petit Dejeuner Cereals & Chocolate Chips, low in sugar (LU France, LU Belgium, LU Czech Republic) | NS                         | 2004                      | 37±5                              | 7  | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 780 LU Petit Dejeuner Coconut, nuts and chocolate (LU France)                                            | France                     | 2005                      | 55±6                              | 11 | Normal, 12               | 50                        | 71.8                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 781 LU Petit Dejeuner Coconut, nuts and chocolate (LU France)                                            | France                     | 2006                      | 51±7                              | 10 | Normal, 12               | 50                        | 74.1                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 782 LU Petit Dejeuner Fruits and Muesli (LU France)                                                      | France                     | 2002                      | 45±5                              | 9  | Normal, 11               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |
| 783 LU Petit Dejeuner Fruits and Muesli (LU France)                                                      | France                     | 2003                      | 49±5                              | 10 | Normal, 11               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup>      |

| Food Number and Item                                                              | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number)  | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-----------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|---------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 784 LU Petit Dejeuner Fruits and Muesli (LU France)                               | France                     | 2004                      | 47±6                              | 9  | Normal, 12                | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <i>LU Petit Dejeuner Fruits and Muesli, mean of three studies</i>                 |                            |                           | 47                                |    |                           |                           |                               |                              |            |                        |                                     |                 |
| 785 LU Petit Dejeuner Honey & Chocolate chips (LU France)                         | France                     | 2003                      | 47±6                              | 9  | Normal, 11                | 50                        | 70.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 786 LU Petit Dejeuner Honey & Chocolate chips (LU France)                         | France                     | 2006                      | 46±4                              | 9  | Normal, 11                | 50                        | 71.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 787 LU Petit Dejeuner Milk and Cereals (LU France, LU Belgium)                    | NS                         | 2004                      | 55±7                              | 11 | Normal, 11                | 50                        | 72.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 788 LU Petit Dejeuner Milk and Cereals (LU France, LU Belgium)                    | NS                         | 2006                      | 39±4                              | 8  | Normal, 12                | 50                        | 74.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 789 LU Petit Dejeuner Multicereals (LU France, LU Belgium)                        | NS                         | 2004                      | 46±3                              | 9  | Normal, 11                | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 790 LU Petit Dejeuner with Fruits and Figs (LU France, LU Belgium)                | NS                         | 2004                      | 41±6                              | 8  | Normal, 11                | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 791 LU Petit Dejeuner with Prunes (LU, France)                                    | France                     | 2006                      | 51±6                              | 10 | Normal, 12                | 50                        | 74.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 792 Macaroons, containing wheat flour and with coconut flour                      | Philippines                | 2002                      | 32±2                              | 6  | Normal, 10                | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, serum       | Enzymatic                           | 2               |
| 793 Maltmeal wafer (Griffin's Foods Ltd., New Zealand)                            | New Zealand                | 2000                      | 50±10                             | 10 | Normal, 10                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| 794 Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada                     | 2009*                     | 43±3                              | 9  | Normal, women, 40         | 50                        | 63.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 795 Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada                     | 2009*                     | 42±2                              | 8  | Normal, men, 37           | 50                        | 63.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 796 Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada                     | 2009*                     | 42±3                              | 8  | Normal, Caucasian, 40     | 50                        | 63.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 797 Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada                     | 2009*                     | 42±3                              | 8  | Normal, Non-Caucasian, 37 | 50                        | 63.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 798 Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada                     | 2009*                     | 42±3                              | 8  | Normal, ≤40 y, 39         | 50                        | 63.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 799 Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton. AB, Canada) | Canada                     | 2009*                     | 43±3                              | 9  | Normal, >40 y, 38         | 50                        | 63.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |

| Food Number and Item |                                                                                           | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|-------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 800                  | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton, AB, Canada)             | Canada                     | 2009*                     | 43±3                              | 9  | Normal, lean, 37         | 50                        | 63.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38               |
| 801                  | Montana Chocolate Chip Cookies (Kinnikinnic Foods Inc., Edmonton, AB, Canada)             | Canada                     | 2009*                     | 41±3                              | 8  | Normal, overweight, 40   | 50                        | 63.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38               |
|                      | <i>Montana Chocolate Chip Cookies, mean of eight studies</i>                              |                            |                           | 42                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 802                  | Nutrigrain Fruits des bois (Kellogg's, France)                                            | France                     | 2000                      | 57±4                              | 11 | Normal, 12               | 50                        | 79.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 803                  | Oat biscuit                                                                               | UK                         | 2006                      | 45±7                              | 9  | Normal, 10               | 50                        | 82.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 804                  | Oat biscuit                                                                               | China                      | 2005                      | 55±1                              | 11 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 805                  | Oat biscuit, Nairn's™ Stem Ginger Oat Biscuit (Nairn's Oatcakes Ltd, Edinburgh, Scotland) | UK                         | 2007                      | 55±6                              | 11 | Normal, 10               | 50                        | 73.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>26</sup> |
| 806                  | Oro (Saiwa, Italy)                                                                        | Italy                      | 2002                      | 61±9                              | 12 | Normal, 11-14            | 50                        | 62                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 807                  | Pavesini (Pavesi, Barilla, Italy)                                                         | Italy                      | 2004                      | 52±5                              | 10 | Normal, 10               | 25                        | 57                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 808                  | Petiki Go ! Fruits and Muesli (LU, Poland)                                                | Poland                     | 2002                      | 45±5                              | 9  | Normal, 11               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 809                  | Petiki Go ! Fruits and Muesli (LU, Poland)                                                | Poland                     | 2003                      | 49±5                              | 10 | Normal, 11               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 810                  | Petiki Go ! Fruits and Muesli (LU, Poland)                                                | Poland                     | 2004                      | 47±6                              | 9  | Normal, 12               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                      | <i>Petiki Go ! Fruits and Muesli, mean of three studies</i>                               |                            |                           | 47                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 811                  | Petit brun extra (LU, France)                                                             | France                     | 2002                      | 77±12                             | 15 | Normal, 11-14            | 50                        | 62                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 812                  | Petit LU Normand (LU, France)                                                             | France                     | 2000                      | 51±3                              | 10 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 813                  | Petit LU Roussillon (LU, France)                                                          | France                     | 2000                      | 48±4                              | 10 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 814                  | President's Choice® Blue Menu™ Cranberry Orange Cookies (Loblaws Brands Limited, Canada)  | Canada                     | 2004-2007                 | 60±4                              | 12 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 815                  | President's Choice® Blue Menu™ Crunchy Oat Cookies (Loblaws Brands Limited, Canada)       | Canada                     | 2004-2007                 | 62±7                              | 12 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |

| Food Number and Item |                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|---------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 816                  | President's Choice® Blue Menu™ Ginger & Lemon Cookies (Loblaw Brands Limited, Canada) | Canada                     | 2004-2007                 | 64±5                              | 13 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 817                  | Prince Energie+ (LU, France)                                                          | France                     | 2000                      | 73±5                              | 15 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 818                  | Prince fourré chocolat (LU, France)                                                   | France                     | 1996-2000                 | 50±5                              | 10 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>23</sup> |
| 819                  | Prince fourré chocolat (LU, France)                                                   | France                     | 1996-2000                 | 53±5                              | 11 | Normal, 13               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>23</sup> |
| 820                  | Prince gout chocolat (LU, France)                                                     | France                     | 2002                      | 53±5                              | 11 | Normal, 11-14            | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 821                  | Prince Petit Déj Cereals (LU, France)                                                 | France                     | 2003                      | 52±7                              | 10 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 822                  | Prince Petit Déj Cereals and Chocolate (LU, France)                                   | France                     | 2004                      | 51±5                              | 10 | Normal, 12               | 50                        | 71.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 823                  | Prince Petit Déjeuner Vanille (LU, France and Spain)                                  | NS                         | 1996-2000                 | 45±6                              | 9  | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>23</sup> |
| 824                  | Principe megamanana vanilla (LU, Spain)                                               | Spain                      | 2002                      | 45±6                              | 9  | Normal, 11-14            | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 825                  | Rich Tea                                                                              | UK                         | 2006                      | 40±5                              | 8  | Normal, 10               | 50                        | 70.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 826                  | Rotary-Molded biscuit <sup>11</sup>                                                   | France                     | 2019*                     | 48±4                              | 10 | Normal, 15               | 50                        | 67.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7                |
| 827                  | Rotary-Molded biscuit <sup>11</sup>                                                   | France                     | 2019*                     | 47±4                              | 9  | Normal, 15               | 50                        | 67.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 7                |
| 828                  | Rotary-Molded biscuit <sup>11</sup>                                                   | France                     | 2019*                     | 45±6                              | 9  | Normal, 13               | 50                        | 67.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7                |
|                      | <i>Rotary-Molded biscuit, mean of three studies</i>                                   |                            |                           | 47                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 829                  | Sablé des Flandres (LU, France)                                                       | France                     | 1996-2000                 | 57±10                             | 11 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>23</sup> |
| 830                  | Sandwich Rotary-Molded biscuit <sup>11</sup>                                          | France                     | 2019*                     | 44±4                              | 9  | Normal, 15               | 50                        | 63.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7                |
| 831                  | Sandwich Rotary-Molded biscuit <sup>11</sup>                                          | France                     | 2019*                     | 56±4                              | 11 | Normal, 15               | 50                        | 63.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 7                |
| 832                  | Sandwich Rotary-Molded biscuit <sup>11</sup>                                          | France                     | 2019*                     | 52±7                              | 10 | Normal, 13               | 50                        | 63.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7                |
|                      | <i>Sandwich-Rotary-Molded biscuit, mean of three studies</i>                          |                            |                           | 51                                |    |                          |                           |                               |                              |            |                        |                                     |                  |

| Food Number and Item                                                               | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 833 Segreti di Bosco (Mulino Bianco, Barilla, Italy)                               | Italy                      | 2012                      | 53±7                              | 11 | Normal, 9                | 50                        | 73                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 834 Snack Right Fruit Pillow, Apple and blackberry (Arnotts, Australia)            | Australia                  | 2002                      | 43±3                              | 9  | Normal, 10               | 50                        | 76.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 835 Snack Right Fruit Pillow, Spicy apple and sultana (Arnotts, Australia)         | Australia                  | 2002                      | 45±3                              | 9  | Normal, 10               | 50                        | 76.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 836 Snack Right Fruit Pillow, Wild berry (Arnott's, Australia)                     | Australia                  | 2002                      | 52±3                              | 10 | Normal, 10               | 50                        | 70.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 837 Snack Right Fruit Slice, Mango and passionfruit (Arnott's, Australia)          | Australia                  | 2002                      | 49±3                              | 10 | Normal, 10               | 50                        | 70.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 838 Snack Right Fruit Slice, Mixed berry (Arnott's, Australia)                     | Australia                  | 2002                      | 50±3                              | 10 | Normal, 10               | 50                        | 70.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 839 Snack Right Fruit Slice, Original Sultana (97% fat-free) (Arnott's, Australia) | Australia                  | 2002                      | 48±2                              | 10 | Normal, 10               | 50                        | 72.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 840 Snack Right Fruit Slice, Sultana with chocolate (Arnott's, Australia)          | Australia                  | 2002                      | 45±3                              | 9  | Normal, 10               | 50                        | 75.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 841 Sweet biscuit                                                                  | UK                         | 2007                      | 47±6                              | 9  | Normal Caucasian, 10     | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 58              |
| 842 Sweet biscuit                                                                  | UK                         | 2007                      | 63±4                              | 13 | Normal Asian, 10         | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 58              |
| 843 Sweetmeal biscuit                                                              | UK                         | 2007                      | 39±4                              | 8  | Normal Caucasian, 10     | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 58              |
| 844 Sweetmeal biscuit                                                              | UK                         | 2007                      | 42±4                              | 8  | Normal Asian, 10         | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 58              |
| 845 Thé (LU, France)                                                               | France                     | 202                       | 41±7                              | 8  | Normal, 11-14            | 50                        | 64                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53              |
| 846 Véritable Petit Beurre (LU, France)                                            | France                     | 2002                      | 51±8                              | 10 | Normal, 11-14            | 50                        | 67                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53              |
| 847 Véritable Petit Beurre (LU, France)                                            | France                     | 2002                      | 54±5                              | 11 | Normal, 12               | 50                        | 65.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 848 Véritable Petit Beurre (LU, France)                                            | France                     | 2006                      | 54±6                              | 11 | Normal, 11               | 50                        | 63.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <i>Véritable Petit Beurre, mean of three studies</i>                               |                            |                           | 53                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 849 Vitasnella frollini (Saiwa, Italy)                                             | Italy                      | 2002                      | 59±10                             | 12 | Normal, 11-14            | 50                        | 61                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53              |

| Food Number and Item                                                                                                           |                                                                                                                                               | Country of food production | Year of test <sup>1</sup> | GP ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|----------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| CRACKERS                                                                                                                       |                                                                                                                                               |                            |                           |                      |    |                          |                           |                               |                              |            |                        |                                     |                  |
| Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category. |                                                                                                                                               |                            |                           |                      |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 850                                                                                                                            | BBQ Shapes, savory crackers (Arnott’s Pty Ltd, Australia)                                                                                     | Australia                  | 2010                      | 48±4                 | 7  | Normal, 10               | 50                        | 79.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 851                                                                                                                            | Choice grain crackers (Jacob’s Bakery, UK)                                                                                                    | UK                         | 2006                      | 49±7                 | 7  | Normal, 10               | 50                        | 76.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 852                                                                                                                            | Crispbread, soft wheat flour (54%), rye flour (36%), pumpkin seeds (7.5%) (Spianate croccanti con semi di zucca, Grancereale, Barilla, Italy) | Italy                      | 2012                      | 53±5                 | 8  | Normal, 10               | 50                        | 82                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 853                                                                                                                            | Corn Thins, puffed corn cakes, gluten-free (Real Foods, St Peters, Australia)                                                                 | Australia                  | 2000                      | 87±10                | 13 | Normal, 10               | 50                        | 68.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 854                                                                                                                            | Cracker <sup>11</sup>                                                                                                                         | France                     | 2019*                     | 51±4                 | 8  | Normal, 15               | 50                        | 75.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7                |
| 855                                                                                                                            | Cracker <sup>11</sup>                                                                                                                         | France                     | 2019*                     | 61±5                 | 9  | Normal, 15               | 50                        | 75.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 7                |
| 856                                                                                                                            | Cracker <sup>11</sup>                                                                                                                         | France                     | 2019*                     | 60±5                 | 9  | Normal, 13               | 50                        | 75.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 7                |
|                                                                                                                                | Cracker, mean of three studies                                                                                                                |                            |                           | 57                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 857                                                                                                                            | Crackers, soft wheat flour, salty (Cracker integrali Sfoglia di grano, Mulino Bianco, Barilla, Italy)                                         | Italy                      | 2010                      | 63±5                 | 9  | Normal, 10               | 50                        | 81                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 858                                                                                                                            | Crackers, whole-meal soft wheat flour (Cracker salati Sfoglia di grano, Mulino Bianco, Barilla, Italy)                                        | Italy                      | 2010                      | 63±8                 | 9  | Normal, 10               | 50                        | 72                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 859                                                                                                                            | Cream cracker (LU Triumfo, Brazil)                                                                                                            | Brazil                     | 2002                      | 64±11                | 10 | Normal, 11-14            | 50                        | 75                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 860                                                                                                                            | Grain cracker (Bestore, Wuhan, China)                                                                                                         | China                      | 2020                      | 25±2                 | 4  | Normal, 12               | 50                        | 100                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 861                                                                                                                            | Bread stick, Grissini Fibra Activa (with psyllium and oat) (Panmonviso, Italy)                                                                | Italy                      | 2008                      | 52±5                 | 8  | Normal, 12               | 50                        | 110                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 862                                                                                                                            | Bread stick, Grissini classici friabili (Mulino Bianco, Barilla, Italy)                                                                       | Italy                      | 2004                      | 66±7                 | 10 | Normal, 10               | 50                        | 68                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 863                                                                                                                            | Protein cracker, Cheese (Herman Brot Pty Ltd, Australia)                                                                                      | Australia                  | 2019                      | 22±2                 | 3  | Normal, 10               | 25                        | 174.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 864                                                                                                                            | Protein cracker, Mediterranean (Herman Brot Pty Ltd, Australia)                                                                               | Australia                  | 2019                      | 31±3                 | 5  | Normal, 10               | 25                        | 116.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item |                                                                                                                                                    | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 865                  | Protein cracker, Natural (Herman Brot Pty Ltd, Australia)                                                                                          | Australia                  | 2019                      | 24±3                              | 4  | Normal, 10               | 25                        | 139.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 866                  | Protein cracker, Olive (Herman Brot Pty Ltd, Australia)                                                                                            | Australia                  | 2019                      | 29±4                              | 4  | Normal, 10               | 25                        | 102.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 867                  | Protein cracker, Spicy (Herman Brot Pty Ltd, Australia)                                                                                            | Australia                  | 2019                      | 26±3                              | 4  | Normal, 10               | 25                        | 100.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 868                  | Protein cracker, Zatar (Herman Brot Pty Ltd, Australia)                                                                                            | Australia                  | 2019                      | 27±3                              | 4  | Normal, 10               | 25                        | 106.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                      | <i>Protein cracker (Herman Brot), mean of six foods</i>                                                                                            |                            |                           | 27                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 869                  | High-calcium cracker (Jacob's, Malaysia)                                                                                                           | Malaysia                   | 2002                      | 52±8                              | 8  | Normal, 11-14            | 50                        | 72                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 53               |
| 870                  | Melba toast/Rusk, wheat flour (Fette Biscottate Le Dorate, Italy) <sup>6</sup>                                                                     | Italy                      | 2005                      | 64±11                             | 10 | Normal, 10               | 50                        | 66.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 871                  | Melba toast/Rusk, soft wheat flour, whole-meal barley flour (10%), rolled oat (2%) (Fette biscottate Cuori di orzo, Mulino Bianco, Barilla, Italy) | Italy                      | 2012                      | 45±5                              | 7  | Normal, 9                | 50                        | 72                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 872                  | Melba toast/Rusk, soft wheat flour, bran and rolled oat, with psyllium and soluble fibers (Fette biscottate Fibra Activa, Panmonviso, Italy)       | Italy                      | 2009                      | 47±6                              | 7  | Normal, 10               | 50                        | 111                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 873                  | Melba Toast/Rusk, whole-meal wheat flour (50.1%), soft wheat flour (Fette Biscottate Le Integrali, Mulino Bianco, Barilla, Italy)                  | Italy                      | 2005                      | 73±9                              | 11 | Normal, 9                | 50                        | 72                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 874                  | Melba Toast/Rusk made with rice, oat, wheat, corn, barley and rye (Fette Biscottate Le cereal, (Mulino Bianco, Barilla, Italy)                     | Italy                      | 2007                      | 69±8                              | 10 | Normal, 9                | 50                        | 67                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>14</sup> |
| 875                  | 9 Grain cracker                                                                                                                                    | Australia                  | 2013                      | 68±5                              | 10 | Normal, 10               | 50                        | 80.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 876                  | Ancient Grains snack crackers, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                      | Canada                     | 2004-2007                 | 65±6                              | 10 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 877                  | Wheat & Onion snack crackers, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                       | Canada                     | 2004-2007                 | 60±6                              | 9  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 878                  | Wheat & Sesame snack crackers, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                      | Canada                     | 2004-2007                 | 56±7                              | 8  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 879                  | Wheat snack crackers, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                               | Canada                     | 2004-2007                 | 65±7                              | 10 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |

| Food Number and Item                                                                                                                                                                                                              | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints                      | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|---------------------------------|------------------------|-------------------------------------|------------------|
| 880 Puffed rice cakes, Calrose rice, low-amylose (Rice Growers Co-op, Australia)                                                                                                                                                  | Australia                  | 1995                      | 91±7                              | 14 | Normal, 9                | 50                        | 61                            | Bread, 2h                    | 0,15,30,45,6<br>0,75,90,105,120 | Capillary, plasma      | Enzymatic                           | 70               |
| 881 Puffed rice cakes, Doongara rice, high-amylose (Rice Growers Co-op, Australia)                                                                                                                                                | Australia                  | 1995                      | 61±5                              | 9  | Normal, 9                | 50                        | 63                            | Bread, 2h                    | 0,15,30,45,6<br>0,75,90,105,120 | Capillary, plasma      | Enzymatic                           | 70               |
| 882 Puffed rice cakes, caramel flavored                                                                                                                                                                                           | USA                        | 2002                      | 82±10                             | 12 | Normal, 10               | 25                        | 28.1                          | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 883 Rice cracker, plain (Sakada, Japan)                                                                                                                                                                                           | Japan                      | 2003                      | 91±11                             | 14 | Normal, 10               | 50                        | NS                            | Rice <sup>17</sup> , 2h      | Standard                        | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 884 Rye crackers with oats                                                                                                                                                                                                        | UK                         | 2006                      | 64±11                             | 10 | Normal, 10               | 50                        | 78.6                          | Glucose, 2h                  | Standard                        | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 885 Rye crackers with sesame                                                                                                                                                                                                      | UK                         | 2006                      | 57±12                             | 9  | Normal, 10               | 50                        | 77.0                          | Glucose, 2h                  | Standard                        | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 886 Pumpkin Seeds & Oats cracker, Ryvita® (George Weston Foods, North Ryde, Australia)                                                                                                                                            | Australia                  | 2007                      | 46±7                              | 7  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | UO <sup>15</sup> |
| 887 Sunflower Seeds & Oats cracker, Ryvita® (George Weston Foods, North Ryde, Australia)                                                                                                                                          | Australia                  | 2007                      | 48±8                              | 7  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | UO <sup>15</sup> |
| 888 Wholewheat crackers with pumpkin and thyme                                                                                                                                                                                    | UK                         | 2006                      | 36±3                              | 5  | Normal, 10               | 50                        | 81.6                          | Glucose, 2h                  | Standard                        | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 889 Wholegrain crackers with sesame seeds and rosemary                                                                                                                                                                            | UK                         | 2006                      | 53±8                              | 8  | Normal, 10               | 50                        | 80.3                          | Glucose, 2h                  | Standard                        | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 890 Wholewheat sticks, crunchy, yeast extract flavored                                                                                                                                                                            | UK                         | 2006                      | 50±8                              | 8  | Normal, 10               | 50                        | 87.3                          | Glucose, 2h                  | Standard                        | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| <b>DAIRY PRODUCTS AND ALTERNATIVES</b>                                                                                                                                                                                            |                            |                           |                                   |    |                          |                           |                               |                              |                                 |                        |                                     |                  |
| <i>Average available carbohydrate portion = 10 g, this value was used to determine the nominal GL for each item in this category, except flavored or sweetened dairy products and soy-based alternatives where 20 g was used.</i> |                            |                           |                                   |    |                          |                           |                               |                              |                                 |                        |                                     |                  |
| <b>Custard</b>                                                                                                                                                                                                                    |                            |                           |                                   |    |                          |                           |                               |                              |                                 |                        |                                     |                  |
| 891 Custard, low-fat, vanilla flavored (Nestlé, Australia)                                                                                                                                                                        | Australia                  | 2006-2007                 | 29±4                              | 6  | Normal, 10               | 50                        | 520.8                         | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 892 No Bake Egg Custard, prepared from powder with whole milk (Nestlé, Australia)                                                                                                                                                 | Australia                  | 1999                      | 35±2                              | 7  | Normal, 10               | 25                        | NS                            | Glucose, 2h                  | Standard                        | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 893 Reduced-fat custard, TRIM™ (Pauls Ltd, Brisbane, Australia)                                                                                                                                                                   | Australia                  | 1999                      | 37±4                              | 7  | Normal, 10               | 50                        | 347.2                         | Bread, 2h                    | Standard                        | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |

| Food Number and Item                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 894 Custard, low-fat, trifle flavored (Nestlé, Australia)                                | Australia                  | 2006-2007                 | 30±3                              | 6  | Normal, 11               | 50                        | 625.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| <i>Custard, mean of four foods</i>                                                       |                            |                           | 33                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| <b>Crème Fraiche</b>                                                                     |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 895 Crème fraiche dessert, peach (Finest, UK)                                            | UK                         | 2005                      | 28±8                              | 6  | Normal, 9                | 25                        | 320.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 896 Crème fraiche dessert, raspberry (Finest, UK)                                        | UK                         | 2005                      | 30±7                              | 6  | Normal, 10               | 25                        | 446.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| <b>Fromage Frais</b>                                                                     |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 897 Fromage Frais, red fruit: blackcurrant (Healthy Living, UK)                          | UK                         | 2005                      | 22±5                              | 4  | Normal, 10               | 25                        | 416.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 898 Fromage Frais, red fruit: raspberry (Healthy Living, UK)                             | UK                         | 2005                      | 31±8                              | 6  | Normal, 10               | 25                        | 441.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 899 Fromage Frais, red fruit: red cherry (Healthy Living, UK)                            | UK                         | 2005                      | 25±6                              | 5  | Normal, 10               | 25                        | 416.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 900 Fromage Frais, red fruit: strawberry (Healthy Living, UK)                            | UK                         | 2005                      | 29±9                              | 6  | Normal, 9                | 25                        | 454.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 901 Fromage Frais, yellow fruit: mandarin and orange (Healthy Living, UK)                | UK                         | 2005                      | 19±6                              | 4  | Normal, 9                | 25                        | 428.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 902 Fruche®, low-fat, apricot vanilla honey (National Foods Ltd, Melbourne, Australia)   | Australia                  | 2005                      | 34±5                              | 7  | Normal, 10               | 50                        | 337.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 903 Fruche®, low-fat, berry compote (National Foods Ltd, Melbourne, Australia)           | Australia                  | 2005                      | 37±6                              | 7  | Normal, 10               | 50                        | 357.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 904 Fruche®, low-fat, duet peach on pineapple (National Foods Ltd, Melbourne, Australia) | Australia                  | 2005                      | 34±5                              | 7  | Normal, 10               | 50                        | 340.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 905 Fruche®, low-fat, lemon sorbetto (National Foods Ltd, Melbourne, Australia)          | Australia                  | 2005                      | 34±3                              | 7  | Normal, 10               | 50                        | 342.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 906 Fruche®, low-fat, orange sorbetto (National Foods Ltd, Melbourne, Australia)         | Australia                  | 2005                      | 34±3                              | 7  | Normal, 10               | 50                        | 359.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 907 Fruche®, low-fat, peach roulade (National Foods Ltd, Melbourne, Australia)           | Australia                  | 2005                      | 37±6                              | 7  | Normal, 10               | 50                        | 352.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 908 Fruche® on Fruit, low-fat, toffee apple (National Foods Ltd, Melbourne, Australia)   | Australia                  | 2005                      | 47±6                              | 9  | Normal, 10               | 50                        | 226.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| <i>Fromage frais, mean of 12 foods</i>                                                   |                            |                           | 32                                |    |                          |                           |                               |                              |            |                        |                                     |                  |

| Food Number and Item                                    |                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| <b>Ice cream, Reduced- or Low-fat</b>                   |                                                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 909                                                     | Ice-cream, low-fat chocolate flavored, Chocollo™ (Wendy's Supa Sundaes Pty Ltd, Australia)       | Australia                  | 2006                      | 24±6                              | 5  | Normal, 10               | 50                        | 331.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 910                                                     | Ice cream, low-fat, Bulla Light Creamy vanilla (Regal Cream Products, VIC, Australia)            | Australia                  | 2005                      | 36±5                              | 7  | Normal, 10               | 50                        | 193.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 911                                                     | Ice cream, low-fat, Bulla Light Real Dairy chocolate (Regal Cream Products, VIC, Australia)      | Australia                  | 2005                      | 27±3                              | 5  | Normal, 10               | 50                        | 194.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 912                                                     | Ice cream, low-fat, Bulla Light Real Dairy English Toffee (Regal Cream Products, VIC, Australia) | Australia                  | 2005                      | 27±3                              | 5  | Normal, 10               | 50                        | 198.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 913                                                     | Ice cream, low-fat, Bulla Light Real Dairy Mango (Regal Cream Products, Australia)               | Australia                  | 2005                      | 30±4                              | 6  | Normal, 10               | 50                        | 196.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 914                                                     | Ice cream, low-fat, Light & Creamy, Raspberry Ripple (Nestlé Peter's, Australia)                 | Australia                  | 2004                      | 55±3                              | 11 | Normal, 10               | 50                        | 160.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 915                                                     | Ice-cream, low-fat, 1.2% fat, Light Prestige rich vanilla (Norco, Australia)                     | Australia                  | 2001                      | 47±5                              | 9  | Normal, 10               | 25                        | 133.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 916                                                     | Ice-cream, low-fat, 1.4% fat, Light Prestige traditional toffee (Norco, Australia)               | Australia                  | 2001                      | 37±4                              | 7  | Normal, 10               | 25                        | 106.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 917                                                     | Ice-cream, reduced-fat, 7.1% fat, Prestige golden macadamia (Norco, Australia)                   | Australia                  | 2001                      | 37±3                              | 7  | Normal, 10               | 25                        | 118.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 918                                                     | Ice cream, low-fat, vanilla, 'Light' (Nestlé Peter's, Australia)                                 | Australia                  | 2003                      | 46±5                              | 9  | Normal, 10               | 50                        | 172.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 919                                                     | Ice cream, low-fat, Blueberry Pomegranate flavor (ProYo, USA)                                    | USA                        | 2017                      | 32±4                              | 6  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 920                                                     | Ice cream, low-fat, Chocolate Toffee flavor (ProYo, USA)                                         | USA                        | 2017                      | 25±2                              | 5  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 921                                                     | Ice cream, low-fat, Coconut flavor (ProYo, USA)                                                  | USA                        | 2017                      | 39±5                              | 8  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 922                                                     | Ice cream, low-fat, Dutch Chocolate flavor (ProYo, USA)                                          | USA                        | 2017                      | 34±6                              | 7  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 923                                                     | Ice cream, low-fat, Mint Chip flavor (ProYo, USA)                                                | USA                        | 2017                      | 34±6                              | 7  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 924                                                     | Ice cream, low-fat, Mocha flavor (ProYo, USA)                                                    | USA                        | 2017                      | 37±5                              | 7  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 925                                                     | Ice cream, low-fat, Vanilla Bean flavor (ProYo, USA)                                             | USA                        | 2017                      | 39±5                              | 8  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| <i>Ice-cream, reduced- or low-fat, mean of 17 foods</i> |                                                                                                  |                            |                           | 36                                |    |                          |                           |                               |                              |            |                        |                                     |                 |

| Food Number and Item                  |                                                                                                                       | Country of food production | Year of test <sup>1</sup> | GP ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|----------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Ice cream, Premium (high-fat)         |                                                                                                                       |                            |                           |                      |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 926                                   | Ice cream, premium, Ultra chocolate, 15% fat (Sara Lee, Gosford, NSW, Australia)                                      | Australia                  | 2000                      | 37±3                 | 7  | Normal, 10               | 50                        | 263.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 927                                   | Ice cream, premium, French vanilla, 16% fat (Sara Lee, Australia)                                                     | Australia                  | 2000                      | 38±3                 | 8  | Normal, 10               | 50                        | 277.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Other ice cream                       |                                                                                                                       |                            |                           |                      |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 928                                   | Ice-cream, , low-fat chocolate flavored Chocollo™ , eaten with a plain cone (Wendy's Supa Sundaes Pty Ltd, Australia) | Australia                  | 2006                      | 44±7                 | 9  | Normal, 10               | 50                        | 276.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 929                                   | Ice-cream, low-fat chocolate flavored, Chocollo™ , eaten with a waffle cone (Wendy's Supa Sundaes Pty Ltd, Australia) | Australia                  | 2006                      | 55±6                 | 11 | Normal, 10               | 50                        | 199.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 930                                   | Gelati, sucrose-free frozen dessert, chocolate flavor (Alba Foods, Newtown, Australia)                                | Australia                  | 2002                      | 37±5                 | 7  | Normal, 10               | 50                        | 185.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 931                                   | Gelati, sucrose-free frozen dessert, vanilla flavor (Alba Foods, Newtown, Australia)                                  | Australia                  | 2002                      | 39±4                 | 8  | Normal, 10               | 50                        | 182.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 932                                   | Ice fruit confection, Frosty Fruits® Orange Mango Splits (Nestlé Peter's, Australia)                                  | Australia                  | 2007                      | 59±4                 | 12 | Normal, 9                | 50                        | 216.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Kefir                                 |                                                                                                                       |                            |                           |                      |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 933                                   | Kefir, low-fat, plain (Lifeway Foods, Chicago, USA)                                                                   | USA                        | 2012*                     | 36±9                 | 4  | Normal, 10               | 25                        | 667                           | Glucose, 2h                  | Standard   | Capillary, serum       | Enzymatic                           | 83              |
| 934                                   | Kefir, low-fat strawberry (Lifeway Foods, Chicago, USA)                                                               | USA                        | 2012*                     | 60±10                | 12 | Normal, 10               | 50                        | 546                           | Glucose, 2h                  | Standard   | Capillary, serum       | Enzymatic                           | 83              |
| 935                                   | Kefir, orange flavor (Lifeway Foods, Chicago, USA)                                                                    | USA                        | 2012*                     | 48±10                | 10 | Normal, 10               | 50                        | 548                           | Glucose, 2h                  | Standard   | Capillary, serum       | Enzymatic                           | 83              |
| Milk condensed                        |                                                                                                                       |                            |                           |                      |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 936                                   | Milk, condensed, sweetened (Nestlé, Australia)                                                                        | Australia                  | 2000                      | 61±6                 | 6  | Normal, 11               | 50                        | 90.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 74              |
| Milk, full-fat                        |                                                                                                                       |                            |                           |                      |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 937                                   | Full-fat, milk                                                                                                        | Australia                  | 2018                      | 30±3                 | 3  | Normal, 13               | 25                        | 548.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 938                                   | Full-fat, pasteurized, fresh, organic milk (Arla, UK)                                                                 | UK                         | 2005                      | 34±6                 | 3  | Normal, 9                | 25                        | 520.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 939                                   | Full-fat, standardized, homogenized, pasteurized, British (Dairy Crest, UK)                                           | UK                         | 2005                      | 46±10                | 5  | Normal, 10               | 25                        | 531.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| Milk, full-fat, mean of three studies |                                                                                                                       |                            |                           | 37                   |    |                          |                           |                               |                              |            |                        |                                     |                 |

| Food Number and Item                                     |                                                                                                 | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Milk, full-fat, flavored                                 |                                                                                                 |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 940                                                      | Banana, honey and malt flavored milk                                                            | Australia                  | 2002                      | 31±4                                 | 6  | Normal, 10                  | 50                           | 555.5                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 941                                                      | Coffee chocolate flavored milk, Masters® mocha (National Foods Ltd, Australia)                  | Australia                  | 2005                      | 32±4                                 | 6  | Normal, 10                  | 50                           | 510.2                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| Milk, reduced-fat, low fat or skim                       |                                                                                                 |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 942                                                      | Milk, reduced fat (Dairy Farmers Ltd, Australia)                                                | Australia                  | 2006                      | 26±6                                 | 3  | Normal, 10                  | 25                           | 428.2                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 943                                                      | Milk, semi-skimmed, pasteurized, organic (Arla, UK)                                             | UK                         | 2005                      | 34±8                                 | 3  | Normal, 9                   | 25                           | 500                              | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 944                                                      | Pura™ HiLo milk (National Foods Ltd, Australia)                                                 | Australia                  | 2006                      | 20±5                                 | 2  | Normal, 10                  | 50                           | 862.1                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 945                                                      | Pura™ Skimmer milk (National Foods Ltd, Australia)                                              | Australia                  | 2006                      | 20±5                                 | 2  | Normal, 10                  | 50                           | 862.1                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 946                                                      | Pura™ Light Start milk (National Foods Ltd, Australia)                                          | Australia                  | 2005                      | 30±5                                 | 3  | Normal, 10                  | 50                           | 479.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 947                                                      | Pura™ Tone milk (National Foods Ltd, Australia)                                                 | Australia                  | 2005                      | 30±5                                 | 3  | Normal, 10                  | 50                           | 419.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| Reduced-fat or low-fat milk, mean of six studies         |                                                                                                 |                            |                           | 27                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| Milk, reduced- or low-fat, flavored                      |                                                                                                 |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 948                                                      | Flavored milk, chocolate or strawberry, Big M™ (National Foods Ltd, Australia)                  | Australia                  | 2005                      | 37±4                                 | 7  | Normal, 10                  | 25                           | 277.8                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 949                                                      | Flavored milk, chocolate or mocha, Masters® Light, 99% fat free (National Foods Ltd, Australia) | Australia                  | 2005                      | 27±5                                 | 5  | Normal, 10                  | 50                           | 561.8                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 950                                                      | Flavored milk, chocolate or strawberry, Masters®, reduced fat, (National Foods Ltd, Australia)  | Australia                  | 2005                      | 35±5                                 | 7  | Normal, 10                  | 50                           | 531.9                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 951                                                      | Flavored milk, Rush® Heavenly Vanilla Malt milk                                                 | Australia                  | 2003                      | 31±4                                 | 6  | Normal, 10                  | 50                           | 490.2                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 952                                                      | Flavored milk, Rush® Intense Coffee milk                                                        | Australia                  | 2005                      | 24±3                                 | 5  | Normal, 10                  | 50                           | 457.0                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 953                                                      | Flavored milk, Rush® Ultimate Chocolate milk                                                    | Australia                  | 2003                      | 26±5                                 | 5  | Normal, 10                  | 50                           | 537.6                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 954                                                      | Flavored milk, Rush® Wicked Latte milk                                                          | Australia                  | 2005                      | 26±3                                 | 5  | Normal, 10                  | 50                           | 473.2                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| Milk, reduced- or low-fat, flavored, mean of seven foods |                                                                                                 |                            |                           | 29                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |

| Food Number and Item                       |                                                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|--------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Milkshake                                  |                                                                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 955                                        | Milkshake, made from Chocollo™ , low-fat chocolate ice cream, skim milk and malted milk powder (Wendy's Supa Sundaes Pty Ltd, Australia) | Australia                  | 2006                      | 21±4                                 | 4  | Normal, 9                   | 50                           | 423.2                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| Mousse                                     |                                                                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 956                                        | Nestlé Milo Combo mousse (Nestlé, Australia)                                                                                             | Australia                  | 2006                      | 42±5                                 | 8  | Normal, 11                  | 50                           | 289.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 957                                        | Nestlé Milo flavored mousse (Nestlé, Australia)                                                                                          | Australia                  | 2006                      | 46±3                                 | 9  | Normal, 12                  | 50                           | 254.8                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 958                                        | Butterscotch, 1.9% fat (Nestlé, Australia), prepared from commercial mousse mix with water                                               | Australia                  | 2000                      | 36±4                                 | 7  | Normal, 10                  | 50                           | 82.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 959                                        | Chocolate, 2% fat (Nestlé, Australia), prepared from commercial mousse mix with water                                                    | Australia                  | 1999                      | 31±4                                 | 6  | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 960                                        | Citrus (Nestlé, Australia), prepared from commercial mousse mix with water                                                               | Australia                  | 2005                      | 47±5                                 | 9  | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 961                                        | Hazelnut, 2.4% fat (Nestlé, Australia), prepared from commercial mousse mix with water                                                   | Australia                  | 2000                      | 36±4                                 | 7  | Normal, 10                  | 50                           | 81.3                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 962                                        | Mango, 1.8% fat (Nestlé, Australia), prepared from commercial mousse mix with water                                                      | Australia                  | 2000                      | 33±5                                 | 7  | Normal, 10                  | 50                           | 76.4                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 963                                        | Mixed berry, 2.2% fat (Nestlé, Australia), prepared from commercial mousse mix with water                                                | Australia                  | 2000                      | 36±5                                 | 7  | Normal, 10                  | 50                           | 81.3                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 964                                        | Strawberry, 2.3% fat (Nestlé, Australia), prepared from commercial mousse mix with water                                                 | Australia                  | 2000                      | 32±3                                 | 6  | Normal, 10                  | 50                           | 82.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Mousse, reduced-fat, mean of nine foods    |                                                                                                                                          |                            |                           | 38                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Pudding                                    |                                                                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 965                                        | Flavored milk pudding, chocolate (Danette al cioccolato, Danone, Italy)                                                                  | Italy                      | 2011                      | 51±5                                 | 10 | Normal, 9                   | 25                           | 152                              | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 966                                        | Flavored milk pudding, chocolate, made from powder and whole milk, instant (White Wings, Australia)                                      | Australia                  | 2000                      | 47±4                                 | 9  | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 967                                        | Flavored milk pudding, vanilla, made from powder and whole milk, instant (White Wings, Australia)                                        | Australia                  | 2000                      | 40±4                                 | 8  | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Flavored milk pudding, mean of three foods |                                                                                                                                          |                            |                           | 46                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 968                                        | Milk rice pudding, Yoplait Le Rice®, Apple & Cinnamon flavor (National Foods Ltd, Australia)                                             | Australia                  | 2005                      | 52±4                                 | 10 | Normal, 10                  | 50                           | 238.1                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |

| Food Number and Item                                        |                                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 969                                                         | Milk rice pudding, Yoplait Le Rice®, Apricot & Almond Muesli flavor (National Foods Ltd, Australia) | Australia                  | 2006                      | 45±4                                 | 9  | Normal, 10                  | 50                           | 231.5                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 970                                                         | Milk rice pudding, Yoplait Le Rice®, Caramel flavor (National Foods Ltd, Australia)                 | Australia                  | 2005                      | 41±6                                 | 8  | Normal, 10                  | 50                           | 235.8                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 971                                                         | Milk rice pudding, Yoplait Le Rice®, Forest Berries flavor (National Foods Ltd, Australia)          | Australia                  | 2006                      | 45±4                                 | 9  | Normal, 10                  | 50                           | 247.5                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 972                                                         | Milk rice pudding, Yoplait Le Rice®, Lemon Meringue flavor (National Foods Ltd, Australia)          | Australia                  | 2010                      | 54±4                                 | 11 | Normal, 10                  | 50                           | 264.6                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 973                                                         | Milk rice pudding, Yoplait Le Rice®, Mocha flavor (National Foods Ltd, Australia)                   | Australia                  | 2009                      | 46±3                                 | 9  | Normal, 10                  | 50                           | 267.4                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 974                                                         | Milk rice pudding, Yoplait Le Rice®, Raspberry & Apple flavor (National Foods Ltd)                  | Australia                  | 2005                      | 52±4                                 | 10 | Normal, 10                  | 50                           | 235.8                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 975                                                         | Milk rice pudding, Yoplait Le Rice®, Strawberry flavor (National Foods Ltd)                         | Australia                  | 2005                      | 54±6                                 | 11 | Normal, 10                  | 50                           | 235.8                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 976                                                         | Milk rice pudding, Yoplait Le Rice®, Tropical Mango flavor (National Foods Ltd)                     | Australia                  | 2005                      | 54±6                                 | 11 | Normal, 10                  | 50                           | 238.1                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 977                                                         | Milk rice pudding, Yoplait Le Rice®, Vanilla flavor (National Foods Ltd)                            | Australia                  | 2005                      | 43±4                                 | 9  | Normal, 10                  | 50                           | 243.9                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| <i>Milk rice pudding, Yoplait Le Rice, mean of 10 foods</i> |                                                                                                     |                            |                           | 49                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| <b>Yoghurt</b>                                              |                                                                                                     |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 978                                                         | Yoghurt, black cherry (Finest, UK)                                                                  | UK                         | 2005                      | 17±3                                 | 3  | Normal, 10                  | 25                           | 312.5                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 979                                                         | Yoghurt, black cherry (Healthy Living Light, UK)                                                    | UK                         | 2005                      | 67±15                                | 13 | Normal, 10                  | 25                           | 287.4                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 980                                                         | Yoghurt, bourbon vanilla (Finest, UK)                                                               | UK                         | 2005                      | 64±14                                | 13 | Normal, 10                  | 25                           | 260.4                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 981                                                         | Yoghurt, Devonshire fudge (Finest, UK)                                                              | UK                         | 2005                      | 37±7                                 | 7  | Normal, 10                  | 25                           | 223.2                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 982                                                         | Yoghurt, Greek style, honey topped (UK)                                                             | UK                         | 2005                      | 36±7                                 | 7  | Normal, 9                   | 25                           | 367.6                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 983                                                         | Yoghurt, Jalna Premium Creamy Vanilla (Jalna Dairy Foods, Australia)                                | Australia                  | 2004                      | 18±4                                 | 4  | Normal, 10                  | 50                           | 331.1                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 984                                                         | Yoghurt, lemon curd (Finest, UK)                                                                    | UK                         | 2005                      | 67±14                                | 13 | Normal, 10                  | 25                           | 248.8                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |

| Food Number and Item                           |                                                                            | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|------------------------------------------------|----------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 985                                            | Yoghurt, peach & apricot (Healthy Living Light, UK)                        | UK                         | 2005                      | 28±6                              | 6  | Normal, 9                | 25                        | 308.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 986                                            | Yoghurt, raspberry (Healthy Living Light, UK)                              | UK                         | 2005                      | 43±8                              | 9  | Normal, 10               | 25                        | 308.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 987                                            | Yoghurt, red fruit: Morello cherry (Healthy Living Light, UK)              | UK                         | 2005                      | 35±6                              | 7  | Normal, 9                | 25                        | 454.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 988                                            | Yoghurt, red fruit: raspberry and black cherry (Healthy Living Light, UK)  | UK                         | 2005                      | 37±8                              | 7  | Normal, 9                | 25                        | 491.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 989                                            | Yoghurt, Scottish raspberry (Finest, UK)                                   | UK                         | 2005                      | 32±7                              | 6  | Normal, 10               | 25                        | 264.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 990                                            | Yoghurt, strawberry (Healthy Living Light, UK)                             | UK                         | 2005                      | 30±6                              | 6  | Normal, 10               | 25                        | 316.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 991                                            | Yoghurt, strawberry (Astro yoghurt, Canada)                                | Canada                     | 2010*                     | 44±4                              | 9  | Normal, 10               | 50                        | 250                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 56               |
| 992                                            | Yoghurt, strawberry and cream (Finest, UK)                                 | UK                         | 2005                      | 41±6                              | 8  | Normal, 10               | 25                        | 324.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 993                                            | Yoghurt, summer fruit: apricot (Healthy Living Light, UK)                  | UK                         | 2005                      | 11±4                              | 2  | Normal, 9                | 25                        | 476.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 994                                            | Yoghurt, summer fruit: peach and vanilla (Healthy Living Light, UK)        | UK                         | 2005                      | 26±7                              | 5  | Normal, 9                | 25                        | 476.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 995                                            | Yoghurt, summer fruit: raspberry (Healthy Living Light, UK)                | UK                         | 2005                      | 28±5                              | 6  | Normal, 9                | 25                        | 501.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 996                                            | Yoghurt, summer fruit: strawberry (Healthy Living Light, UK)               | UK                         | 2005                      | 36±9                              | 7  | Normal, 9                | 25                        | 500.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 997                                            | Yoghurt, tropical fruit: guava and passionfruit (Healthy Living Light, UK) | UK                         | 2005                      | 24±7                              | 5  | Normal, 9                | 25                        | 447.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 998                                            | Yoghurt, tropical fruit: mango (Healthy Living Light, UK)                  | UK                         | 2005                      | 32±8                              | 6  | Normal, 9                | 25                        | 454.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 999                                            | Yoghurt, tropical fruit: peach and apricot (Healthy Living Light, UK)      | UK                         | 2005                      | 27±6                              | 5  | Normal, 9                | 25                        | 468.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 1000                                           | Yoghurt, tropical pineapple (Healthy Living Light, UK)                     | UK                         | 2005                      | 38±7                              | 8  | Normal, 9                | 25                        | 461.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 1001                                           | Yoghurt, Valencia orange (Finest, UK)                                      | UK                         | 2005                      | 34±7                              | 7  | Normal, 10               | 25                        | 301.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 1002                                           | Yoghurt, Yitangping (Beijing Sanyuan Foods, Beijing, China)                | China                      | 2020                      | 21±4                              | 4  | Normal, 11               | 25                        | 454.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| Yoghurt, different flavors, mean of 25 studies |                                                                            |                            |                           | 35                                |    |                          |                           |                               |                              |            |                        |                                     |                  |

| Food Number and Item                      |                                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Yoghurt, frozen                           |                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1003                                      | Mochaccino frozen yoghurt, President's Choice® Blue Menu™ brand (Loblaw Brands Limited, Canada)        | Canada                     | 2004-2007                 | 51±5                              | 10 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1004                                      | Strawberry Banana frozen yoghurt, President's Choice® Blue Menu™ brand (Loblaw Brands Limited, Canada) | Canada                     | 2004-2007                 | 55±6                              | 11 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1005                                      | Vanilla frozen yoghurt, President's Choice® Blue Menu™ brand (Loblaw Brands Limited, Canada)           | Canada                     | 2004-2007                 | 46±5                              | 9  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| Yoghurt, frozen, mean of three foods      |                                                                                                        |                            |                           | 51                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| Yoghurt, low-fat, reduced fat, or non-fat |                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1006                                      | Diet Passionfruit yoghurt, Dairy Dream (Aldi, Australia)                                               | Australia                  | 2010                      | 21±2                              | 4  | Normal, 10               | 50                        | 495                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1007                                      | Diet Raspberry yoghurt, Dairy Dream (Aldi, Australia)                                                  | Australia                  | 2010                      | 21±2                              | 4  | Normal, 10               | 50                        | 515                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1008                                      | Diet yoghurt, Vaalia™, exotic fruits (Pauls Ltd., Australia), sweetened with acesulfame K and Splenda  | Australia                  | 2000                      | 23±2                              | 5  | Normal, 10               | 25                        | 312.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1009                                      | Diet yoghurt, Vaalia™, mango (Pauls Ltd., Australia), sweetened with acesulfame K and Splenda          | Australia                  | 2000                      | 23±2                              | 5  | Normal, 10               | 25                        | 367.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1010                                      | Diet yoghurt, Vaalia™, mixed berry (Pauls Ltd., Australia), sweetened with acesulfame K and Splenda    | Australia                  | 2000                      | 25±3                              | 5  | Normal, 10               | 25                        | 409.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1011                                      | Diet yoghurt, Vaalia™, strawberry (Pauls Ltd., Australia), sweetened with acesulfame K and Splenda     | Australia                  | 2000                      | 23±2                              | 5  | Normal, 10               | 25                        | 423.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1012                                      | Diet yoghurt, Vaalia™, vanilla (Pauls Ltd, Australia) sweetened with acesulfame K and Splenda          | Australia                  | 2000                      | 23±2                              | 5  | Normal, 10               | 25                        | 416.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1013                                      | Low-fat, sugar sweetened, strawberry classic, Yoplait™ Lite (National Foods Ltd, Australia)            | Australia                  | 2002                      | 33±5                              | 7  | Normal, 10               | 50                        | 324.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1014                                      | Low-fat (0.9%), fruit, wild strawberry, Ski d'Lite™ (Dairy Farmers Ltd, Australia)                     | Australia                  | 2002                      | 31±4                              | 6  | Normal, 9                | 50                        | 342.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1015                                      | Low-fat, Nestlé Diet, Blueberry (Nestlé, Australia)                                                    | Australia                  | 2006                      | 32±4                              | 6  | Normal, 10               | 25                        | 446.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1016                                      | Low-fat, Nestlé Diet, Mixed Berry (Nestlé, Australia)                                                  | Australia                  | 2006                      | 28±4                              | 6  | Normal, 12               | 25                        | 463.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1017                                      | Low-fat, Nestlé Diet, Peaches & Cream (Nestlé, Australia)                                              | Australia                  | 2006                      | 28±3                              | 6  | Normal, 10               | 25                        | 463.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1018                                      | Low-fat, apricot                                                                                       | UK                         | 2005                      | 42±6                              | 8  | Normal, 10               | 25                        | 354.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |

| Food Number and Item |                                                                                 | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints                          | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|---------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|-------------------------------------|------------------------|-------------------------------------|-----------------|
| 1019                 | Low-fat, black cherry                                                           | UK                         | 2005                      | 41±5                              | 8  | Normal, 10               | 25                        | 349.7                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1020                 | Low-fat, hazelnut                                                               | UK                         | 2005                      | 53±9                              | 11 | Normal, 10               | 25                        | 357.1                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1021                 | Low-fat, peach melba (Value, UK)                                                | UK                         | 2005                      | 56±11                             | 11 | Normal, 10               | 25                        | 357.1                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1022                 | Low-fat, raspberry                                                              | UK                         | 2005                      | 34±6                              | 7  | Normal, 10               | 25                        | 335.6                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1023                 | Low-fat, strawberry                                                             | UK                         | 2005                      | 61±11                             | 12 | Normal, 10               | 25                        | 347.2                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1024                 | Low-fat, sugar sweetened, Heavenly Honey flavor, Vaalia (Pauls Ltd)             | Australia                  | 2003                      | 32±4                              | 6  | Normal, 10               | 50                        | 280.9                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1025                 | Low-fat, sugar sweetened, Lemon Crème flavor, Vaalia (Pauls Ltd)                | Australia                  | 2003                      | 43±6                              | 9  | Normal, 10               | 50                        | 307.6                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1026                 | Low-fat, sugar sweetened, Luscious Berries flavor, Vaalia (Pauls Ltd)           | Australia                  | 2003                      | 29±2                              | 6  | Normal, 10               | 50                        | 337.8                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1027                 | Low-fat, sugar sweetened, Passionfruit flavor, Vaalia (Pauls Ltd)               | Australia                  | 2003                      | 32±3                              | 6  | Normal, 10               | 50                        | 301.2                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1028                 | Low-fat, sugar sweetened, Strawberry flavor, Vaalia (Pauls Ltd)                 | Australia                  | 2003                      | 28±3                              | 6  | Normal, 9                | 50                        | 340.1                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1029                 | No Added Sugar Passionfruit yoghurt, Tamar Valley (Aldi, Australia)             | Australia                  | 2010                      | 21±2                              | 4  | Normal, 10               | 50                        | 495                           | Glucose, 2h                  | Standard                            | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1030                 | No Added Sugar Raspberry yoghurt, Tamar Valley (Aldi, Australia)                | Australia                  | 2010                      | 21±2                              | 4  | Normal, 10               | 50                        | 515                           | Glucose, 2h                  | Standard                            | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
|                      | <i>Low fat yoghurts different flavors, mean of 25 foods</i>                     |                            |                           | 32                                |    |                          |                           |                               |                              |                                     |                        |                                     |                 |
| 1031                 | Reduced-fat, Vaalia™, apricot & mango (Pauls Ltd., Australia)                   | Australia                  | 1999                      | 26±4                              | 5  | Normal, 10               | 25                        | 354.6                         | Bread, 2h                    | Standard                            | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1032                 | Reduced-fat, Vaalia™, French vanilla (Pauls Ltd., Australia)                    | Australia                  | 1999                      | 26±4                              | 5  | Normal, 10               | 25                        | 292.4                         | Bread, 2h                    | Standard                            | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1033                 | Reduced-fat, Extra-Lite™, strawberry (Pauls Ltd., Australia)                    | Australia                  | 1999                      | 28±4                              | 6  | Normal, 10               | 25                        | 310.6                         | Bread, 2h                    | Standard                            | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1034                 | Reduced-fat, strawberry                                                         | Czech Republic             | 2005                      | 43±5                              | 9  | Normal, 20               | 50                        | 312.5                         | Glucose, 2h                  | 0,15,30,45,6<br>0,75,90,105,<br>120 | Capillary, whole blood | Glucometer <sup>9</sup>             | 84              |
| 1035                 | Reduced-fat, Yoplait™ Lite, berry fruit flavors (National Foods Ltd, Australia) | Australia                  | 2006                      | 25±3                              | 5  | Normal, 10               | 50                        | 290.7                         | Glucose, 2h                  | Standard                            | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |

| Food Number and Item |                                                                                                             | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1036                 | Reduced-fat, Yoplait™ Lite, tropical fruit flavors (National Foods Ltd, Australia)                          | Australia                  | 2006                      | 37±3                                 | 7  | Normal, 10                  | 50                           | 312.5                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1037                 | Reduced-fat, Yoplait™ Lite, various flavors (National Foods Ltd, Australia)                                 | Australia                  | 2006                      | 27±2                                 | 5  | Normal, 10                  | 50                           | 271.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1038                 | Reduced-fat, Yoplait™ Lite, Fruit Salad flavor (National Foods Ltd, Australia)                              | Australia                  | 2006                      | 32±5                                 | 6  | Normal, 10                  | 50                           | 324.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
|                      | <i>Reduced-fat yoghurts different flavors, mean of nine foods</i>                                           |                            |                           | 30                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1039                 | Non-fat, Honey flavor, sugar sweetened, Ski™ (Dairy Farmers Ltd, Australia),                                | Australia                  | 2002                      | 40±2                                 | 8  | Normal, 10                  | 50                           | 287.4                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1040                 | Non-fat, Vanilla flavor, sugar sweetened, Ski™, (Dairy Farmers Ltd, Australia),                             | Australia                  | 2002                      | 40±4                                 | 8  | Normal, 10                  | 50                           | 316.5                            | Glucose, 2h                  | Standard   | Capillary, Whole blood | HemoCue                             | UO <sup>5</sup> |
| 1041                 | No Fat berry fruit flavors, artificially sweetened yoghurts, Yoplait™ (National Foods Ltd, Australia)       | Australia                  | 2006                      | 16±3                                 | 3  | Normal, 10                  | 25                           | 384.6                            | Glucose, 2h                  | Standard   | Capillary, Whole blood | HemoCue                             | UO <sup>5</sup> |
| 1042                 | No Fat Strawberry Classic flavor, artificially sweetened yoghurts, Yoplait™ (National Foods Ltd, Australia) | Australia                  | 2006                      | 19±3                                 | 4  | Normal, 10                  | 25                           | 357.1                            | Glucose, 2h                  | Standard   | Capillary, Whole blood | HemoCue                             | UO <sup>5</sup> |
| 1043                 | No Fat tropical fruit flavors, artificially sweetened yoghurts, Yoplait™ (National Foods Ltd, Australia)    | Australia                  | 2006                      | 20±4                                 | 4  | Normal, 10                  | 25                           | 390.6                            | Glucose, 2h                  | Standard   | Capillary, Whole blood | HemoCue                             | UO <sup>5</sup> |
| 1044                 | No Fat yoghurt, various flavors, artificially sweetened yoghurts, Yoplait™ (National Foods Ltd, Australia)  | Australia                  | 2006                      | 18±3                                 | 4  | Normal, 10                  | 25                           | 367.6                            | Glucose, 2h                  | Standard   | Capillary, Whole blood | HemoCue                             | UO <sup>5</sup> |
| 1045                 | Fat-free, Passionfruit yoghurt (Jalna Dairy Foods, Australia)                                               | Australia                  | 2004                      | 27±4                                 | 5  | Normal, 10                  | 50                           | 359.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
|                      | <i>Non-fat yoghurts, mean of seven foods</i>                                                                |                            |                           | 26                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
|                      | <b>Yoghurt, natural</b>                                                                                     |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1046                 | No Added Sugar Natural yoghurt (Tamar Valley Dairy, Australia)                                              | Australia                  | 2010                      | 17±2                                 | 2  | Normal, 10                  | 50                           | 495                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1047                 | Yoghurt, low fat, natural                                                                                   | UK                         | 2005                      | 35±10                                | 4  | Normal, 9                   | 25                           | 431                              | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
|                      | <b>Yoghurt, probiotic</b>                                                                                   |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1048                 | Yoghurt, probiotic, prune                                                                                   | UK                         | 2005                      | 44±10                                | 9  | Normal, 10                  | 25                           | 349.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1049                 | Yoghurt, probiotic, raspberry                                                                               | UK                         | 2005                      | 45±10                                | 9  | Normal, 10                  | 25                           | 349.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
|                      | <i>All Yoghurts, mean of 72 studies</i>                                                                     |                            |                           | 33                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |

| Food Number and Item                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| <b>Yoghurt drinks</b>                                                                                      |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1050 Probiotic drink, cranberry                                                                            | UK                         | 2005                      | 56±9                              | 11 | Normal, 10               | 25                        | 409.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1051 Probiotic drink, orange                                                                               | UK                         | 2005                      | 30±8                              | 6  | Normal, 10               | 25                        | 373.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1052 Probiotic drink, original                                                                             | UK                         | 2005                      | 34±5                              | 7  | Normal, 10               | 25                        | 409.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1053 Cultured Multivitamin Milk Fruit Drink, Vitalise (Jalna Dairy Foods, Australia)                       | Australia                  | 2004                      | 24±5                              | 5  | Normal, 10               | 50                        | 381.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1054 Yoghurt drink, Wildberry Yoghurt on the Go (Jalna Dairy Foods, Australia)                             | Australia                  | 2004                      | 19±4                              | 4  | Normal, 10               | 50                        | 381.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1055 Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit (Pauls Ltd., Australia)                    | Australia                  | 1999                      | 38±4                              | 8  | Normal, 10               | 25                        | 173.6                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Dairy products with added ingredients</b>                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1056 Control dairy beverage                                                                                | Canada                     | 2013*                     | 70±7                              | 7  | Normal, 11               | 50                        | 250                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | YSI                                 | 85              |
| 1057 Dairy beverage with soy-soluble polysaccharides (2.5 g fiber)                                         | Canada                     | 2013*                     | 65±11                             | 7  | Normal, 11               | 50                        | 250                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | YSI                                 | 85              |
| 1058 Dairy beverage with flaxseed gum (2.5 g fiber)                                                        | Canada                     | 2013*                     | 54±9                              | 5  | Normal, 11               | 50                        | 250                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | YSI                                 | 85              |
| 1059 Control dairy pudding (0.25 g fiber)                                                                  | Canada                     | 2013*                     | 63±6                              | 6  | Normal, 11               | 50                        | 250                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | YSI                                 | 85              |
| 1060 Dairy pudding with soy-soluble polysaccharides (2.5 g fiber)                                          | Canada                     | 2013*                     | 61±6                              | 6  | Normal, 11               | 50                        | 250                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | YSI                                 | 85              |
| 1061 Dairy pudding with flaxseed gum (2.5 g fiber)                                                         | Canada                     | 2013*                     | 57±8                              | 6  | Normal, 11               | 50                        | 250                           | Glucose, 2h                  | Standard   | Venous, plasma/serum   | YSI                                 | 85              |
| <b>Soy-based dairy product alternatives</b>                                                                |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>Soy milks</b>                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1062 Soy milk beverage, Original flavored, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada) | Canada                     | 2004-2007                 | 15±4                              | 2  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1063 Soy milk, full-fat, with sucrose (Sanitarium, Australia)                                              | Australia                  | 1997                      | 31±5                              | 3  | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25              |

| Food Number and Item |                                                                                                            | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1064                 | Soy milk, full-fat (3%), Original, 0 mg calcium, with maltodextrin (So Natural Foods, Australia)           | Australia                  | 2000                      | 44±5                              | 4  | Normal, 10               | 25                        | 337.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1065                 | Soy milk, full-fat (3%), Calciforte, 120 mg calcium, with maltodextrin (So Natural Foods, Australia)       | Australia                  | 2000                      | 36±4                              | 4  | Normal, 10               | 25                        | 360.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1066                 | Soy milk, full-fat (3%), 120 mg calcium, Calciforte (So Natural Foods, Australia)                          | Australia                  | 2006                      | 41±4                              | 4  | Normal, 15               | 25                        | 333.3                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1067                 | Soy milk, Vitasoy® Organic (National Foods Ltd, Australia)                                                 | Australia                  | 2008                      | 43±3                              | 4  | Normal, 10               | 25                        | 412.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1068                 | Soy milk, Vitasoy® So Milky Regular (National Foods Ltd, Australia)                                        | Australia                  | 2008                      | 21±5                              | 2  | Normal, 10               | 25                        | 800.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                      | <i>Soy milk full-fat, mean of five studies</i>                                                             |                            |                           | 37                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1069                 | Soy milk, low-fat (0.7%), Vitasoy® Light Original (National Foods Ltd, Australia)                          | Australia                  | 2005                      | 45±5                              | 5  | Normal, 10               | 25                        | 641.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1070                 | Soy milk, reduced-fat (1.5%), Vitasoy® So Milky Lite (National Foods Ltd, Australia)                       | Australia                  | 2008                      | 17±3                              | 2  | Normal, 10               | 25                        | 851.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1071                 | Soy milk, reduced-fat (1.5%), 120 mg calcium, Light, containing maltodextrin (So Natural Foods, Australia) | Australia                  | 2000                      | 44±3                              | 4  | Normal, 10               | 25                        | 463.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1072                 | Soy milk, reduced-fat (1.8%), 120 mg calcium, Vitasoy® Premium Vitality+ (National Foods Ltd, Australia)   | Australia                  | 2005                      | 18±3                              | 2  | Normal, 10               | 25                        | 520.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
|                      | <i>Soy milk reduced-fat, mean of 4 studies</i>                                                             |                            |                           | 31                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
|                      | <b>Soy milk drinks, flavored</b>                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1073                 | Soy Beverage, Chocolate flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)           | Canada                     | 2004-2007                 | 40±5                              | 8  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1074                 | Soy Beverage, Vanilla flavored, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)             | Canada                     | 2004-2007                 | 28±3                              | 6  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1075                 | Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Chocolate (National Foods Ltd, Australia)                     | Australia                  | 2008                      | 31±3                              | 6  | Normal, 10               | 25                        | 353.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1076                 | Soy milk, reduced-fat (1.5%), Vitasoy® Lush, Vanilla (National Foods Ltd, Australia)                       | Australia                  | 2008                      | 31±3                              | 6  | Normal, 10               | 25                        | 376.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                      | <b>Soy yoghurt</b>                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1077                 | Soy yoghurt, peach and mango, 2% fat, sugar (So Natural Foods, Australia)                                  | Australia                  | 2000                      | 50±3                              | 10 | Normal, 10               | 25                        | 268.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| <b>FRUIT AND FRUIT PRODUCTS</b>                                                                                                       |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <i>Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category.</i> |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>Apples</b>                                                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1078 Apples, raw                                                                                                                      | Australia                  | 2020                      | 44±5                              | 7  | Normal, 10               | 50                        | 431.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1079 Apples, canned in juice                                                                                                          | Australia                  | 2007                      | 42±5                              | 6  | Normal, 10               | 50                        | 337.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1080 Sliced Apples, canned, solid packed without juice (Langeberg and Ashton Foods Pty Ltd, South Africa)                             | South Africa               | 2006                      | 42±2                              | 6  | Normal, 10               | 50                        | 602.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Apples, dried</b>                                                                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1081 Apple, dried                                                                                                                     | Australia                  | 1998                      | 29±5                              | 4  | Normal, 10               | 50                        | 82.3                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1082 Apples, dried ( <i>Malus pumila</i> Mill.)                                                                                       | China                      | 2018*                     | 43±4                              | 6  | Normal, 11               | 50                        | 76.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 86              |
| <b>Apricots</b>                                                                                                                       |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1083 Apricots, raw, NS                                                                                                                | Australia                  | 2007                      | 34±3                              | 5  | Normal, 10               | 50                        | 324.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1084 Apricots, raw, NS                                                                                                                | Canada                     | 2018*                     | 42±5                              | 6  | Normal, 10               | 50                        | 81.4                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 87              |
| 1085 Apricot Halves canned in fruit juice (Langeberg and Ashton Foods Pty Ltd, South Africa)                                          | South Africa               | 2006                      | 51±5                              | 8  | Normal, 10               | 50                        | 495.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Apricots, dried</b>                                                                                                                |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1086 Apricots, dried, ready to eat, bite size                                                                                         | UK                         | 2005                      | 32±7                              | 5  | Normal, 10               | 50                        | 137.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1087 Apricots, dried ( <i>Armeniaca vulgaris</i> Lam.)                                                                                | China                      | 2018*                     | 56±4                              | 8  | Normal, 11               | 50                        | 90.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 86              |
| <b>Banana, raw</b>                                                                                                                    |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1088 Banana, raw                                                                                                                      | Australia                  | 2008                      | 47±5                              | 7  | Normal, 10               | 50                        | 250                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1089 Banana, lady finger (Moraitis, Australia)                                                                                        | Australia                  | 2014                      | 49±5                              | 7  | Normal, 12               | 50                        | 259.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1090 Banana, lady finger (Moraitis, Australia)                                                                                        | Australia                  | 2014                      | 53±4                              | 8  | Normal, 12               | 50                        | 268.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1091 Banana, raw, overripe                                                                                                            | Australia                  | 2008                      | 57±8                              | 9  | Normal, 9                | 50                        | 250                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                             | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| <b>Blueberries</b>                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1092 Blueberries, wild (Wild Blueberries Association, Canada)                    | Canada                     | 2004-2007                 | 53±7                              | 8  | Normal, 10               | 50                        | 568.2                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>5</sup> |
| <b>Breadfruit (<i>Artocarpus altilis</i>)</b>                                    |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1093 Breadfruit, peeled, boiled 10 min                                           | Jamaica                    | 2005                      | 47±5                              | 7  | Normal, 10               | 50                        | 276.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88              |
| 1094 Breadfruit, roasted on preheated charcoal                                   | Jamaica                    | 2005                      | 72±8                              | 11 | Normal, 10               | 50                        | 221.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88              |
| 1095 Jackfruit <sup>365</sup> Green Jackfruit, prepared as a porridge with water | India                      | 2016                      | 65±5                              | 10 | Normal, 10               | 25                        | 59.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Cranberries</b>                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1096 Cranberries, sweetened, dried (Ocean Spray, USA)                            | USA                        | 2011                      | 62±6                              | 9  | Normal, 10               | 50                        | 65.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Cherries</b>                                                                  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1097 Cherries, sour, pitted, canned (Always Fresh brand, Australia)              | Australia                  | 2007                      | 41±5                              | 6  | Normal, 10               | 25                        | 142                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Custard apple</b>                                                             |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1098 Custard apple, raw, flesh only                                              | Australia                  | 2000                      | 54±2                              | 8  | Normal, 12               | 50                        | 316.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 74              |
| <b>Dates</b>                                                                     |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1099 Dates, Bo ma'an variety (Al Saad date factory, Al Ain, UAE)                 | UAE                        | 2011*                     | 46±7                              | 7  | Normal, 13               | 50                        | 72.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 89              |
| 1100 Dates, Dabbas variety (Al Saad date factory, Al Ain, UAE)                   | UAE                        | 2011*                     | 49±7                              | 7  | Normal, 13               | 50                        | 76.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 89              |
| 1101 Dates, Deglet noir variety                                                  | Algeria                    | 2016*                     | 52±3                              | 8  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 90              |
| 1102 Dates, Fara'd variety (Al Saad date factory, Al Ain, UAE)                   | UAE                        | 2011*                     | 54±6                              | 8  | Normal, 13               | 50                        | 72.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 89              |
| 1103 Dates, H'mira variety                                                       | Algeria                    | 2016*                     | 48±2                              | 7  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 90              |
| 1104 Dates, Khalas (Rutab, soft early ripened) variety                           | UAE                        | 2002                      | 47±5                              | 7  | Normal, 11               | 50                        | 101.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 91              |
| 1105 Dates, Khalas variety (Al Saad date factory, Al Ain, UAE)                   | UAE                        | 2011*                     | 55±8                              | 8  | Normal, 13               | 50                        | 72.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 89              |

| Food Number and Item |                                                                            | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref. |
|----------------------|----------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 1106                 | Dates, Khalas ( <i>Phoenix dactylifera</i> L.)                             | Saudi Arabia               | 2013*                     | 55±6                              | 8  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 92   |
| 1107                 | Dates, Lulu variety (Al Saad date factory, Al Ain, UAE)                    | UAE                        | 2011*                     | 54±9                              | 8  | Normal, 13               | 50                        | 73.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 89   |
| 1108                 | Dates, NS                                                                  | Canada                     | 2018*                     | 68±6                              | 10 | Normal, 10               | 50                        | 77.8                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 87   |
| 1109                 | Dates, Tinissine variety                                                   | Algeria                    | 2016*                     | 44±2                              | 7  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 90   |
|                      | <i>Dates, mean of 11 foods</i>                                             |                            |                           | 52                                |    |                          |                           |                               |                              |            |                        |                                     |      |
|                      | <b>Dates, dried</b>                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |      |
| 1110                 | Dates, Ajwah cultivar, Tamer stage                                         | Saudi Arabia               | 2016*                     | 60±6                              | 9  | Normal, 10               | 50                        | 70.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |
| 1111                 | Dates, Khalas (Tamer, sun dried stored in traditional Bedu manner) variety | UAE                        | 2002                      | 45±8                              | 7  | Normal, 11               | 50                        | 66.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 91   |
| 1112                 | Dates, Khalas variety, dried and vacuum packed                             | UAE                        | 2002                      | 36±3                              | 5  | Normal, 11               | 50                        | 66.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 91   |
| 1113                 | Dates, Khudri cultivar, Tamer stage                                        | Saudi Arabia               | 2016*                     | 62±7                              | 9  | Normal, 10               | 50                        | 67.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |
| 1114                 | Dates, Maktoomi cultivar, Tamer stage                                      | Saudi Arabia               | 2016*                     | 71±11                             | 11 | Normal, 10               | 50                        | 68.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |
| 1115                 | Dates, Medjool cultivar, Tamer stage                                       | Saudi Arabia               | 2016*                     | 55±7                              | 8  | Normal, 10               | 50                        | 70.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |
| 1116                 | Dates, Nabtati-cultivar, Tamer stage                                       | Saudi Arabia               | 2016*                     | 60±7                              | 9  | Normal, 10               | 50                        | 69.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |
| 1117                 | Dates, Nabtati-seyf cultivar, Tamer stage                                  | Saudi Arabia               | 2016*                     | 54±10                             | 8  | Normal, 9                | 50                        | 67.0                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |
| 1118                 | Dates, Osilah cultivar, Tamer stage                                        | Saudi Arabia               | 2016*                     | 57±12                             | 9  | Normal, 9                | 50                        | 82.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |
| 1119                 | Dates, Rashodia cultivar, Tamer stage                                      | Saudi Arabia               | 2016*                     | 51±7                              | 8  | Normal, 10               | 50                        | 67.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |
| 1120                 | Dates, Ruthana cultivar, Tamer stage                                       | Saudi Arabia               | 2016*                     | 53±4                              | 8  | Normal, 10               | 50                        | 73.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |
| 1121                 | Dates, Sag'ai cultivar, Tamer stage                                        | Saudi Arabia               | 2016*                     | 45±6                              | 7  | Normal, 9                | 50                        | 72.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93   |

| Food Number and Item |                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1122                 | Dates, Sayer, dried, Trident™ brand                                                 | Australia                  | 2014                      | 56±3                                 | 8  | Normal, 10                  | 50                           | 63.7                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1123                 | Dates, Sellaj cultivar, Tamer stage                                                 | Saudi Arabia               | 2016*                     | 75±10                                | 11 | Normal, 9                   | 50                           | 69.0                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93              |
| 1124                 | Dates, Shaqra cultivar, Tamer stage                                                 | Saudi Arabia               | 2016*                     | 43±6                                 | 6  | Normal, 10                  | 50                           | 66.9                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93              |
| 1125                 | Dates, Shishi cultivar, Tamer stage                                                 | Saudi Arabia               | 2016*                     | 50±7                                 | 8  | Normal, 10                  | 50                           | 71.8                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93              |
| 1126                 | Dates, Sukkary cultivar, Tamer stage                                                | Saudi Arabia               | 2016*                     | 43±5                                 | 6  | Normal, 10                  | 50                           | 77.6                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93              |
| 1127                 | Dates, Um-Kabar cultivar, Tamer stage                                               | Saudi Arabia               | 2016*                     | 59±7                                 | 9  | Normal, 10                  | 50                           | 69.1                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93              |
| 1128                 | Dates, Wannanah cultivar, Tamer stage                                               | Saudi Arabia               | 2016*                     | 51±7                                 | 8  | Normal, 10                  | 50                           | 67.5                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 93              |
|                      | <i>Dates, dried, mean of 19 foods</i>                                               |                            |                           | 54                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
|                      | <b>Figs, dried</b>                                                                  |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1129                 | Figs, dried, no added, sugar, organic, Turkish (Woolworths Macro brand, Australia)  | Turkey                     | 2018                      | 54±6                                 | 8  | Normal, 10                  | 50                           | 91.7                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1130                 | Figs, dried, tenderized, Dessert Maid brand (Ernest Hall & Sons, Sydney, Australia) | Australia                  | 2002                      | 61±6                                 | 9  | Normal, 10                  | 50                           | 115.4                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
|                      | <b>Guava</b>                                                                        |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1131                 | Guava, raw, cut into bite size pieces                                               | Singapore                  | 2017*                     | 29±4                                 | 4  | Normal, 19                  | 25                           | 280                              | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 94              |
| 1132                 | Guava, raw, puree                                                                   | Singapore                  | 2017*                     | 47±4                                 | 7  | Normal, 19                  | 25                           | 280                              | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 94              |
|                      | <b>Grapes</b>                                                                       |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1133                 | Grapes, Crimson seedless                                                            | Australia                  | 2008                      | 50±3                                 | 8  | Normal, 10                  | 50                           | 279.3                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1134                 | Grapes, green, Menidee, seedless                                                    | Australia                  | 2008                      | 54±4                                 | 8  | Normal, 10                  | 50                           | 333.3                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1135                 | Grapes, black, Waltham Cross                                                        | Australia                  | 2001                      | 59±5                                 | 9  | Normal, 11                  | 50                           | 330.7                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item           | Country of food production                                                           | Year of test <sup>1</sup> | GP ± SEM (Glu = 100) | GL     | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints  | Sample collection | Sample analysis method <sup>4</sup> | Ref.                    |                  |
|--------------------------------|--------------------------------------------------------------------------------------|---------------------------|----------------------|--------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|-------------------------|------------------|
| Grapefruit                     |                                                                                      |                           |                      |        |                          |                           |                               |                              |             |                   |                                     |                         |                  |
| 1136                           | Grapefruit, ruby red segments, canned in juice (Woolworths Select, Australia)        | Australia                 | 2008                 | 47±5   | 7                        | Normal, 10                | 50                            | 294.1                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup>  |
| Jujubes                        |                                                                                      |                           |                      |        |                          |                           |                               |                              |             |                   |                                     |                         |                  |
| 1137                           | Jujubes, dried ( <i>Ziziphus jujubu</i> Mill.)                                       | China                     | 2018*                | 55±6   | 8                        | Normal, 11                | 50                            | 84                           | Glucose, 2h | Standard          | Capillary, whole blood              | Glucometer <sup>9</sup> | 86               |
| Lychee                         |                                                                                      |                           |                      |        |                          |                           |                               |                              |             |                   |                                     |                         |                  |
| 1138                           | Lychee, fresh                                                                        | Australia                 | 2009                 | 57±3   | 9                        | Normal, 9                 | 50                            | 308.6                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup>  |
| 1139                           | Lychee, canned in syrup and drained, Narcissus brand                                 | China                     | 2000                 | 79±8   | 12                       | Normal, 12                | 50                            | 292.4                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | 74               |
| Mandarins                      |                                                                                      |                           |                      |        |                          |                           |                               |                              |             |                   |                                     |                         |                  |
| 1140                           | Mandarin orange ( <i>Citrus reticulata</i> ) <sup>19</sup>                           | Italy                     | 2004                 | 52±8   | 8                        | Normal, ≥9                | 25                            | 142                          | Glucose, 2h | Standard          | Capillary, whole blood              | YSI                     | UO <sup>14</sup> |
| 1141                           | Mandarin segments, canned in juice (Woolworths Select, Australia)                    | Australia                 | 2008                 | 47±2   | 7                        | Normal, 10                | 50                            | 500                          | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup>  |
| Mango                          |                                                                                      |                           |                      |        |                          |                           |                               |                              |             |                   |                                     |                         |                  |
| 1142                           | Mango, raw (Chin-Hwang Mango)                                                        | Taiwan                    | 2010*                | 48±0.3 | 7                        | Normal, 10                | 50                            | NS                           | Bread, 2h   | Standard          | Capillary, plasma                   | Enzymatic               | 19               |
| 1143                           | Mango, low-fat frozen fruit dessert, Frutia™ (Weis Frozen Foods, Toowong, Australia) | Australia                 | 2000                 | 42±3   | 6                        | Normal, 10                | 50                            | 217.4                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup>  |
| Melon                          |                                                                                      |                           |                      |        |                          |                           |                               |                              |             |                   |                                     |                         |                  |
| 1144                           | Melon ( <i>Cucumis melon</i> ) <sup>19</sup>                                         | Italy                     | 2004                 | 60±9   | 9                        | Normal, ≥9                | 25                            | 338                          | Glucose, 2h | Standard          | Capillary, whole blood              | YSI                     | UO <sup>14</sup> |
| 1145                           | Watermelon, raw ( <i>Citrullus vulgaris-red</i> variety)                             | Malaysia                  | 2008*                | 55±3   | 8                        | Normal, 10                | 50                            | 893                          | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | 95               |
| 1146                           | Watermelon ( <i>Citrullus lanatus</i> ), raw, red-fleshed, seeded                    | Malaysia                  | 2017*                | 48±1   | 7                        | Normal, 14                | 25                            | 236                          | Glucose, 2h | Standard          | Capillary, plasma                   | YSI                     | 96               |
| 1147                           | Watermelon ( <i>Citrullus lanatus</i> ), raw, red-fleshed, seedless                  | Malaysia                  | 2017*                | 51±2   | 8                        | Normal, 14                | 25                            | 239                          | Glucose, 2h | Standard          | Capillary, plasma                   | YSI                     | 96               |
| 1148                           | Watermelon ( <i>Citrullus lanatus</i> ), raw, yellow-fleshed, seedless               | Malaysia                  | 2017*                | 47±2   | 7                        | Normal, 14                | 25                            | 233                          | Glucose, 2h | Standard          | Capillary, plasma                   | YSI                     | 96               |
| Watermelon, mean of four foods |                                                                                      |                           |                      | 50     |                          |                           |                               |                              |             |                   |                                     |                         |                  |
| Nectarines                     |                                                                                      |                           |                      |        |                          |                           |                               |                              |             |                   |                                     |                         |                  |
| 1149                           | Nectarines, raw                                                                      | Australia                 | 2006                 | 43±6   | 6                        | Normal, 10                | 25                            | 324.7                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup>  |

| Food Number and Item          |                                                                                 | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-------------------------------|---------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| <b>Orange</b>                 |                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1150                          | Oranges, navel                                                                  | Australia                  | 2020                      | 45±5                              | 7  | Normal, 10               | 50                        | 406.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1151                          | Orange & Grapefruit segments, canned in juice (Woolworths Select, Australia)    | Australia                  | 2008                      | 53±4                              | 8  | Normal, 10               | 50                        | 312.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>Passionfruit</b>           |                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1152                          | Passionfruit pulp, canned, 55% passionfruit pulp with added sugar               | Australia                  | 2016                      | 46±5                              | 7  | Normal, 10               | 25                        | 95.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>Paw paw/papaya, raw</b>    |                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1153                          | Papaya/paw paw, raw, cut into bite size pieces                                  | Singapore                  | 2017*                     | 38±2                              | 6  | Normal, 19               | 25                        | 274                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 94               |
| 1154                          | Papaya/paw paw, raw, puree                                                      | Singapore                  | 2017*                     | 42±5                              | 6  | Normal, 19               | 25                        | 274                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 94               |
| <b>Peaches, raw or canned</b> |                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1155                          | Peach ( <i>Prunus persica</i> ) <sup>19</sup>                                   | Italy                      | 2004                      | 76±9                              | 11 | Normal, ≥9               | 25                        | 410                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>14</sup> |
| 1156                          | Peach, canned in natural juice (SPC Ardmona Ltd, Shepparton, VIC, Australia)    | Australia                  | 2007                      | 46±4                              | 7  | Normal, 9                | 50                        | 438.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1157                          | Peach, canned in heavy syrup (Homebrand, Yennora, NSW, Australia)               | Australia                  | 2007                      | 64±3                              | 10 | Normal, 9                | 50                        | 314.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1158                          | Peach & Grapes, canned in natural fruit juice (Woolworths Select, Australia)    | Australia                  | 2008                      | 46±5                              | 7  | Normal, 10               | 50                        | 490.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1159                          | Peach & Pineapple, canned in natural fruit juice (Woolworths Select, Australia) | Australia                  | 2008                      | 45±4                              | 7  | Normal, 10               | 50                        | 454.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>Pears</b>                  |                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1160                          | Pear, Williams, raw, under ripe/crunchy                                         | Australia                  | 2015                      | 24±3                              | 4  | Normal, 10               | 25                        | 260.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1161                          | Pear, Williams, raw, ripe/soft                                                  | Australia                  | 2015                      | 33±4                              | 5  | Normal, 10               | 25                        | 260.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1162                          | Pear slices, canned in natural juice (SPC Ltd, Australia)                       | Australia                  | 2015                      | 31±2                              | 5  | Normal, 10               | 50                        | 181.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>Persimmon</b>              |                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1163                          | Persimmon ( <i>Diospyros kaki</i> ) <sup>19</sup>                               | Italy                      | 2004                      | 61±8                              | 9  | Normal, ≥9               | 25                        | 156                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>14</sup> |

| Food Number and Item          |                                                                                   | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-------------------------------|-----------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Pineapple                     |                                                                                   |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1164                          | Pineapple, raw ( <i>Ananas comosa</i> )                                           | Malaysia                   | 2008*                     | 82±4                                 | 12 | Normal, 9                   | 50                           | 543                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 95              |
| 1165                          | Pineapple pieces, canned in fruit juice (Woolworths Select, Australia)            | Australia                  | 2008                      | 43±4                                 | 6  | Normal, 10                  | 50                           | 312.5                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1166                          | Pineapple pieces, canned in natural fruit juice (Woolworths Select, Australia)    | Australia                  | 2007                      | 55±5                                 | 8  | Normal, 10                  | 50                           | 384.6                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1167                          | Pineapple & Papaya pieces, canned in natural juice (Woolworths Select, Australia) | Australia                  | 2008                      | 53±7                                 | 8  | Normal, 10                  | 50                           | 424.5                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Prunes                        |                                                                                   |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1168                          | Prunes, pitted (Sunsweet Growers Inc., Yuba City, USA)                            | USA                        | 2000                      | 29±4                                 | 4  | Normal, 10                  | 50                           | 68.2                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1169                          | Prunes, pitted, Californian (Sunsweet Growers Inc., Yuba City, USA)               | USA                        | 2009                      | 40±6                                 | 6  | Normal, 10                  | 50                           | 90.9                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Raisins                       |                                                                                   |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1170                          | Raisins (Sun Maid, USA)                                                           | USA                        | 2013                      | 49±4                                 | 7  | Normal, 10                  | 50                           | 69.0                             | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 97              |
| 1171                          | Raisins                                                                           | Canada                     | 2018*                     | 55±5                                 | 8  | Normal, 10                  | 50                           | 64.8                             | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 87              |
| 1172                          | Raisins ( <i>Vitis vinifera</i> Linn.)                                            | China                      | 2018*                     | 56±5                                 | 8  | Normal, 11                  | 50                           | 75.2                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 86              |
| 1173                          | Raisins                                                                           | USA                        | 2009                      | 61±4                                 | 9  | Normal, 10                  | 50                           | 79.9                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Raisins, mean of four studies |                                                                                   |                            |                           | 55                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| Strawberries                  |                                                                                   |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1174                          | Strawberries, fresh, raw                                                          | Australia                  | 2001                      | 40±7                                 | 6  | Normal, 10                  | 25                           | 925                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| Sultanas                      |                                                                                   |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1175                          | Sultanas (Value, UK)                                                              | UK                         | 2005                      | 56±6                                 | 8  | Normal, 10                  | 50                           | 72.0                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1176                          | Sultanas                                                                          | Canada                     | 2018*                     | 51±4                                 | 8  | Normal, 10                  | 50                           | 67                               | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 87              |

| Food Number and Item                                                                                                                                                                         | Country of food production                                                                                                                    | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL   | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints  | Sample collection | Sample analysis method <sup>4</sup> | Ref.                    |                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------------|------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|-------------------------|-----------------|
| Other fruit products                                                                                                                                                                         |                                                                                                                                               |                           |                                   |      |                          |                           |                               |                              |             |                   |                                     |                         |                 |
| 1177                                                                                                                                                                                         | Fruit Salad canned in fruit juice, containing peach, pear, apricot, pineapple and cherries (Langeberg and Ashton Foods Pty Ltd, South Africa) | South Africa              | 2007                              | 54±3 | 8                        | Normal, 10                | 50                            | 526.3                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| 1178                                                                                                                                                                                         | Mixed fruit, dried (Value, UK)                                                                                                                | UK                        | 2005                              | 60±7 | 9                        | Normal, 10                | 50                            | 73.6                         | Glucose, 2h | Standard          | Capillary, whole blood              | Glucometer <sup>9</sup> | 26              |
| 1179                                                                                                                                                                                         | Frozen fruit dessert, Vitari, wild berry, non-dairy (Nestlé, Australia)                                                                       | Australia                 | 2000                              | 59±8 | 9                        | Normal, 10                | 50                            | 238.1                        | Bread, 2h   | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| Fruit and vegetable juices                                                                                                                                                                   |                                                                                                                                               |                           |                                   |      |                          |                           |                               |                              |             |                   |                                     |                         |                 |
| Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category, except for tomato juice and carrot juice where 10 g was used. |                                                                                                                                               |                           |                                   |      |                          |                           |                               |                              |             |                   |                                     |                         |                 |
| Apple juice                                                                                                                                                                                  |                                                                                                                                               |                           |                                   |      |                          |                           |                               |                              |             |                   |                                     |                         |                 |
| 1180                                                                                                                                                                                         | Apple juice, unsweetened, reconstituted (Berrivale Orchards Ltd, Berri, Australia)                                                            | Australia                 | 1998                              | 39±5 | 8                        | Normal, 10                | 50                            | NS                           | Bread, 2h   | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| 1181                                                                                                                                                                                         | Apple juice, Granny Smith, unsweetened                                                                                                        | Australia                 | 2003                              | 44±3 | 9                        | Normal, 10                | 50                            | 442.5                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| 1182                                                                                                                                                                                         | Apple juice, green apple (100%) (Pfanner, Italy)                                                                                              | Italy                     | 2011                              | 67±7 | 13                       | Normal, 9                 | 50                            | 446                          | Glucose, 2h | Standard          | Capillary, whole blood              | YSI                     | 3               |
| 1183                                                                                                                                                                                         | Apple juice, pure, clear, unsweetened (The Wild About Fruit Company, Wandin, VIC, Australia)                                                  | Australia                 | 2001                              | 44±2 | 9                        | Normal, 10                | 50                            | 438.6                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| 1184                                                                                                                                                                                         | Apple juice, pure, cloudy, unsweetened (The Wild About Fruit Company, Australia)                                                              | Australia                 | 2001                              | 37±3 | 7                        | Normal, 10                | 50                            | 476.2                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| Apple juice, mean of five foods                                                                                                                                                              |                                                                                                                                               |                           |                                   | 46   |                          |                           |                               |                              |             |                   |                                     |                         |                 |
| 1185                                                                                                                                                                                         | Apple and blackcurrant juice, no added sugar (Berri Ltd, Australia)                                                                           | Australia                 | 2003                              | 45±4 | 9                        | Normal, 10                | 50                            | 500.0                        | Glucose, 2h | Standard          | Capillary, whole blood              | HemoCue                 | UO <sup>5</sup> |
| 1186                                                                                                                                                                                         | Apple and cherry juice, pure, unsweetened (The Wild About Fruit Company, Australia)                                                           | Australia                 | 2001                              | 43±3 | 9                        | Normal, 10                | 50                            | 378.8                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| 1187                                                                                                                                                                                         | Apple and mandarin juice, pure, unsweetened (The Wild About Fruit Company, Australia)                                                         | Australia                 | 2002                              | 47±5 | 9                        | Normal, 10                | 50                            | 454.5                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| 1188                                                                                                                                                                                         | Apple and mango juice, pure, unsweetened (The Wild About Fruit Company, Australia)                                                            | Australia                 | 2004                              | 47±5 | 9                        | Normal, 10                | 50                            | 384.6                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| 1189                                                                                                                                                                                         | Apple, pineapple and passionfruit juice, unsweetened (The Wild About Fruit Company, Australia)                                                | Australia                 | 2004                              | 48±5 | 10                       | Normal, 10                | 50                            | 390.6                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |
| Carrot juice                                                                                                                                                                                 |                                                                                                                                               |                           |                                   |      |                          |                           |                               |                              |             |                   |                                     |                         |                 |
| 1190                                                                                                                                                                                         | Carrot juice, freshly made                                                                                                                    | Australia                 | 2002                              | 43±3 | 4                        | Normal, 9                 | 25                            | 342.5                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic               | UO <sup>5</sup> |

| Food Number and Item                   |                                                                                                                        | Country of food production | Year of test <sup>1</sup> | GP <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Cranberry juice                        |                                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1191                                   | Cranberry juice cocktail (Ocean Spray, Melbourne, Australia)                                                           | Australia                  | 2000                      | 52±3                              | 10 | Normal, 10               | 50                        | 403                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1192                                   | Cranberry juice cocktail (Ocean Spray Inc., Lakeville-Middleboro, MA, USA)                                             | USA                        | 2000                      | 68±3                              | 14 | Normal, 10               | 50                        | 357                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1193                                   | Cranberry juice drink, Ocean Spray® (Gerber Ltd., Bridgewater, Somerset, UK)                                           | UK                         | 2000                      | 56±4                              | 11 | Normal, 10               | 50                        | 431                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Cranberry juice, mean of three studies |                                                                                                                        |                            |                           | 59                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| Grape juice                            |                                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1194                                   | Grape juice, 100%, Daily C (Weichuan Shanghai, China)                                                                  | China                      | 2019                      | 63±5                              | 13 | Normal, 10               | 50                        | 365.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 1195                                   | Grape Nectar (Chateau Barossa, Lyndoch, SA, Australia)                                                                 | Australia                  | 2003                      | 52±5                              | 10 | Normal, 9                | 50                        | 63.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Orange juice                           |                                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1196                                   | Orange juice                                                                                                           | New Zealand                | 2019                      | 41±3                              | 8  | Normal, 10               | 50                        | 563.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1197                                   | Orange juice beverage, President's Choice® Blue Menu™ Oh-Mega j (Loblaw Brands Limited, Canada)                        | Canada                     | 2004-2007                 | 48±4                              | 10 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1198                                   | Orange juice, unsweetened, reconstituted concentrate, Mr Juicy brand (Berri Ltd, Australia)                            | Australia                  | 2007                      | 54±5                              | 11 | Normal, 10               | 50                        | 588.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Orange juice, mean of three foods      |                                                                                                                        |                            |                           | 48                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| Pomegranate juice                      |                                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1199                                   | POM Pomegranate juice (POM Wonderful LLC, USA)                                                                         | USA                        | 2009                      | 53±3                              | 11 | Normal, 9                | 50                        | 313.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Prune juice                            |                                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1200                                   | Prune juice (Golden Circle, Australia)                                                                                 | Australia                  | 2004                      | 43±3                              | 9  | Normal, 9                | 50                        | 362.3                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| Tomato juice                           |                                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1201                                   | Tomato juice, low sodium, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                               | Canada                     | 2004-2007                 | 23±6                              | 2  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1202                                   | Tomato juice, canned, no added sugar (Berri Ltd, Australia)                                                            | Australia                  | 2002                      | 38±4                              | 4  | Normal, 10               | 25                        | 892.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| Watermelon juice                       |                                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1203                                   | Watermelon ( <i>Citrullus lanatus</i> ), raw, red-fleshed, seedless, blended using an automatic juicer to form a juice | Malaysia                   | 2017*                     | 51±1                              | 10 | Normal, 14               | 25                        | 236                           | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 96               |

| Food Number and Item                                                                                                           |                                                                                                               | Country of food production | Year of test <sup>1</sup> | GP <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Other juices                                                                                                                   |                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1204                                                                                                                           | SuperJuice Greenzone, containing apple, orange and pineapple juice                                            | Australia                  | 2006                      | 47±3                              | 9  | Normal, 10               | 50                        | 492.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1205                                                                                                                           | SuperJuice Immune, containing apple juice, pineapple juice and guava puree                                    | Australia                  | 2006                      | 47±3                              | 9  | Normal, 10               | 50                        | 500.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1206                                                                                                                           | SuperJuice Kickstart, containing apple juice, blueberry puree and banana puree                                | Australia                  | 2006                      | 39±3                              | 8  | Normal, 10               | 50                        | 442.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| Fruit spreads/Jam/Marmalade                                                                                                    |                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category. |                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1207                                                                                                                           | Apricot 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)                                     | Australia                  | 2006-2007                 | 43±6                              | 6  | Normal, 10               | 50                        | 122.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1208                                                                                                                           | Apricot 100% Fruit Spread, Cottees™ (Cadbury Schweppes, Australia)                                            | Australia                  | 2004                      | 50±6                              | 8  | Normal, 9                | 50                        | 80.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1209                                                                                                                           | Apricot fruit spread, reduced sugar (Glen Ewin Jams, Para Hills, Australia)                                   | Australia                  | 1997                      | 55±7                              | 8  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1210                                                                                                                           | Apricot spread, President's Choice® Blue Menu™ Twice the Fruit Apricot spread (Loblaw Brands Limited, Canada) | Canada                     | 2007                      | 56±8                              | 8  | Normal, 10               | 50                        | 125.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1211                                                                                                                           | Fruit spread, with thick apricot (Rhapsodie de Fruit Thick Apricot, St Dalfour, Italy)                        | Italy                      | 2010                      | 63±6                              | 9  | Normal, 10               | 25                        | 50                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1212                                                                                                                           | Apricot jam, organic apricot, with apple juice (Fiordifrutta albicocca, Rigoni di Asiago, Italy)              | Italy                      | 2010                      | 63±9                              | 9  | Normal, 10               | 25                        | 65                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1213                                                                                                                           | Apricot jam (Confettura extra albicocche, Bonne Maman, Italy)                                                 | Italy                      | 2010                      | 69±6                              | 10 | Normal, 10               | 25                        | 43                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| Apricot spread, mean of seven foods                                                                                            |                                                                                                               |                            |                           | 57                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1214                                                                                                                           | Berry compote, organic (Fruttosa frutti di bosco, Rigoni di Asiago, Italy)                                    | Italy                      | 2009                      | 44±4                              | 7  | Normal, 10               | 25                        | 100                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1215                                                                                                                           | Blackberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)                                   | Australia                  | 2004                      | 46±5                              | 7  | Normal, 9                | 50                        | 101.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1216                                                                                                                           | Blueberry fruit spread, wild blueberry (Rhapsodie de Fruit Wild Blueberry, St. Dalfour, Italy)                | Italy                      | 2010                      | 74±5                              | 11 | Normal, 10               | 25                        | 48                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1217                                                                                                                           | Blueberry jam, wild blueberry (Confettura extra mirtilli selvatici, Bonne Maman, Italy)                       | Italy                      | 2010                      | 63±3                              | 9  | Normal, 10               | 25                        | 44                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1218                                                                                                                           | Blueberry jam, organic blueberry, with apple juice (Fiordifrutta Mirtilli neri, Rigoni di Asiago, Italy)      | Italy                      | 2010                      | 51±9                              | 8  | Normal, 10               | 25                        | 64                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |

| Food Number and Item |                                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1219                 | Date spread, Divine (Buderim Ginger, Buderim, QLD, Australia)                                                            | Australia                  | 2006                      | 29±4                              | 4  | Normal, 10               | 50                        | 79.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1220                 | Ginger Spread, sucrose-free (Buderim Ginger, Australia)                                                                  | Australia                  | 2006                      | 10±2                              | 2  | Normal, 10               | 50                        | 83.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1221                 | Ginger marmalade, Original (Buderim Ginger, Australia)                                                                   | Australia                  | 2006                      | 50±7                              | 8  | Normal, 10               | 50                        | 67.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1222                 | Orange fruit spread, with thick cut orange (Rhapsodie de Fruit Orange Spread, Thick Cut St Dalfour, Italy)               | Italy                      | 2010                      | 68±6                              | 10 | Normal, 10               | 25                        | 53                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1223                 | Orange jam, organic bitter orange, with apple juice (Fiordifrutta arance amare, Rigoni di Asiago, Italy)                 | Italy                      | 2010                      | 51±8                              | 8  | Normal, 10               | 25                        | 52                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1224                 | Orange marmalade, bitter orange (Marmellata arance amare, Bonne Maman, Italy)                                            | Italy                      | 2010                      | 55±6                              | 8  | Normal, 10               | 25                        | 42                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1225                 | Orange marmalade, orange 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)                               | Australia                  | 2006                      | 27±3                              | 4  | Normal, 9                | 50                        | 111.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1226                 | Orange marmalade                                                                                                         | Australia                  | 1997                      | 48±9                              | 7  | Normal, 9                | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1227                 | Orange marmalade 100% Fruit Spread, Cottees™ (Cadbury Schweppes, Australia)                                              | Australia                  | 2004                      | 55±4                              | 8  | Normal, 9                | 50                        | 73.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
|                      | <i>Orange marmalade, mean of six foods</i>                                                                               |                            |                           | 51                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1228                 | Peach/Apricot compote, organic (Fruttosa pesca/albicocca, Rigoni di Asiago, Italy)                                       | Italy                      | 2009                      | 47±4                              | 7  | Normal, 10               | 25                        | 100                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1229                 | Raspberry 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)                                              | Australia                  | 2006                      | 26±4                              | 4  | Normal, 10               | 50                        | 108.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1230                 | Raspberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)                                               | Australia                  | 2004                      | 46±5                              | 7  | Normal, 9                | 50                        | 73.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1231                 | Strawberry jam                                                                                                           | Australia                  | 1998                      | 51±10                             | 8  | Normal, 9                | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1232                 | Strawberry 100% Pure Fruit spread, no added sugar (Freedom Foods, Australia)                                             | Australia                  | 2006                      | 29±4                              | 4  | Normal, 10               | 50                        | 110.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1233                 | Strawberry 100% Fruit Spread, Cottees™ brand (Cadbury Schweppes, Australia)                                              | Australia                  | 2004                      | 46±5                              | 7  | Normal, 9                | 50                        | 82.0                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1234                 | Strawberry & Rhubarb Fruit Spread, President's Choice® Blue Menu™ Twice the Fruit Spread (Loblaw Brands Limited, Canada) | Canada                     | 2007                      | 69±12                             | 10 | Normal, 10               | 50                        | 150.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |

| Food Number and Item                                                                                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|-----------------|
| <b>INFANT FORMULA AND WEANING FOODS</b>                                                                                                                                    |                            |                           |                                   |    |                          |                           |                               |                              |            |                   |                                     |                 |
| <i>Average available carbohydrate portion = 10 g, this value was used to determine the nominal GL for each item in this category.</i>                                      |                            |                           |                                   |    |                          |                           |                               |                              |            |                   |                                     |                 |
| 1235 Breast milk, human, unpasteurized                                                                                                                                     | Australia                  | 2011                      | 38±7                              | 4  | Normal, 10 (adults)      | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 98              |
| <b>Infant formula</b>                                                                                                                                                      |                            |                           |                                   |    |                          |                           |                               |                              |            |                   |                                     |                 |
| 1236 Infasoy™, soy-based, milk-free (Wyeth Nutritionals, Baulkham Hills, NSW, Australia)                                                                                   | Australia                  | 2001                      | 55±6                              | 6  | Normal, 11 (adults)      | 25                        | 47.8                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1237 Karicare from Birth Infant formula, containing 83% lactose, 17% maltodextrins (Nutricia Australia Pty Ltd) (40.8 g powder + 271.7 g water)                            | Australia                  | 2010                      | 30±3                              | 3  | Normal, 10 (adults)      | 25                        | 312.5                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 98              |
| 1238 Karicare DeLact Formula for special medical needs, containing 100% corn syrup solids (Nutricia Australia Pty Ltd) (42.0 g powder + 291.3 g water)                     | Australia                  | 2010                      | 67±6                              | 7  | Normal, 10 (adults)      | 25                        | 33.3                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 98              |
| 1239 Karicare™ gold starter formula with omega plus LCP oils (Nutricia, Auckland, New Zealand)                                                                             | New Zealand                | 2001                      | 35±5                              | 4  | Normal, 10 (adults)      | 25                        | 46.3                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1240 Karicare Soy Formula for special medical needs, containing 51% corn syrup solids, 49% maltodextrins (Nutricia Australia Pty Ltd) (47.0 g powder + 331.8 g water)      | Australia                  | 2010                      | 60±5                              | 6  | Normal, 10 (adults)      | 25                        | 378.8                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 98              |
| 1241 Nan-1™ infant formula with iron (Nestlé, Australia)                                                                                                                   | Australia                  | 2001                      | 30±6                              | 3  | Normal, 9 (adults)       | 25                        | 43.4                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1242 Novalac Colic Formula for special medical needs, containing maltodextrins, lactose (Bayer Australia Limited) (42.9 g powder + 299.6 g water)                          | Australia                  | 2010                      | 57±7                              | 6  | Normal, 10 (adults)      | 25                        | 342.5                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 98              |
| 1243 Novalac Reflux Formula for special medical needs, containing lactose, starch (Bayer Australia Limited) (42.4 g powder + 295.4 g water)                                | Australia                  | 2010                      | 38±5                              | 4  | Normal, 10 (adults)      | 25                        | 337.8                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 98              |
| 1244 Novalac Sweet Dreams Formula for special medical needs, containing maltodextrins, lactose, dextrose, starch (Bayer Australia Limited) (43.5 g powder + 303.7 g water) | Australia                  | 2010                      | 52±6                              | 5  | Normal, 10 (adults)      | 25                        | 347.2                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 98              |
| 1245 S-26™ infant formula (Wyeth Nutritionals, Australia)                                                                                                                  | Australia                  | 2001                      | 36±6                              | 4  | Normal, 10 (adults)      | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1246 S-26 Gold Newborn Infant formula, containing 100% lactose (Wyeth Australia Pty Ltd) (42.5 g powder + 300 g water)                                                     | Australia                  | 2010                      | 19±3                              | 2  | Normal, 10 (adults)      | 25                        | 342.5                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 98              |
| 1247 S-26 Gold PremGro Formula for special medical needs, containing 76% lactose, 24% corn syrup solids (Wyeth Australia Pty Ltd) (45.2 g powder + 288.1 g water)          | Australia                  | 2010                      | 26±4                              | 3  | Normal, 10 (adults)      | 25                        | 333.3                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 98              |

| Food Number and Item                                                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints                      | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|---------------------------------|------------------------|-------------------------------------|-----------------|
| 1248 S-26 Gold Progress Infant formula, containing 100% lactose (Wyeth Australia Pty Ltd) (44.0 g powder + 303.2 g water)<br><b>Follow-on/Toddler formula</b> | Australia                  | 2010                      | 34±7                              | 3  | Normal, 10 (adults)      | 25                        | 347.2                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 98              |
| 1249 Karicare Follow On Follow-on formula, containing 86% lactose, 14% maltodextrins (Nutricia Australia Pty Ltd) (39.9 g powder + 261.9 g water)             | Australia                  | 2010                      | 37±4                              | 4  | Normal, 10 (adults)      | 25                        | 301.8                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 98              |
| 1250 S-26 Gold Progress Follow-on formula, containing 100% lactose (Wyeth Australia Pty Ltd) (44.0 g powder + 303.2 g water)                                  | Australia                  | 2010                      | 23±6                              | 2  | Normal, 10 (adults)      | 25                        | 347.2                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 98              |
| 1251 S-26 Gold Toddler Follow-on formula, containing 86% lactose, 14% maltodextrins (Wyeth Australia Pty Ltd) (16.7 g powder + 233.3 g water)                 | Australia                  | 2010                      | 18±3                              | 2  | Normal, 10 (adults)      | 25                        | 250                           | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 98              |
| 1252 Growing up beverage powder, product 1                                                                                                                    | Malaysia                   | 2011                      | 66±6                              | 7  | Normal, 11 (adults)      | 25                        | 36                            | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 99              |
| 1253 Growing up beverage powder, product 2                                                                                                                    | Indonesia                  | 2011                      | 55±5                              | 6  | Normal, 11 (adults)      | 25                        | 41                            | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 99              |
| 1254 Growing up beverage powder, product 3                                                                                                                    | Malaysia                   | 2011                      | 23±4                              | 2  | Normal, 11 (adults)      | 25                        | 64                            | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 99              |
| 1255 Growing up beverage powder, product 4                                                                                                                    | Indonesia                  | 2011                      | 51±3                              | 5  | Normal, 11 (adults)      | 25                        | 38                            | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 99              |
| 1256 Growing up beverage powder, product 5                                                                                                                    | Malaysia                   | 2011                      | 54±5                              | 5  | Normal, 11 (adults)      | 25                        | 42                            | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 99              |
| 1257 Growing up beverage powder, product 6                                                                                                                    | Indonesia                  | 2011                      | 43±3                              | 4  | Normal, 11 (adults)      | 25                        | 38                            | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 99              |
| 1258 Growing up beverage powder, product 7                                                                                                                    | Malaysia                   | 2011                      | 68±6                              | 7  | Normal, 11 (adults)      | 25                        | 42                            | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | 99              |
| <b>Weaning Foods</b>                                                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |                                 |                        |                                     |                 |
| 1259 Apple, apricot and banana cereal, Robinsons First Tastes from 4 months (Nutricia, Wells, UK)                                                             | UK                         | 2001                      | 56±8                              | 6  | Normal, 11 (adults)      | 25                        | 144.3                         | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1260 Apple baby food                                                                                                                                          | Czech Republic             | 2005                      | 46±5                              | 5  | Normal, 20 (adults)      | 50                        | 277.8                         | Glucose, 2h                  | 0,15,30,45,6<br>0,75,90,105,120 | Capillary, whole blood | Glucometer <sup>9</sup>             | 84              |
| 1261 Apple, pear and cinnamon fruit puree, homemade, puree consistency                                                                                        | Australia                  | 2010                      | 29±4                              | 3  | Normal, 10 (adults)      | 25                        | 238                           | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1262 Apple, Pear and Cinnamon fruit puree, Rafferty's Garden, for ages 4 – 6 months, commercial                                                               | Australia                  | 2010                      | 44±4                              | 4  | Normal, 10 (adults)      | 25                        | 325                           | Glucose, 2h                  | Standard                        | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item |                                                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|-----------------|
| 1263                 | Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months (Heinz Wattie's Ltd, Australia)                              | Australia                  | 2001                      | 67±11                             | 7  | Normal, 10 (adults)      | 25                        | 416.7                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1264                 | Creamed rice porridge Robinsons First Tastes from 4 months (Nutricia, Wells, UK)                                                         | UK                         | 2001                      | 59±8                              | 6  | Normal, 11 (adults)      | 25                        | 203.7                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1265                 | Fruit Muesli, containing wheat germ, rolled oats, apple juice, pear, and orange juice, homemade, porridge with lumps consistency         | Australia                  | 2010                      | 38±3                              | 4  | Normal, 10 (adults)      | 25                        | 122                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1266                 | Fruity Muesli, Farex™, ages 7 – 9 months, prepared with 272 mL water                                                                     | Australia                  | 2010                      | 65±7                              | 7  | Normal, 10 (adults)      | 25                        | 36                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1267                 | Lentils and vegetable puree, containing red lentils, sweet potato, and carrot, homemade, mashed with lumps consistency                   | Australia                  | 2010                      | 36±4                              | 4  | Normal, 10 (adults)      | 25                        | 201                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1268                 | Lentils and vegetables puree, commercial, for ages 7 – 9 months, Heinz™ Mum's Recipe (Heinz Wattie's Ltd, Australia)                     | Australia                  | 2010                      | 52±4                              | 5  | Normal, 10 (adults)      | 25                        | 284                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1269                 | Farex™ baby rice (Heinz Wattie's Ltd., Malvern, Australia), prepared with 239 mL water                                                   | Australia                  | 2010                      | 74±7                              | 7  | Normal, 10 (adults)      | 25                        | 30                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1270                 | Farex™ baby rice, 7 g cereal with 80 g water (Heinz Wattie's Ltd., Malvern, Australia)                                                   | Australia                  | 2001                      | 95±13                             | 10 | Normal, 11 (adults)      | 25                        | 29.7                          | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1271                 | Organix™ organic wholegrain baby rice, prepared with 259 mL water                                                                        | Australia                  | 2010                      | 74±8                              | 7  | Normal, 10 (adults)      | 25                        | 30                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
|                      | <i>Rice cereal, mean of three foods</i>                                                                                                  |                            | 81                        |                                   |    |                          |                           |                               |                              |            |                   |                                     |                 |
| 1272                 | Rice pudding, Robinsons First Tastes from 4 months (Nutricia, Wells, UK)                                                                 | UK                         | 2001                      | 59±6                              | 6  | Normal, 11 (adults)      | 25                        | 170.4                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1273                 | Sweetcorn and rice, Heinz for Baby from 4 months (Heinz Wattie's Ltd, Australia)                                                         | Australia                  | 2001                      | 65±13                             | 7  | Normal, 11 (adults)      | 25                        | 218.2                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1274                 | Sweet potato and pumpkin vegetable puree, homemade, puree consistency                                                                    | Australia                  | 2010                      | 61±3                              | 6  | Normal, 10 (adults)      | 25                        | 252                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1275                 | Pasta and vegetables puree, containing pasta, tomatoes, sweet potato, carrot and onion, homemade, pureed with soft pieces consistency    | Australia                  | 2010                      | 54±7                              | 5  | Normal, 10 (adults)      | 25                        | 209                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1276                 | Vegetable Mash, Harvest Veggies with Pasta puree, commercial, for ages 7 – 9 months, Heinz™ Mum's Recipe (Heinz Wattie's Ltd, Australia) | Australia                  | 2010                      | 46±4                              | 5  | Normal, 10 (adults)      | 25                        | 275                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |
| 1277                 | Vegetable Mash, Heinz™ Organic Golden commercial, containing pumpkin and sweet potato puree, for aged 4 – 6 months                       | Australia                  | 2010                      | 43±5                              | 4  | Normal, 10 (adults)      | 25                        | 240                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                           |                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| LEGUMES                                                                                                                        |                                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Average available carbohydrate portion = 15 g, this value was used to determine the nominal GL for each item in this category. |                                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Baked Beans                                                                                                                    |                                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1278                                                                                                                           | Baked Beans in Cheesy Tomato sauce (HJ Heinz, Australia)                                                 | Australia                  | 2006                      | 44±4                                 | 7  | Normal, 9                   | 50                           | 318.5                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1279                                                                                                                           | Baked Beans in Barbecue sauce (HJ Heinz, Australia)                                                      | Australia                  | 2006                      | 47±4                                 | 7  | Normal, 9                   | 50                           | 274.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1280                                                                                                                           | Baked Beans in Ham sauce (HJ Heinz, Australia)                                                           | Australia                  | 2006                      | 53±4                                 | 8  | Normal, 10                  | 50                           | 299.4                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1281                                                                                                                           | Baked Beans in Sweet Chilli sauce (HJ Heinz, Australia)                                                  | Australia                  | 2006                      | 46±3                                 | 7  | Normal, 10                  | 50                           | 292.4                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1282                                                                                                                           | Baked Beans in Tomato sauce (HJ Heinz, Australia)                                                        | Australia                  | 2006                      | 40±5                                 | 6  | Normal, 10                  | 50                           | 381.7                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1283                                                                                                                           | Baked Beans in Tomato sauce, canned, reheated in microwave for 1.5 min (HJ Heinz, Australia)             | Australia                  | 2003                      | 57±7                                 | 9  | Normal, 10                  | 50                           | 322.6                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
|                                                                                                                                |                                                                                                          |                            |                           | 48                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Chickpeas and chickpea products                                                                                                |                                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1284                                                                                                                           | Chickpeas, canned, drained (Edgell, Simplot Australia, Australia)                                        | Australia                  | 2018                      | 35±3                                 | 5  | Normal, 12                  | 25                           | 131.6                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1285                                                                                                                           | Chickpeas (Garbanzo beans, Bengal gram), canned, drained, Edgell's™ brand (Simplot Australia, Australia) | Australia                  | 2003                      | 38±3                                 | 6  | Normal, 10                  | 25                           | 168.9                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1286                                                                                                                           | Chickpeas, dried, roasted ('chicknuts')                                                                  | Crete                      | 2006                      | 39±4                                 | 6  | Normal, 10                  | 50                           | 82.0                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1287                                                                                                                           | Chickpea Hommus dip, Chris' Traditional brand (Capitol Chilled Foods Pty Ltd, ACT, Australia)            | Australia                  | 2007                      | 22±5                                 | 3  | Normal, 11                  | 25                           | 140.4                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1288                                                                                                                           | Hummus (Sabra Classic Hummus; Sabra Dipping Co., S. Chesterfield, VA)                                    | USA                        | 2016                      | 15±3                                 | 2  | Normal, 10                  | 25                           | 259                              | Bread, 2h                    | Standard   | Capillary, plasma      | YSI                                 | 100              |
| Kidney Beans                                                                                                                   |                                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1289                                                                                                                           | Dark Red Kidney beans, canned in brine, drained, Edgell's™ brand (Simplot Australia, Australia)          | Australia                  | 2003                      | 43±5                                 | 6  | Normal, 10                  | 25                           | 148.9                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1290                                                                                                                           | Red Kidney beans, canned, drained, Edgell's™ brand (Simplot Australia, Australia)                        | Australia                  | 2003                      | 36±4                                 | 5  | Normal, 10                  | 25                           | 165.6                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |

| Food Number and Item   | Country of food production                                                                                                                                                                                                    | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL   | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints  | Sample collection | Sample analysis method <sup>4</sup> | Ref.                      |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------------|------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|---------------------------|
| <b>Lentils, boiled</b> |                                                                                                                                                                                                                               |                           |                                   |      |                          |                           |                               |                              |             |                   |                                     |                           |
| 1291                   | Lentil, Asterix, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada)   | Canada                    | 2017*                             | 10±3 | 2                        | Normal, 10                | 25                            | 170.1                        | Bread, 2h   | Standard          | Capillary, whole blood              | YSI 101                   |
| 1292                   | Lentil, Greenland, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada) | Canada                    | 2017*                             | 23±5 | 3                        | Normal, 10                | 25                            | 192.3                        | Bread, 2h   | Standard          | Capillary, whole blood              | YSI 101                   |
| 1293                   | Lentil, Imigreen, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada)  | Canada                    | 2017*                             | 14±3 | 2                        | Normal, 10                | 25                            | 158.2                        | Bread, 2h   | Standard          | Capillary, whole blood              | YSI 101                   |
| 1294                   | Lentil, Impower, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada)   | Canada                    | 2017*                             | 17±4 | 3                        | Normal, 10                | 25                            | 153.4                        | Bread, 2h   | Standard          | Capillary, whole blood              | YSI 101                   |
| 1295                   | Lentil, Improve, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada)   | Canada                    | 2017*                             | 15±5 | 2                        | Normal, 10                | 25                            | 206.6                        | Bread, 2h   | Standard          | Capillary, whole blood              | YSI 101                   |
| 1296                   | Lentil, Redberry, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada)  | Canada                    | 2017*                             | 13±2 | 2                        | Normal, 10                | 25                            | 200                          | Bread, 2h   | Standard          | Capillary, whole blood              | YSI 101                   |
| 1297                   | Lentil, Redbow, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada)    | Canada                    | 2017*                             | 18±3 | 3                        | Normal, 10                | 25                            | 204.9                        | Bread, 2h   | Standard          | Capillary, whole blood              | YSI 101                   |
| 1298                   | Lentil, Redcliff, washed, brought to boil in water (1:2.5 seed:water ratio) at 500°C (~11 min), once boiling was achieved temperature reduced to 280°C and continued to boil until soft (Saskatchewan Pulse Growers, Canada)  | Canada                    | 2017*                             | 18±3 | 3                        | Normal, 10                | 25                            | 188                          | Bread, 2h   | Standard          | Capillary, whole blood              | YSI 101                   |
|                        | <i>Lentils, boiled, mean of eight foods</i>                                                                                                                                                                                   |                           |                                   | 16   |                          |                           |                               |                              |             |                   |                                     |                           |
| 1299                   | Lentils, brown, canned, drained, Edgell's™ brand (Simplot Australia, Australia)                                                                                                                                               | Australia                 | 2008                              | 42±5 | 6                        | Normal, 10                | 25                            | 182.5                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic UO <sup>5</sup> |

| Food Number and Item                                                                                                                  |                                                                                                                           | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| <b>Mung beans</b>                                                                                                                     |                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1300                                                                                                                                  | Mung bean, fried                                                                                                          | Australia                  | 1998                      | 53±8                              | 8  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1301                                                                                                                                  | Mung bean, germinated                                                                                                     | Australia                  | 1998                      | 25±4                              | 4  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1302                                                                                                                                  | Mung bean, pressure cooked                                                                                                | Australia                  | 1998                      | 42±5                              | 6  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Legumes, other</b>                                                                                                                 |                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1303                                                                                                                                  | Broad beans, frozen, heated in microwave (Logan Farm Pty Ltd, Australia)                                                  | Australia                  | 2007                      | 63±9                              | 9  | Normal, 10               | 25                        | 423.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1304                                                                                                                                  | Butter beans, canned, drained, Edgell's™ brand (Simplot Australia, Cheltenham, Australia)                                 | Australia                  | 2003                      | 36±3                              | 5  | Normal, 10               | 25                        | 163.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1305                                                                                                                                  | Cannellini beans, canned, drained, Edgell's™ brand (Simplot Australia, Cheltenham, Australia)                             | Australia                  | 2003                      | 31±5                              | 5  | Normal, 10               | 25                        | 178.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1306                                                                                                                                  | Four bean mix, canned, drained, Edgell's™ brand (Simplot Australia, Australia)                                            | Australia                  | 2003                      | 37±5                              | 6  | Normal, 10               | 25                        | 154.3                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1307                                                                                                                                  | Freekeh, Lentils & Beans Superblend Fibre, dried, cooked in boiling water for 15 min (Ward McKenzies Pty Ltd, Australia)  | Australia                  | 2016                      | 29±3                              | 4  | Normal, 10               | 25                        | 50.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1308                                                                                                                                  | Lentils, Quinoa & Beans Superblend Protein, dried, cooked in boiling water for 15 min (Ward McKenzies Pty Ltd, Australia) | Australia                  | 2017                      | 36±4                              | 5  | Normal, 10               | 25                        | 53.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1309                                                                                                                                  | Refried Pinto beans, Casa Fiesta™ brand (Capital Foods Pty Ltd, Australia), heated in microwave for 1.5 min               | Australia                  | 2006                      | 38±3                              | 6  | Normal, 10               | 50                        | 285.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>MEAL REPLACEMENT &amp; WEIGHT MANAGEMENT PRODUCTS</b>                                                                              |                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <i>Average available carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category.</i> |                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>Meal replacement bars, cookies and desserts</b>                                                                                    |                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1310                                                                                                                                  | Chocolate weight management bar (Shaklee Corporation, Pleasanton, CA, USA)                                                | USA                        | 2006                      | 29±4                              | 6  | Normal, 9                | 50                        | 129.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1311                                                                                                                                  | Hazelnut & Apricot bar (Dietworks, South Yarra, Australia)                                                                | Australia                  | 1999                      | 42±7                              | 8  | Normal, 10               | 50                        | 105.0                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1312                                                                                                                                  | L.E.A.N Fibergy™ bar, Harvest Oat (Usana Inc., Salt Lake City, UT, USA)                                                   | USA                        | 2000                      | 45±4                              | 9  | Normal, 10               | 50                        | 85.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1313 L.E.A.N (Life long) Nutribar™, Peanut Crunch (Usana Inc., Salt Lake City, UT, USA)                     | USA                        | 2000                      | 30±4                              | 6  | Normal, 10               | 50                        | 250                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1314 L.E.A.N (Life long) Nutribar™, Chocolate Crunch (Usana Inc., Salt Lake City, UT, USA)                  | USA                        | 2000                      | 32±4                              | 6  | Normal, 10               | 50                        | 107.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1315 Lemon weight management bar (Shaklee Corporation, USA)                                                 | USA                        | 2006                      | 23±4                              | 5  | Normal, 10               | 50                        | 129.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1316 Optifast® VLCD™ Berry Crunch Flavor Bar (Nestlé Health Science, Australia)                             | Australia                  | 2013                      | 25±2                              | 5  | Normal, 10               | 50                        | 144.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1317 Optifast® VLCD™ Cappuccino Flavor Bar (Nestlé Health Science, Australia)                               | Australia                  | 2013                      | 29±4                              | 6  | Normal, 10               | 50                        | 147.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1318 Optifast® VLCD™ Cereal with Cranberry Bar (Nestlé Health Science, Australia)                           | Australia                  | 2018                      | 30±3                              | 6  | Normal, 10               | 25                        | 88.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1319 Optifast® VLCD™ Chocolate Bar (Nestlé Health Science, Australia)                                       | Australia                  | 2013                      | 20±2                              | 4  | Normal, 10               | 25                        | 124.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1320 Optifast® VLCD™ Chocolate Dessert (Nestlé Health Science, Australia)                                   | Australia                  | 2013                      | 27±4                              | 5  | Normal, 10               | 50                        | 135.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1321 Optifast® VLCD™ Lemon Crème Dessert (Nestlé Health Science, Australia)                                 | Australia                  | 2013                      | 27±4                              | 5  | Normal, 10               | 50                        | 135.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1322 Peanut Butter weight management bar (Shaklee Corporation, USA)                                         | USA                        | 2006                      | 22±4                              | 4  | Normal, 10               | 50                        | 129.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1323 Protein Meal Replacement Cookies (Bao Bei Er (Chengdu Tianyi Cuisine Nutritional Food, China)          | China                      | 2019                      | 43±4                              | 9  | Normal, 12               | 25                        | 68.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 1324 SlimFast® bar, chocolate caramel meal replacement bar (SlimFast Foods Ltd, Slough, Berks, UK)          | UK                         | 2003                      | 54±3                              | 11 | Normal, 10               | 50                        | 75.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1325 SlimFast® bar, chocolate meal replacement bar (SlimFast Foods Ltd, UK)                                 | UK                         | 2003                      | 27±3                              | 5  | Normal, 10               | 50                        | 108.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1326 SlimFast® bar, Chocolate Muesli snack bar (SlimFast Foods Ltd, UK)                                     | UK                         | 2003                      | 49±6                              | 10 | Normal, 10               | 50                        | 77.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>Meal replacement beverages</b>                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1327 Aussie Bodies Trim Protein Shake, Chocolate flavored (Aussie Bodies Pty Ltd, Australia)                | Australia                  | 2006-2007                 | 39±4                              | 8  | Normal, 10               | 50                        | 146.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1328 Aussie Bodies Trim Protein Shake, French Vanilla flavored (Aussie Bodies Pty Ltd, Australia)           | Australia                  | 2006-2007                 | 41±3                              | 8  | Normal, 10               | 50                        | 142.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1329 Formula 1 Healthy Meal Nutritional Shake Mix: Doce de leite (Herbalife International of America, Inc.) | Brazil                     | 2020                      | 22±3                              | 4  | Normal, 10               | 25                        | 98.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup>  |

| Food Number and Item |                                                                                                                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1330                 | Formula 1 Healthy Meal Nutritional Shake Mix: Caramel Apple (Herbalife International of America, Inc.)                                                                                 | USA                        | 2018                      | 15±2                              | 3  | Normal, 10               | 25                        | 62.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1331                 | Formula 1 Healthy Meal Nutritional Shake Mix: Pralines & Cream (Herbalife International of America, Inc.)                                                                              | USA                        | 2018                      | 15±2                              | 3  | Normal, 10               | 25                        | 62.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1332                 | Formula 1 Healthy Meal Nutritional Shake Mix: Cookies and Cream (1 serve) + Protein Drink Mix: Vanilla (1/2 serve) + Prolessa Duo (1 serve) (Herbalife International of America, Inc.) | USA                        | 2019                      | 29±4                              | 6  | Normal, 10               | 25                        | 104.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup> |
| 1333                 | Formula 1 Healthy Meal Nutritional Shake Mix: Cookies and Cream (1 serve) + Protein Drink Mix: Vanilla (1 serve) + Prolessa Duo (1 serve) (Herbalife International of America, Inc.)   | USA                        | 2019                      | 29±4                              | 6  | Normal, 10               | 25                        | 133.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup> |
| 1334                 | Formula 1 Healthy Meal Nutritional Shake Mix: French Vanilla (1 serve) + Protein Drink Mix: Vanilla (1/2 serve) + Prolessa Duo (1 serve) (Herbalife International of America, Inc.)    | USA                        | 2019                      | 32±4                              | 6  | Normal, 10               | 25                        | 132.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup> |
| 1335                 | Formula 1 Healthy Meal Nutritional Shake Mix: French Vanilla (1 serve) + Protein Drink Mix: Vanilla (1 serve) + Prolessa Duo (1 serve) (Herbalife International of America, Inc.)      | USA                        | 2019                      | 29±3                              | 6  | Normal, 10               | 25                        | 139.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup> |
| 1336                 | Formula 1 Nutritional Shake Mix: Berry (Herbalife Australasia Pty Ltd, Australia), prepared with water                                                                                 | Australia                  | 2014                      | 21±2                              | 4  | Normal, 10               | 25                        | 46.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1337                 | Formula 1 Nutritional Shake Mix: Cookies n' Cream (Herbalife Australasia Pty Ltd, Australia), prepared with water                                                                      | Australia                  | 2014                      | 15±2                              | 3  | Normal, 10               | 25                        | 46.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1338                 | Formula 1 Nutritional Shake Mix: Dutch Chocolate (Herbalife Australasia Pty Ltd, Australia), prepared with water                                                                       | Australia                  | 2014                      | 19±2                              | 4  | Normal, 10               | 25                        | 50.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1339                 | Formula 1 Nutritional Shake Mix: French Vanilla (Herbalife Australasia Pty Ltd, Australia), prepared with water                                                                        | Australia                  | 2014                      | 20±2                              | 4  | Normal, 11               | 25                        | 46.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1340                 | Fruit & Vegetable cereal powder A (The Fast Diet A, Ebany Biomedical Technology, Beijing, China)                                                                                       | China                      | 2019                      | 35±4                              | 7  | Normal, 10               | 25                        | 45.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>7</sup> |
| 1341                 | Fruit & Vegetable cereal powder B (The Fast Diet A, Ebany Biomedical Technology, Beijing, China)                                                                                       | China                      | 2019                      | 47±3                              | 9  | Normal, 10               | 25                        | 45.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>7</sup> |
| 1342                 | Herbalife24 Achieve Protein Bar: Dark Chocolate Brownie (Herbalife International of America, Inc.)                                                                                     | USA                        | 2017                      | 49±8                              | 10 | Normal, 10               | 25                        | 141.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1343                 | Herbalife24 Achieve Protein Bar: Chocolate Chip Cookie Dough (Herbalife International of America, Inc.)                                                                                | USA                        | 2017                      | 42±6                              | 8  | Normal, 10               | 25                        | 138.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |

| Food Number and Item                                                                                                                                   | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1344 Isowhey Complete Double Chocolate meal replacement beverage powder, prepared with water (FIT Bioceuticals Pty Ltd, Australia)                     | Australia                  | 2009                      | 23±3                              | 5  | Normal, 10               | 25                        | 136.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1345 Isowhey Complete Strawberries & Cream meal replacement beverage powder, prepared with water (FIT Bioceuticals Pty Ltd, Australia)                 | Australia                  | 2009                      | 30±4                              | 6  | Normal, 10               | 25                        | 101.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1346 Isowhey Complete French Vanilla meal replacement beverage powder, prepared with water (FIT Bioceuticals Pty Ltd, Australia)                       | Australia                  | 2009                      | 30±4                              | 6  | Normal, 10               | 25                        | 101.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1347 Juice Plus+® Complete meal replacement powder, Dutch chocolate flavor                                                                             | Australia                  | 2004                      | 35±5                              | 7  | Normal, 10               | 25                        | 73.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1348 Juice Plus+® Complete meal replacement powder, French vanilla flavor                                                                              | Australia                  | 2004                      | 32±4                              | 6  | Normal, 10               | 25                        | 59.0                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1349 Meal Shake Solid Beverage, Lychee Rose (Mary Kay, China)                                                                                          | China                      | 2020                      | 44±4                              | 9  | Normal, 12               | 25                        | 73.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 1350 Nongfu Spring Meal Replacement, low GI (Nongfu Spring Hangzhou, China)                                                                            | China                      | 2020                      | 27±4                              | 5  | Normal, 12               | 25                        | 358.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 1351 Nutrimeal™, drink powder, Dutch Chocolate (Usana, Salt Lake City, USA)                                                                            | USA                        | 2000                      | 26±3                              | 5  | Normal, 10               | 25                        | 545.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1352 Nutrimeal™, meal replacement drink, all flavors, prepared with 600 mL water (Usana Australia Pty Ltd, Baulkham Hills, Australia)                  | USA                        | 2007                      | 20±2                              | 4  | Normal, 10               | 50                        | 126.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1353 Nutrimeal™ Free Vanilla vegan meal replacement beverage powder, prepared with 434.5 mL water (Usana Australia Pty Ltd, Baulkham Hills, Australia) | USA                        | 2013                      | 49±4                              | 10 | Normal, 10               | 25                        | 73.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1354 Optifast® VLCD™ Shake, Banana (Nestlé Health Science, Australia), prepared with water                                                             | Australia                  | 2012                      | 24±3                              | 5  | Normal, 10               | 50                        | 120.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1355 Optifast® VLCD™ Shake, Caramel (Nestlé Health Science, Australia), prepared with water                                                            | Australia                  | 2014                      | 34±4                              | 7  | Normal, 10               | 50                        | 120.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1356 Optifast® VLCD™ Shake, Chocolate (Nestlé Health Science, Australia), prepared with water                                                          | Australia                  | 2013                      | 31±3                              | 6  | Normal, 10               | 50                        | 120.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1357 Optifast® VLCD™ Shake, Coffee (Nestlé Health Science, Australia), prepared with water                                                             | Australia                  | 2013                      | 31±3                              | 6  | Normal, 10               | 50                        | 120.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1358 Optifast® VLCD™ Shake, Strawberry (Nestlé Health Science, Australia), prepared with water                                                         | Australia                  | 2013                      | 27±3                              | 5  | Normal, 10               | 50                        | 120.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1359 Optifast® VLCD™ Shake, Vanilla (Nestlé Health Science, Australia), prepared with water                                                            | Australia                  | 2013                      | 27±3                              | 5  | Normal, 10               | 50                        | 120.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1360 Provide™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)                                                    | Sweden                     | 2004                      | 28±5                              | 6  | Normal, 10               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1361 SICCON D2™ nutritious beverage powder, prepared with water (Indevex AB, Sweden)                                                  | Sweden                     | 2004                      | 28±5                              | 6  | Normal, 10               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1362 SlimFast® beverage, French Vanilla ready-to-drink shake (Slim Fast Foods Company, Englewood, NJ, USA)                            | USA                        | 2006                      | 37±5                              | 7  | Normal, 10               | 50                        | 500.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1363 SlimFast® beverage, Strawberry Supreme ready-to-drink shake (SlimFast Foods Ltd, UK)                                             | UK                         | 2003                      | 33±3                              | 7  | Normal, 9                | 50                        | 445.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1364 Tony Ferguson's Meal Replacement Shake, all flavors, prepared with 356.2 mL water                                                | Australia                  | 2006                      | 22±2                              | 4  | Normal, 10               | 50                        | 92.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>Meal replacement soups</b>                                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1365 Optifast® VLCD™ Soup, Chicken (Nestlé Health Science, Australia), prepared with water                                            | Australia                  | 2013                      | 31±3                              | 6  | Normal, 9                | 50                        | 141.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1366 Optifast® VLCD™ Soup, Tomato (Nestlé Health Science, Australia), prepared with water                                             | Australia                  | 2014                      | 25±3                              | 5  | Normal, 10               | 50                        | 122.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1367 Optifast® VLCD™ Soup, Vegetable (Nestlé Health Science, Australia), prepared with water                                          | Australia                  | 2013                      | 24±3                              | 5  | Normal, 10               | 50                        | 120.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1368 SlimFast®, Garden vegetable soup with peppers and croutons (SlimFast Foods Ltd, UK), prepared with water                         | UK                         | 2003                      | 20±2                              | 4  | Normal, 10               | 50                        | 119.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>NUTRITIONAL SUPPORT PRODUCTS</b>                                                                                                   |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <i>Average available carbohydrate portion = 30 g, this value was used to determine the nominal GL for each item in this category.</i> |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1369 Diasip ready-to-drink (Nutricia Advanced Medical Nutrition, Zoetermeer, Netherlands)                                             | Netherlands                | 2016*                     | 34±4                              | 10 | Normal, Chinese, 16      | 50                        | 427                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 102             |
| 1370 Diasip, ready-to-drink (Nutricia Advanced Medical Nutrition, Zoetermeer, Netherlands)                                            | Netherlands                | 2016*                     | 33±6                              | 10 | Normal, Indian, 16       | 50                        | 427                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 102             |
| 1371 Diasip, ready-to-drink (Nutricia Advanced Medical Nutrition, Zoetermeer, Netherlands)                                            | Netherlands                | 2016*                     | 28±4                              | 8  | Normal, Malay, 16        | 50                        | 427                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 102             |
| <i>Diasip, ready-to-drink, mean of 3 studies</i>                                                                                      |                            |                           | 32                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1372 Ensure™, vanilla (Abbott Australasia, Kurnell, NSW, Australia)                                                                   | Australia                  | 1998                      | 50±8                              | 15 | Normal, 10               | 50                        | 344.8                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 103             |
| 1373 Ensure™, vanilla (Abbott Australasia)                                                                                            | Australia                  | 1999                      | 48±3                              | 14 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1374 Ensure™ bar, chocolate fudge brownie (Abbott Australasia)                                                                        | Australia                  | 2000                      | 43±3                              | 13 | Normal, 10               | 50                        | 97.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item |                                                                                                                    | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1375                 | Ensure™ Hospital, nutritional supplement powder, prepared with 304.2 mL water (Abbott Nutrition International)     | Australia                  | 2005                      | 51±5                              | 15 | Normal, 9                | 50                        | 85.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1376                 | Ensure Plus™, vanilla (Abbott Australasia)                                                                         | Australia                  | 2000                      | 40±4                              | 12 | Normal, 10               | 50                        | 250                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1377                 | Ensure Pudding™, old fashioned vanilla (Abbott Laboratories Inc, Ashland, USA)                                     | USA                        | 2000                      | 36±4                              | 11 | Normal, 10               | 50                        | 216.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1378                 | GluCare Gold beverage powder (Nutricare Nutrition, Vietnam), prepared with water                                   | Vietnam                    | 2018                      | 48±3                              | 14 | Normal, 10               | 50                        | 77.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1379                 | Glucerna Chocolate Graham nutritional supplement bar (Ross Nutrition, Canada)                                      | Canada                     | 2002                      | 20±2                              | 6  | Normal, 9                | 50                        | 79.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1380                 | Glucerna, diabetes-specific enteral formula (Abbott Laboratories Inc, USA)                                         | USA                        |                           | 15±3                              | 5  | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1381                 | Glucerna™, vanilla flavor (Abbott Nutrition International)                                                         | Australia                  | 2005                      | 19±4                              | 6  | Normal, 10               | 25                        | 319.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1382                 | Glucerna™, vanilla flavor (Abbott Nutrition International)                                                         | Japan                      | 2005                      | 20±4                              | 6  | Normal, 10               | 25                        | 327.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1383                 | Glucerna Nutritional Drink, Vanilla Flavor (Abbott Laboratories)                                                   | Canada                     | 2018                      | 23±4                              | 7  | Normal, 10               | 25                        | 257.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1384                 | Glucerna™, vanilla (Abbott Laboratories Inc., USA)                                                                 | USA                        | 2005                      | 31±2                              | 9  | Normal, 10               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
|                      | <i>Vanilla Glucerna™, mean of four studies</i>                                                                     |                            |                           | 23                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1385                 | Glucerna Select, enteral nutritional supplement (Abbott Nutrition International)                                   | Australia                  | 2006                      | 16±3                              | 5  | Normal, 9                | 25                        | 395.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1386                 | Glucerna SR, diabetes-specific enteral formula (Abbott Laboratories Inc., USA)                                     | USA                        | 2002                      | 23±5                              | 7  | Normal, 9                | 25                        | 502.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1387                 | High protein, high fiber nutritional supplement (flavor 1) mixed in 670 mL water (Dr. Reddy's Laboratories, India) | India                      | 2019*                     | 27±5                              | 8  | Normal, 15               | 25                        | 134                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 104             |
| 1388                 | High protein, high fiber nutritional supplement (flavor 2) mixed in 765 mL water (Dr. Reddy's Laboratories, India) | India                      | 2019*                     | 37±4                              | 11 | Normal, 15               | 25                        | 153                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 104             |
| 1389                 | HINEX Diabetes Care Vanilla powder (Otsuka Pharmaceutical India Pvt. Ltd.), prepared with 457.8 mL water           | India                      | 2020                      | 36±4                              | 11 | Normal, 10               | 50                        | 120.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1390                 | Inslow™ (Abbott Nutrition International -Japan)                                                                    | Japan                      | 2005                      | 25±3                              | 8  | Normal, 9                | 25                        | 246.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1391                 | Isocal, ready-to-drink (Nestlé Nutrition, Tainan, Taiwan)                                                          | Taiwan                     | 2016*                     | 79±9                              | 24 | Normal, Chinese, 16      | 50                        | 370                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 102             |

| Food Number and Item                                                                                                                                               | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1392 Isocal, ready-to-drink (Nestlé Nutrition, Tainan, Taiwan)                                                                                                     | Taiwan                     | 2016*                     | 82±13                             | 25 | Normal, Indian, 16       | 50                        | 370                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 102             |
| 1393 Isocal, ready-to-drink (Nestlé Nutrition, Tainan, Taiwan)                                                                                                     | Taiwan                     | 2016*                     | 85±9                              | 26 | Normal, Malay, 16        | 50                        | 370                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 102             |
| <i>Isocal, ready-to-drink, mean of three studies</i>                                                                                                               |                            |                           | 82                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1394 Jevity™ (Abbott Australasia)                                                                                                                                  | Australia                  | 2000                      | 48±3                              | 14 | Normal, 10               | 50                        | 364.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1395 Jevity™ HiCal, enteral nutritional supplement (Abbott Nutrition International)                                                                                | Australia                  | 2005                      | 59±6                              | 18 | Normal, 9                | 50                        | 269.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1396 Lactona Dia-β beverage powder, tested prepared with 269.6 mL water (PT Mirota KSM, Indonesia)                                                                 | Indonesia                  | 2010                      | 27±3                              | 8  | Normal, 11               | 50                        | 80.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1397 Nutritional beverage powder (SU YOUTH (Ningbo Yu Fang Tang Biological Science and Technology, China)                                                          | China                      | 2019                      | 52±5                              | 16 | Normal, 12               | 25                        | 62.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO18            |
| 1398 Peptide 1.5 Plain nutrition formula (Kate Farms, Inc.)                                                                                                        | USA                        | 2019                      | 26±4                              | 8  | Normal, 10               | 25                        | 207.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup> |
| 1399 Promote with fiber™ nutritional supplement (Ross Nutrition, USA)                                                                                              | USA                        | 2005                      | 49±8                              | 15 | Normal, 10               | 50                        | 389.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1400 Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International)                                                                          | USA                        | 2005                      | 54±5                              | 16 | Normal, 10               | 50                        | 317.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1401 Prosure™, ready-to-drink supplement, vanilla flavor (Abbott Nutrition International)                                                                          | Australia                  | 2005                      | 55±5                              | 17 | Normal, 9                | 50                        | 283.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1402 Resource Diabetic™, French vanilla (Novartis Nutrition Corp., Young America, USA), prepared with water                                                        | USA                        | 2000                      | 34±3                              | 10 | Normal, 10               | 25                        | 29.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1403 Resource Diabetic™, Swiss chocolate (Novartis, Auckland, New Zealand)                                                                                         | New Zealand                | 2000                      | 16±4                              | 5  | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| 1404 Resource™ fruit beverage, peach flavor (Novartis, New Zealand)                                                                                                | New Zealand                | 2000                      | 40±8                              | 12 | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| 1405 Resource™ thickened orange juice, honey consistency (Novartis, New Zealand)                                                                                   | New Zealand                | 2000                      | 47±9                              | 14 | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| 1406 Resource™ thickened orange juice, nectar consistency (Novartis, New Zealand)                                                                                  | New Zealand                | 2000                      | 54±7                              | 16 | Normal, 11               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| 1407 SDC (SDS (SUSTRA™ 2434 slowly digestible carbohydrate; blend of tapioca flour and corn starch) (Ingredion Incorporated, Bridgewater, NJ), prepared with water | USA                        | 2019*                     | 27±2                              | 8  | Normal, 14               | 50                        | 473.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 105             |
| 1408 Sport beverage based on oligosaccharides (low molecular weight carbohydrate), orange flavor (CPT, Competitor Co. Ltd., Beijing, China)                        | China                      | 2017*                     | 118±14                            | 35 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 22              |

| Food Number and Item |                                                                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1409                 | Sport beverage based on hydrolyzed starch (high molecular weight carbohydrate), orange flavor (Vitargo, Swecarb AB, Kalmar, Sweden) | Sweden                     | 2017*                     | 106±13                            | 32 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 22              |
| 1410                 | Standard 1.0 Chocolate nutrition formula (Kate Farms, Inc., USA)                                                                    | USA                        | 2019                      | 31±3                              | 9  | Normal, 10               | 25                        | 249.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup> |
| 1411                 | Standard 1.0 Vanilla nutrition formula (Kate Farms, Inc., USA)                                                                      | USA                        | 2019                      | 26±2                              | 8  | Normal, 10               | 25                        | 267.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup> |
| 1412                 | Standard 1.4 Plain nutrition formula (Kate Farms, Inc., USA)                                                                        | USA                        | 2019                      | 51±5                              | 15 | Normal, 10               | 25                        | 182.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup> |
| 1413                 | Sustagen® Diabetic, Vanilla (Nestlé Health Science, Australia), prepared with water                                                 | Australia                  | 2013                      | 34±4                              | 10 | Normal, 10               | 50                        | 112.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1414                 | Sustagen® Diabetic Ready To Drink, Vanilla (Nestlé Health Science, Australia)                                                       | Australia                  | 2013                      | 30±3                              | 9  | Normal, 10               | 50                        | 542.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1415                 | Sustagen™, Dutch Chocolate (Mead Johnson, Bristol Myers Squibb, Rydalmere, Australia)                                               | Australia                  | 1999                      | 31±4                              | 9  | Normal, 10               | 50                        | 303.0                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1416                 | Sustagen® Hospital with extra fiber, drink made from powdered mix (Mead Johnson, Australia), prepared with water                    | Australia                  | 1999                      | 33±4                              | 10 | Normal, 10               | 50                        | 101.0                         | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1417                 | Sustagen® Hospital Formula Active, Banana (Nestlé Health Science, Australia), prepared with water                                   | Australia                  | 2018                      | 46±3                              | 14 | Normal, 10               | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1418                 | Sustagen® Hospital Formula Active, Chocolate (Nestlé Health Science, Australia), prepared with water                                | Australia                  | 2015                      | 49±5                              | 15 | Normal, 10               | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1419                 | Sustagen® Hospital Formula Active, Coffee (Nestlé Health Science, Australia), prepared with water                                   | Australia                  | 2015                      | 48±3                              | 14 | Normal, 10               | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1420                 | Sustagen® Hospital Formula Active, Neutral (Nestlé Health Science, Australia), prepared with water                                  | Australia                  | 2012                      | 46±5                              | 14 | Normal, 9                | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1421                 | Sustagen® Hospital Formula Active, Strawberry (Nestlé Health Science, Australia), prepared with water                               | Australia                  | 2016                      | 37±3                              | 11 | Normal, 10               | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1422                 | Sustagen® Hospital Formula Active, Vanilla (Nestlé Health Science, Australia), prepared with water                                  | Australia                  | 2015                      | 54±3                              | 16 | Normal, 10               | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1423                 | Sustagen® Hospital Formula Active Plus Fibre, Chocolate (Nestlé Health Science, Australia), prepared with water                     | Australia                  | 2015                      | 42±5                              | 13 | Normal, 10               | 50                        | 81.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1424                 | Sustagen® Hospital Formula Active Plus Fibre, Vanilla (Nestlé Health Science, Australia), prepared with water                       | Australia                  | 2015                      | 45±4                              | 14 | Normal, 10               | 50                        | 80.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1425                 | Sustagen® Instant Pudding, vanilla, made from powdered mix (Mead Johnson, Australia), prepared with water                           | Australia                  | 1999                      | 27±3                              | 8  | Normal, 10               | 50                        | 84.7                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1426 Sustagen® Optimum, Vanilla (Nestlé Health Science, Australia), prepared with water                                     | Australia                  | 2014                      | 45±5                              | 14 | Normal, 10               | 50                        | 94.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1427 Sustagen® Ready to Drink, Vanilla (Nestlé Health Science, Australia)                                                   | Australia                  | 2012                      | 39±4                              | 12 | Normal, 10               | 50                        | 330                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1428 Tapion™ nutritional supplement (Abbott Nutrition International - Japan)                                                | Japan                      | 2005                      | 27±5                              | 8  | Normal, 9                | 25                        | 240.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1429 TwoCal HN™, high nitrogen nutritional supplement, vanilla flavor (Abbott Nutrition International)                      | Australia                  | 2005                      | 55±5                              | 17 | Normal, 10               | 50                        | 246.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1430 ViPlus Diabetic Formula, Vanilla flavor, prepared with water (Viplus Dairy Pty Ltd, Australia)                         | Australia                  | 2016                      | 42±2                              | 13 | Normal, 10               | 50                        | 102.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>NUTS</b>                                                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| <i>Average carbohydrate portion = 5 g, this value was used to determine the nominal GL for each item in this category.</i>  |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1431 Cashew nuts, salted (Coles Supermarkets, Australia)                                                                    | Australia                  | 2001                      | 22±5                              | 1  | Normal, 10               | 25                        | 98.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1432 Mixed nuts and raisins                                                                                                 | UK                         | 2005                      | 21±5                              | 1  | Normal, 9                | 50                        | 161.3                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 1433 Mixed nuts, roasted and salted                                                                                         | UK                         | 2005                      | 24±10                             | 1  | Normal, 9                | 25                        | 128.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| <b>PASTA and NOODLES</b>                                                                                                    |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| <i>Average carbohydrate portion = 40 g, this value was used to determine the nominal GL for each item in this category.</i> |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| <b>Barley pasta</b>                                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1434 Barley pasta (celebrity, whole grain fraction), cooked 5 min                                                           | Canada                     | 2012*                     | 71±6                              | 28 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61               |
| 1435 Barley pasta (celebrity white pearled fraction), cooked 5 min                                                          | Canada                     | 2012*                     | 58±4                              | 23 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61               |
| 1436 Barley pasta (AC Parkhill, whole grain fraction), cooked 5 min                                                         | Canada                     | 2012*                     | 73±7                              | 29 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61               |
| 1437 Barley pasta (AC Parkhill, white pearled fraction), cooked 5 min                                                       | Canada                     | 2012*                     | 64±4                              | 26 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61               |
| 1438 70%+ Black Highland Barley Noodles (COFCO Flour Industry, Puyang, China)                                               | China                      | 2020                      | 46±3                              | 18 | Normal, 12               | 50                        | 67.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| <i>Barley pasta, mean of five studies</i>                                                                                   |                            |                           | 62                                |    |                          |                           |                               |                              |            |                        |                                     |                  |

| Food Number and Item                  |                                                                                              | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|---------------------------------------|----------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Fusilli pasta                         |                                                                                              |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1439                                  | Fusilli pasta twists (Tesco Stores Ltd, UK), boiled 10 min in salted water                   | UK                         | 2005                      | 61±9                                 | 24 | Normal, 10                  | 50                           | 68.9                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 49               |
| 1440                                  | Fusilli pasta twists, wholewheat, dry pasta, boiled 10 min in unsalted water                 | UK                         | 2005                      | 55±8                                 | 22 | Normal, 10                  | 50                           | 80.0                             | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| Fusilli pasta, mean of two foods      |                                                                                              |                            |                           | 58                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Gluten-free pasta                     |                                                                                              |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1441                                  | Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, VIC, Australia)                 | Australia                  | 2007                      | 68±7                                 | 27 | Normal, 9                   | 50                           | 67.9                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1442                                  | Corn pasta, gluten-free (Orgran Natural Foods, Australia)                                    | Australia                  | 2000                      | 78±10                                | 31 | Normal, 10                  | 50                           | 63.8                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1443                                  | Pasta, Penne, gluten free (Dr Schär AG/SPA, Italy) <sup>8</sup>                              | Italy                      | 2015*                     | 48±6                                 | 19 | Normal, 10                  | 50                           | 64                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 5                |
| 1444                                  | Rice and Hi-Maize (high-amylose) flour spaghetti, gluten-free (Freedom Foods, Australia)     | Australia                  | 2006                      | 51±5                                 | 20 | Normal, 10                  | 50                           | 64.1                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1445                                  | Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Australia)                      | Australia                  | 2000                      | 76±6                                 | 30 | Normal, 9                   | 50                           | 66.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1446                                  | Rice pasta, gluten-free (Freedom Foods, Australia)                                           | Australia                  | 2006                      | 51±6                                 | 20 | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1447                                  | Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)                       | Australia                  | 2000                      | 29±6                                 | 12 | Normal, 9                   | 50                           | 131.6                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1448                                  | Tagliatelle pasta, fresh, gluten free (Sine srl, Italy) <sup>8</sup>                         | Italy                      | 2015*                     | 61±6                                 | 24 | Normal, 10                  | 50                           | 106                              | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 5                |
| 1449                                  | Tortellini pasta, fresh, gluten free (Sine srl, Italy) <sup>8</sup>                          | Italy                      | 2015*                     | 60±7                                 | 24 | Normal, 10                  | 50                           | 145                              | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 5                |
| Gluten-free pasta, mean of nine foods |                                                                                              |                            |                           | 58                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1450                                  | Spaghetti, gluten-free, rice and split pea, canned in tomato sauce                           | Australia                  | 2000                      | 68±9                                 | 27 | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Instant noodles                       |                                                                                              |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1451                                  | Instant 'two-minute' noodles, Maggi® (Nestlé, Auckland, New Zealand)                         | New Zealand                | 2000                      | 48±8                                 | 19 | Normal, 15                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27               |
| 1452                                  | Instant 'two-minute' noodles, Maggi®, all flavors (Nestlé Australia), including noodle broth | Australia                  | 2005                      | 52±7                                 | 21 | Normal, 9                   | 50                           | 357.1                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1453                                  | Instant noodles, all flavors (Woolworths Select, Australia), including noodle broth          | Australia                  | 2008                      | 52±5                                 | 21 | Normal, 10                  | 50                           | 416.7                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| Instant noodles, mean of three foods  |                                                                                              |                            |                           | 51                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |

| Food Number and Item            |                                                                                                                                    | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| Penne                           |                                                                                                                                    |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1454                            | Penne, durum wheat flour (Barilla, Italy)                                                                                          | Italy                      | 2006                      | 50±7                                 | 20 | Normal, 10                  | 50                           | 71                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1455                            | Penne mezzane, durum wheat flour (De Cecco, Italy)                                                                                 | Italy                      | 2008                      | 47±4                                 | 19 | Normal, 9                   | 50                           | 68                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1456                            | Penne pasta, white (SanRemo Penne, San Remo Macaroni Co. Pty Ltd, SA), tested by subjects with a low AMY1 copy number              | Australia                  | 2014                      | 44±2                                 | 18 | Normal, 19                  | 50                           | 69.4                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 40               |
| 1457                            | Penne pasta, white (SanRemo Penne, San Remo Macaroni Co. Pty Ltd, SA), tested by subjects with a high AMY1 copy number             | Australia                  | 2014                      | 50±2                                 | 20 | Normal, 19                  | 50                           | 69.4                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 40               |
| 1458                            | Pennette integrali, durum wheat wholemeal (Coop, Italy)                                                                            | Italy                      | 2008                      | 48±9                                 | 19 | Normal, 10                  | 50                           | 74                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1459                            | Pennette rigate, durum wheat flour (Barilla, Italy)                                                                                | Italy                      | 2008                      | 53±5                                 | 21 | Normal, 10                  | 50                           | 69                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1460                            | Pennette rigate integrali, durum wheat wholemeal (Barilla, Italy)                                                                  | Italy                      | 2008                      | 73±3                                 | 29 | Normal, ≥9                  | 50                           | 74                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>14</sup> |
| 1461                            | Penne rigate, mini (Piccolini, Barilla, Italy)                                                                                     | Italy                      | 2009                      | 59±11                                | 24 | Normal, 10                  | 50                           | 66                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1462                            | Penne rigate, mini, durum wheat flour, zucchini and spinach pulps (penne rigate con zucchine e spinaci, Piccolini, Barilla, Italy) | Italy                      | 2011                      | 48±5                                 | 19 | Normal, 10                  | 50                           | 72                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| Penne pasta, mean of nine foods |                                                                                                                                    |                            |                           | 52                                   |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Rice noodles/pasta              |                                                                                                                                    |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1463                            | Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)                                                                        | Thailand                   | 2000                      | 61±6                                 | 24 | Normal, 12                  | 50                           | 61.3                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 74               |
| 1464                            | Rice noodles, freshly made, boiled (Sydney, NSW, Australia)                                                                        | Australia                  | 2000                      | 40±4                                 | 16 | Normal, 12                  | 50                           | 110.0                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 74               |
| Spaghetti                       |                                                                                                                                    |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| Spaghetti, white, boiled        |                                                                                                                                    |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                  |
| 1465                            | Spaghetti n°5 (Barilla, Italy)                                                                                                     | Italy                      | 2005                      | 33±6                                 | 13 | Normal, 9                   | 50                           | 69                               | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1466                            | Spaghetti, white, boiled 15 min in salted water (Unico, Concord, ON, Canada)                                                       | Canada                     | 1999                      | 44±3                                 | 18 | Normal, 10                  | 50                           | 72.2                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1467                            | Spaghetti, white (Unico, Canada)                                                                                                   | Canada                     | 2001                      | 45±9                                 | 18 | Normal, 21                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, NS             | Enzymatic                           | 42               |

| Food Number and Item                                                                                                                                                                                                | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1468 Spaghetti, white (Nishin Shokuhin, Japan)                                                                                                                                                                      | Japan                      | 2003                      | 46±9                              | 18 | Normal, 10               | 50                        | 121.0                         | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 1469 Spaghetti, white (Unico, Canada)                                                                                                                                                                               | Canada                     | 2001                      | 48±3                              | 19 | Normal, 47               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, NS          | YSI or Enzymatic                    | 42              |
| 1470 Spaghetti, <i>Svevo 2017</i> durum wheat line                                                                                                                                                                  | Italy                      | 2019                      | 48±4                              | 19 | Normal, 10               | 50                        | 67.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 106             |
| 1471 Spaghetti, white (Vetta, Greens Foods, Glendenning, Australia), boiled for 12 min                                                                                                                              | Australia                  | 1996                      | 49±7                              | 20 | Normal, 12               | 50                        | 67.0                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1472 Spaghetti n°12 (De Cecco, Italy)                                                                                                                                                                               | Italy                      | 2005                      | 50±9                              | 20 | Normal, 10               | 50                        | 88                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1473 Spaghetti classici (Voioello, Italy)                                                                                                                                                                           | Italy                      | 2010                      | 51±9                              | 20 | Normal, 9                | 50                        | 71                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1474 Spaghetti, <i>Svevo 2016</i> durum wheat line                                                                                                                                                                  | Italy                      | 2017                      | 52±3                              | 21 | Normal, 10               | 50                        | 77.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 106             |
| 1475 Spaghetti pasta, dried (Budget, Safeway Traders Ltd, New Zealand) <sup>13</sup><br><i>White spaghetti, boiled, mean of 11 foods</i>                                                                            | New Zealand                | 2011*                     | 56±4<br>47                        | 22 | Normal, 30               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 69              |
| 1476 Spaghetti, <i>Svevo</i> durum wheat line SSIIa (silencing of starch synthases enzymes leading to an 28% increase in amylose and 2.8-fold increase in resistant starch)                                         | Italy                      | 2017                      | 49±3                              | 20 | Normal, 10               | 50                        | 87.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 106             |
| 1477 Spaghetti, <i>Svevo</i> durum wheat line SBEIIa (silencing of starch branching enzymes leading to an 74% increase in amylose and 3.5-fold increase in resistant starch)<br><b>Spaghetti, wholemeal, boiled</b> | Italy                      | 2019                      | 38±3                              | 15 | Normal, 10               | 50                        | 76.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 106             |
| 1478 President's Choice® Blue Menu™ Whole Wheat spaghetti (Loblaw Brands Limited, Canada)                                                                                                                           | Canada                     | 2004-2007                 | 45±5                              | 18 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1479 Spaghetti integrali (wholemeal durum wheat flour) (Barilla, Italy)                                                                                                                                             | Italy                      | 2006                      | 35±3                              | 14 | Normal, 9                | 50                        | 73                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1480 Spaghetti integrali (wholemeal durum wheat flour) (De Cecco, Italy)                                                                                                                                            | Italy                      | 2005                      | 55±10                             | 22 | Normal, 10               | 50                        | 93                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1481 Spaghetti Integrali (wholemeal durum wheat flour) (Misura, Italy)                                                                                                                                              | Italy                      | 2005                      | 53±10                             | 21 | Normal, 10               | 50                        | 83                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1482 Wholemeal spaghetti, boiled for 8 min<br><i>Wholemeal spaghetti, boiled, mean of five foods</i>                                                                                                                | Australia                  | 2012                      | 62±4<br>50                        | 25 | Normal, 9                | 50                        | 80.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                              | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| <b>Pasta, other</b>                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1483 Buckwheat noodles                                                                                                            | China                      | 2005                      | 59±1                              | 24 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 1484 Farfalle, mini, durum wheat flour, carrot and pumpkin pulps (Farfalle con carote e zucca, Piccolini, Barilla, Italy)         | Italy                      | 2011                      | 44±5                              | 18 | Normal, 9                | 50                        | 71                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1485 Fettuccine, egg (Mother Earth Fine Foods, Rowville, Australia)                                                               | Australia                  | 2000                      | 47±6                              | 19 | Normal, 14               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| 1486 Lower Carb Pasta (Herman Brot Pty Ltd, Australia), boiled in water for 7 min                                                 | Australia                  | 2015                      | 22±3                              | 9  | Normal, 10               | 25                        | 160.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1487 Hokkien noodles (Fantastic Fresh, Australia)                                                                                 | Australia                  | 2015                      | 58±3                              | 23 | Normal, 10               | 50                        | 135.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1488 Lasagne, egg, dry pasta, boiled in unsalted water for 10 min                                                                 | UK                         | 2005                      | 53±9                              | 21 | Normal, 10               | 50                        | 75.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |
| 1489 LGI & HDF Noodles, low GI and high fiber (SCIQ Biotech Pty Ltd, Australia)                                                   | Australia                  | 2020                      | 39±4                              | 16 | Normal, 10               | 50                        | 109.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1490 Linguine, fresh (Hollywood Foods More than Pasta, Canada)                                                                    | Canada                     | 2011                      | 31±4                              | 12 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>5</sup> |
| 1491 Low GI Noodles (Holista Biotech Corp., USA)                                                                                  | USA                        | 2017                      | 38±4                              | 15 | Normal, 10               | 25                        | 37.3                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1492 Macaroni short pasta (ANCO professional, Soubry N.V., Roeselare, Belgium) <sup>11</sup>                                      | Belgium                    | 2019*                     | 63±3                              | 25 | Normal, 13               | 50                        | 176.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 80              |
| 1493 Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)                                                | China                      | 2000                      | 39±9                              | 16 | Normal, 11               | 50                        | 60.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 74              |
| 1494 Noodles, Jianxi rice vermicelli, boiled 8 min                                                                                | China                      | 2010*                     | 56±7                              | 22 | Normal, 10               | 50                        | 63.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28              |
| 1495 Noodles, potato                                                                                                              | China                      | 2005                      | 14±1                              | 6  | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 1496 Noodles, Sau tao Beijing noodles, wheat flour and tapioca starch, boiled 3 min                                               | China                      | 2010*                     | 61±5                              | 24 | Normal, 10               | 50                        | 69.2                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28              |
| 1497 Noodles, Taiwan vermicelli, rice and maize starch, boiled 2 min                                                              | China                      | 2010*                     | 68±12                             | 27 | Normal, 10               | 50                        | 54.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28              |
| 1498 Pasta, NS                                                                                                                    | Canada                     | 2010*                     | 67±8                              | 27 | Normal, 10               | 50                        | 73                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 81              |
| 1499 Pipe rigate, mini, durum wheat flour, tomato and carrot pulps (Pipe rigate con pomodori e carote, Piccolini, Barilla, Italy) | Italy                      | 2011                      | 47±7                              | 19 | Normal, 10               | 50                        | 73                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1500 Proti pasta, protein-enriched, boiled in water Vital Nature Inc, San Antonio, TX, USA)                                       | USA                        | 2003                      | 28±1                              | 11 | Normal, 10               | 50                        | 144.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                        |                                                                                                                                               | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1501                                                                                                                        | Ravioli, durum wheat flour, stuffed with calf meat, fresh (Raviolini con Carne di Vitello, Pastificio Rana SpA, Italy)                        | Italy                      | 2011                      | 58±7                              | 23 | Normal, 10               | 50                        | 123                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1502                                                                                                                        | Rotini (Banza, LLC, USA)                                                                                                                      | USA                        | 2018                      | 44±9                              | 18 | Normal, 10               | 25                        | 47.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1503                                                                                                                        | Semolina pasta                                                                                                                                | Canada                     |                           | 78±8                              | 31 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 61               |
| 1504                                                                                                                        | Spaghetti, soy, boiled 4 min (Revival Soy®, Physicians Pharmaceuticals, Inc, USA)                                                             | USA                        | 2004                      | 47±7                              | 19 | Normal, 10               | 25                        | 42.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 21               |
| 1505                                                                                                                        | Tagliatelle all'uovo (durum wheat flour, eggs, dry) (Barilla, Italy)                                                                          | Italy                      | 2005                      | 55±4                              | 22 | Normal, 9                | 50                        | 76                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1506                                                                                                                        | Tagliatelle all'uovo (durum wheat flour, eggs) (fresh pasta) (Pastificio Lo Scoiattolo, Italy)                                                | Italy                      | 2011                      | 51±7                              | 20 | Normal, 10               | 50                        | 70                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1507                                                                                                                        | Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia)                                                               | Australia                  | 2001                      | 62±8                              | 25 | Normal, 10               | 25                        | 185.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1508                                                                                                                        | Veggie Pumpkin & Spinach Linguine, Latina™ Fresh, made from durum semolina, 25% pumpkin puree and 5% spinach puree, boiled in water for 2 min | Australia                  | 2018                      | 67±5                              | 27 | Normal, 10               | 50                        | 172.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1509                                                                                                                        | Wheat noodle, dried                                                                                                                           | China                      | 2005                      | 46±2                              | 18 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 1510                                                                                                                        | Wheat noodle, dried, boiled for 5 min, drained (Sanlian Food, Shandong, China)                                                                | China                      | 2016                      | 62±8                              | 25 | Normal, 10               | 25                        | 32.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | UO <sup>18</sup> |
| <b>SNACK FOODS AND CONFECTIONERY</b>                                                                                        |                                                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| <i>Average carbohydrate portion = 25 g, this value was used to determine the nominal GL for each item in this category.</i> |                                                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| <b>Fruit bars &amp; snacks</b>                                                                                              |                                                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1511                                                                                                                        | Apple Fruit Bar, fat-free, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                     | Canada                     | 2007                      | 90±13                             | 23 | Normal, 10               | 50                        | 66.7                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1512                                                                                                                        | Apple Cinnamon bar, Fruit & Yogurt Apple Cinnamon Chewy Bars (Soy), President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)            | Canada                     | 2007                      | 34±3                              | 9  | Normal, 10               | 50                        | 95.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1513                                                                                                                        | Apricot and Almond bar                                                                                                                        | UK                         | 2006                      | 34±6                              | 9  | Normal, 10               | 50                        | 97.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 30               |
| 1514                                                                                                                        | Apricot dried fruit snack                                                                                                                     | Australia                  | 2001                      | 42±3                              | 11 | Normal, 10               | 50                        | 59.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1515                                                                                                                        | Apricot & apple fruit strips, gluten-free (Freedom Foods, Australia)                                                                          | Australia                  | 2006                      | 29±6                              | 7  | Normal, 10               | 50                        | 62.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |

| Food Number and Item                                                                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1516 Apricot filled fruit bar, pureed dried apricot filling in wholemeal pastry (Mother Earth, New Zealand)                                  | New Zealand                | 2000                      | 50±8                              | 13 | Normal, 15               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27               |
| 1517 Apricot & Yoghurt Healtheries Simple Bar, wheat and gluten-free (Aussie Bodies Pty. Ltd., Australia)                                    | Australia                  | 2007                      | 40±5                              | 10 | Normal, 16               | 50                        | 101.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1518 Banana chips, dried banana pieces                                                                                                       | Australia                  | 2009                      | 44±5                              | 11 | Normal, 10               | 50                        | 75.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1519 Banana Fruit Fingers, Heinz Kidz™ (HJ Heinz, Australia)                                                                                 | Australia                  | 2000                      | 61±11                             | 15 | Normal, 10               | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1520 Banana, processed fruit fingers, Heinz Kidz™ (H J Heinz, Malvern, Australia)                                                            | Australia                  | 2000                      | 61±11                             | 15 | Normal, 10               | 50                        | 76.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1521 Berry & Yoghurt Healtheries Simple Bar, wheat and gluten free (Aussie Bodies Pty. Ltd., Australia)                                      | Australia                  | 2007                      | 51±4                              | 13 | Normal, 15               | 50                        | 95.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1522 Berry bar, Berrylicious Trim Bar (Aussie Bodies Pty. Ltd., Australia)                                                                   | Australia                  | 2007                      | 46±4                              | 12 | Normal, 10               | 50                        | 146.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1523 Blackberry Sour Buzz dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia)                                         | Australia                  | 2002                      | 35±5                              | 9  | Normal, 10               | 50                        | 67.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1524 Citrus Lemon Protein Bar (Herbalife of Japan K.K.)                                                                                      | Japan                      | 2018                      | 31±4                              | 8  | Normal, 10               | 50                        | 109.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1525 Cranberry, Blueberry bar, Fruit & Yogurt Cranberry Blueberry Bars (Soy), President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada                     | 2007                      | 33±2                              | 8  | Normal, 10               | 50                        | 95.2                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1526 Fig Fruit bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                           | Canada                     | 2007                      | 70±8                              | 18 | Normal, 10               | 50                        | 66.7                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1527 Fruit and nut mix (Finest, UK)                                                                                                          | UK                         | 2005                      | 15±3                              | 4  | Normal, 10               | 50                        | 106.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26               |
| 1528 Fruit snack processed, Roll-Ups® (Uncle Toby's, Australia)                                                                              | Australia                  | 1998                      | 99±12                             | 25 | Normal, 10               | 50                        | 60.8                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1529 Ginger, candied, sucrose-free (Buderim Ginger, Australia)                                                                               | Australia                  | 2006                      | 10±4                              | 3  | Normal, 10               | 50                        | 64.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1530 Peach & pear fruit strips, gluten-free (Freedom Foods, Australia)                                                                       | Australia                  | 2006                      | 29±6                              | 7  | Normal, 10               | 50                        | 62.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1531 Raspberry Fruit bar, fat-free, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                           | Canada                     | 2007                      | 74±11                             | 19 | Normal, 10               | 50                        | 64.5                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1532 Strawberry processed fruit bar, Real Fruit (Uncle Toby's, Australia)                                                                    | Australia                  | 1998                      | 90±12                             | 23 | Normal, 10               | 50                        | 60.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                                                                                    | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number)  | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|---------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1533 Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., Brampton, ON, Canada)                          | Canada                     | 2009*                     | 32±2                              | 8  | Normal, 40                | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 1534 Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., Brampton, ON, Canada)                          | Canada                     | 2009*                     | 34±2                              | 9  | Normal, 37                | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 1535 Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., Brampton, ON, Canada)                          | Canada                     | 2009*                     | 35±2                              | 9  | Normal, Caucasian, 40     | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 1536 Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., Brampton, ON, Canada)                          | Canada                     | 2009*                     | 31±2                              | 8  | Normal, Non-Caucasian, 37 | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 1537 Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., Brampton, ON, Canada)                          | Canada                     | 2009*                     | 35±2                              | 9  | Normal, ≤40 y, 39         | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 1538 Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., Brampton, ON, Canada)                          | Canada                     | 2009*                     | 31±2                              | 8  | Normal, >40 y, 38         | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 1539 Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., Brampton, ON, Canada)                          | Canada                     | 2009*                     | 36±2                              | 9  | Normal, lean, 37          | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| 1540 Strawberry Fruit Bar, Kettle Valley (SunOpta, Inc., Brampton, ON, Canada)                          | Canada                     | 2009*                     | 30±2                              | 8  | Normal, overweight, 40    | 50                        | 69                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 38              |
| <i>Strawberry Fruit Bar, Kettle Valley mean of eight studies</i>                                        |                            |                           | 33                                |    |                           |                           |                               |                              |            |                        |                                     |                 |
| 1541 Strawberry fruit leather (Stretch Island Fruit Company™, WA, USA)                                  | USA                        | 2006                      | 29±4                              | 7  | Normal, 12                | 50                        | 63.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1542 Sweet strawberry fruit leather (Stretch Island Fruit Company™, WA, USA), tested with water         | USA                        | 2009*                     | 25±5                              | 6  | Normal, 10                | 50                        | 64                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 107             |
| 1543 Sweet strawberry fruit leather (Stretch Island Fruit Company™, WA, USA), tested with coffee or tea | USA                        | 2009*                     | 22±3                              | 6  | Normal, 10                | 50                        | 64                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 107             |
| 1544 Sweet strawberry fruit leather (Stretch Island Fruit Co, Allyn, WA, USA)                           | USA                        | 2008*                     | 33±7                              | 8  | Normal, 290               | 50                        | 63.6                          | Glucose, 2h                  | Standard   | Various                | Various                             | 108             |
| <i>Sweet strawberry fruit leather, mean of three studies</i>                                            |                            |                           | 27                                |    |                           |                           |                               |                              |            |                        |                                     |                 |
| 1545 Strawberry & wildberry dried fruit leather, Sunripe School Straps (Windsor Farm Foods, Australia)  | Australia                  | 2002                      | 40±5                              | 10 | Normal, 10                | 50                        | 67.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1546 Tropical dried fruit snack                                                                         | Australia                  | 2001                      | 41±3                              | 10 | Normal, 10                | 50                        | 59.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1547 Tropical fruit and nut mix (Finest, UK)                                                            | UK                         | 2005                      | 49±7                              | 12 | Normal, 9                 | 50                        | 89.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 26              |

| Food Number and Item                                                                                                                                      | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1548 Wild berry dried fruit snack                                                                                                                         | Australia                  | 2001                      | 35±4                              | 9  | Normal, 10               | 50                        | 58.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>Savory snack foods</b>                                                                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1549 Chick Pea chips (Freedom Foods, Australia)                                                                                                           | Australia                  | 2006                      | 44±7                              | 11 | Normal, 9                | 50                        | 135.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| <b>Cheese-flavored snacks</b>                                                                                                                             |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1550 Combos Snacks Cheddar Cheese Crackers (M&M/Mars, USA)                                                                                                | USA                        | 2003                      | 54±6                              | 14 | Normal, 10               | 50                        | 79.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1551 Combos Snacks Cheddar Cheese Pretzels (M&M/Mars, USA)                                                                                                | USA                        | 2003                      | 52±6                              | 13 | Normal, 10               | 50                        | 70.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1552 Cheese Puffs, made from rice and corn puffs, aged white cheddar extruded snack, Pirate's Booty brand (Robert's American Gourmet, Sea Cliff, NY, USA) | USA                        | 2006                      | 70±5                              | 18 | Normal, 12               | 50                        | 82.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup>  |
| 1553 Cheese Puffs, Pirates Booty brand (Robert's American Gourmet, Sea Cliff, NY, USA)                                                                    | USA                        | 2008*                     | 74±11                             | 19 | Normal, 290              | 50                        | 82.4                          | Glucose, 2h                  | Standard   | Various                | Various                             | 108              |
| 1554 Cheese Puffs, Pirates Booty brand (Robert's American Gourmet, Sea Cliff, NY, USA), tested with water                                                 | USA                        | 2009*                     | 53±6                              | 13 | Normal, 10               | 50                        | 84                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 107              |
| 1555 Cheese Puffs, Pirates Booty brand (Robert's American Gourmet, Sea Cliff, NY, USA), tested with coffee or tea                                         | USA                        | 2009*                     | 53±6                              | 13 | Normal, 10               | 50                        | 84                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 107              |
| <i>Cheese Puffs, mean of four studies</i>                                                                                                                 |                            |                           | 63                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1556 Rice and corn cheese flavored extruded snack, Twisties™ (Smith's Snackfood Co., Australia)                                                           | Australia                  | 1999                      | 74±5                              | 19 | Normal, 10               | 50                        | 87.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>Chips or Crisps, made from cereal grains</b>                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1557 Brown rice chips with wild rice, gluten-free, SunRice™                                                                                               | Australia                  | 2018                      | 70±6                              | 18 | Normal, 10               | 50                        | 75.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1558 Corn chips, plain, salted (Doritos™ original, Smith's Snack Food Co., Australia)                                                                     | Australia                  | 1998                      | 42±4                              | 11 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1559 Grain Waves Original flavored wholegrain chips, Smith's™                                                                                             | Australia                  | 2010                      | 51±5                              | 13 | Normal, 10               | 50                        | 79.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1560 Finger millet extruded snack                                                                                                                         | India                      | 2018*                     | 65±7                              | 16 | Normal, 12               | 25                        | 39.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 109              |
| 1561 Flaxseed Tortilla chips, Sea Salt, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                    | Canada                     | 2007                      | 45±6                              | 11 | Normal, 10               | 50                        | 125.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1562 Flaxseed Tortilla chips, Spicy, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                       | Canada                     | 2007                      | 34±5                              | 9  | Normal, 10               | 50                        | 125.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |

| Food Number and Item                |                                                                                                            | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1563                                | Japanese Tamari Rice & Corn Crisps, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)         | Canada                     | 2004–2007                 | 91±6                                 | 23 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1564                                | Japanese Wasabi & Honey Rice & Corn Crisps, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada) | Canada                     | 2004–2007                 | 82±7                                 | 21 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1565                                | Prawn crackers, BBQ Rib flavor, Infuzions™, made from tapioca and wheat (Majans Pty Ltd, QLD, Australia)   | Australia                  | 2017                      | 74±5                                 | 19 | Normal, 10                  | 25                           | 36.4                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1566                                | Pretzels, oven-baked, traditional wheat flavor, 97% fat free (Parker's, Smith's Snack Food Co., Australia) | Australia                  | 2005                      | 84±6                                 | 21 | Normal, 10                  | 50                           | 62.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1567                                | Thai Curry Rice & Corn Crisps, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)              | Canada                     | 2004–2007                 | 84±6                                 | 21 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| Popcorn                             |                                                                                                            |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1568                                | Poppin Microwave Popcorn, butter flavor Green's Foods, Australia)                                          | Australia                  | 2013                      | 51±6                                 | 13 | Normal, 10                  | 25                           | 46.5                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1569                                | Microwave Popping Corn, natural flavor, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)     | Canada                     | 2004–2007                 | 58±8                                 | 15 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1570                                | Poppin Microwave Popcorn, butter flavor Green's Foods, Australia)                                          | Australia                  | 2007                      | 62±8                                 | 16 | Normal, 9                   | 25                           | 49.6                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1571                                | Poppin Lite Microwave Popcorn, butter flavor, 50% reduced fat (Green's Foods, Australia)                   | Australia                  | 2007                      | 67±8                                 | 17 | Normal, 9                   | 25                           | 44.7                             | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1572                                | Microwave Popping Corn, butter flavor, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)      | Canada                     | 2004–2007                 | 72±8                                 | 18 | Normal, 10                  | 50                           | NS                               | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| Popcorn, mean of five studies       |                                                                                                            |                            |                           | 62                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| Potato crisps                       |                                                                                                            |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1573                                | Potato chips, crinkle cut, Smith's™ Original                                                               | Australia                  | 2012                      | 48±5                                 | 12 | Normal, 10                  | 50                           | 113.4                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1574                                | Potato chips, Pringles™ Original                                                                           | Australia                  | 2012                      | 57±5                                 | 14 | Normal, 10                  | 50                           | 96.2                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1575                                | Potato crisps                                                                                              | China                      | 2005                      | 60±2                                 | 15 | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 1576                                | Baked potato chips (Baked Lays, Original Potato Crisps)                                                    | Canada                     | 2009                      | 72±6                                 | 18 | Normal, 10                  | 50                           | 66                               | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |
| 1577                                | Baked potato chips (Baked Lays, Original Potato Crisps)                                                    | Canada                     | 2009                      | 71±8                                 | 18 | Normal, 10                  | 50                           | 66                               | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |
| Potato crisps, mean of five studies |                                                                                                            |                            |                           | 56                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1578                                | Sweet potato crisps, Red Rock Deli™ (The Red Rock Deli Chip Company, VIC, Australia)                       | Australia                  | 2016                      | 41±4                                 | 10 | Normal, 10                  | 25                           | 60.7                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                      |                                                                                                    | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints                    | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|-------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|-------------------------------|------------------------|-------------------------------------|------------------|
| <b>Soy snacks</b>                         |                                                                                                    |                            |                           |                                   |    |                          |                           |                               |                              |                               |                        |                                     |                  |
| 1579                                      | Soy based snack product, SoyCarat Cheese flavor (Otsuka Pharmaceutical Co, Ltd, Japan)             | Japan                      | 2014                      | 44±4                              | 11 | Normal, 10               | 50                        | 125.5                         | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1580                                      | Soy based snack product, SoyCarat Olive Oil & Garlic flavor (Otsuka Pharmaceutical Co, Ltd, Japan) | Japan                      | 2014                      | 41±4                              | 10 | Normal, 10               | 50                        | 109.4                         | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1581                                      | Soy based snack product, SoyCarat Nori & Natto flavor (Otsuka Pharmaceutical Co, Ltd, Japan)       | Japan                      | 2014                      | 37±5                              | 9  | Normal, 10               | 50                        | 107.6                         | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1582                                      | Sunshine™ soy protein chips, lightly salted (Revival Soy®, Physicians Pharmaceuticals, Inc., USA)  | USA                        | 2004                      | 87±8                              | 22 | Normal, 10               | 25                        | 48.1                          | Glucose, 2h                  | Standard                      | Capillary, whole blood | HemoCue                             | 21               |
| <b>Other savory snacks</b>                |                                                                                                    |                            |                           |                                   |    |                          |                           |                               |                              |                               |                        |                                     |                  |
| 1583                                      | Puffed rice squares                                                                                | Czech Republic             | 2005                      | 77±5                              | 19 | Normal, 20               | 50                        | 60.3                          | Glucose, 2h                  | 0,15,30,45, 60,75,90, 105,120 | Capillary, whole blood | Glucometer <sup>9</sup>             | 84               |
| 1584                                      | Wasabi peas                                                                                        | Australia                  | 2018                      | 41±4                              | 10 | Normal, 10               | 25                        | 44.0                          | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <b>Sweet snack foods</b>                  |                                                                                                    |                            |                           |                                   |    |                          |                           |                               |                              |                               |                        |                                     |                  |
| 1585                                      | Almond Chocolate (Meiji Co. Ltd, Japan)                                                            | Japan                      | 2019                      | 24±2                              | 6  | Normal, 10               | 50                        | 115.7                         | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1586                                      | Chocolate crinkles, containing wheat flour and coconut flour                                       | Philippines                | 2002                      | 44±4                              | 11 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard                      | Capillary, serum       | Enzymatic                           | 2                |
| 1587                                      | Chocolate, dark, Dove® (M&M/Mars, USA)                                                             | USA                        | 2005                      | 23±3                              | 6  | Normal, 10               | 50                        | 95.0                          | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1588                                      | Chocolate, dark, 74% Cocoa (Alpes d'Or, Hangzhou Qiaokemei, China)                                 | China                      | 2019                      | 44±6                              | 11 | Normal, 12               | 25                        | 83.3                          | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 1589                                      | Chocolate Kouka Cacao 86% (Meiji Co. Ltd, Japan)                                                   | Japan                      | 2018                      | 18±2                              | 5  | Normal, 10               | 50                        | 103.3                         | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1590                                      | Chocolate Kouka Cacao 72% (Meiji Co. Ltd, Japan)                                                   | Japan                      | 2018                      | 29±4                              | 7  | Normal, 10               | 50                        | 71.4                          | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| <i>Chocolate dark, mean of four foods</i> |                                                                                                    |                            |                           | 29                                |    |                          |                           |                               |                              |                               |                        |                                     |                  |
| 1591                                      | Chocolate, dark with raisins, peanuts and jam                                                      | Czech Republic             | 2005                      | 44±5                              | 11 | Normal, 20               | 50                        | 91.9                          | Glucose, 2h                  | 0,15,30,45, 60,75,90, 105,120 | Capillary, whole blood | Glucometer <sup>9</sup>             | 84               |
| 1592                                      | Chocolate, milk, Meiji brand (Meiji Co. Ltd, Japan)                                                | Japan                      | 2018                      | 39±3                              | 10 | Normal, 10               | 50                        | 47.9                          | Glucose, 2h                  | Standard                      | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1593                                      | Chocolate, milk, Dove® (Mars Confectionery, Ballarat, Australia)                                   | Australia                  | 1997                      | 45±8                              | 11 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard                      | Capillary, plasma      | Enzymatic                           | 25               |

| Food Number and Item                                                                                                                          | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1594 Chocolate, milk (Milka, Mondelez, Italy)                                                                                                 | Italy                      | 2012                      | 54±5                              | 14 | Normal, 10               | 25                        | 43                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1595 Chocolate, milk (Nestlé, Sydney, NSW, Australia)                                                                                         | Australia                  | 2000                      | 42±8                              | 11 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <i>Chocolate, milk, plain, mean of four studies</i>                                                                                           |                            |                           | 45                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1596 Milk chocolate egg (Ovetto cioccolato, Dolci Preziosi, Italy)                                                                            | Italy                      | 2012                      | 48±9                              | 12 | Normal, 10               | 25                        | 43                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1597 Chocolate, NS                                                                                                                            | China                      | 2005                      | 49±3                              | 12 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 1598 Chocolate, white, Lindt™ Lindor                                                                                                          | Switzerland                | 2012                      | 34±4                              | 9  | Normal, 10               | 25                        | 58.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1599 Chocolate, white, Milky Bar® (Nestlé, Australia)                                                                                         | Australia                  | 2012                      | 41±6                              | 10 | Normal, 10               | 50                        | 90.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1600 Chocolate, white, Milky Bar® (Nestlé, Australia)                                                                                         | Australia                  | 2000                      | 44±6                              | 11 | Normal, 10               | 50                        | 85.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1601 White chocolate bar (Galak, Nestlé, Italy)                                                                                               | Italy                      | 2012                      | 44±5                              | 11 | Normal, 10               | 25                        | 41                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| <i>Chocolate, white, mean of four studies</i>                                                                                                 |                            |                           | 41                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1602 Chocolate candy, sugar free, Dove® (M&M/Mars, USA)                                                                                       | USA                        | 2005                      | 23±3                              | 6  | Normal, 10               | 25                        | 83.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1603 CocoaVia™ high flavanol chocolate covered almonds (M&M/Mars, USA)                                                                        | USA                        | 2005                      | 21±3                              | 5  | Normal, 10               | 25                        | 144.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1604 Chocolate coated wafer, with whole hazelnut and chocolate cream filling, Duplo nocciolato (Ferrero, Italy)                               | Italy                      | 2012                      | 59±6                              | 15 | Normal, 10               | 25                        | 54                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1605 Chocolate coated chocolate soaked cookie, Galbo Chocolate (Meiji Co. Ltd, Japan)                                                         | Japan                      | 2019                      | 37±4                              | 9  | Normal, 10               | 50                        | 97.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1606 Jelly, made from commercial jelly crystals, Raspberry Razzle flavor (Aeroplane Jelly Company, West Ryde, Australia), prepared with water | Australia                  | 2005                      | 53±6                              | 13 | Normal, 10               | 50                        | 342.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1607 Jelly beans, assorted colors (Savings, Grocery Holdings, Tooronga, Australia)                                                            | Australia                  | 1998                      | 76±6                              | 19 | Normal, 12               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1608 Kinder Joy/ Merendero (Hazelnut and vanilla cream, with wafer balls coated with chocolate and hazelnut crumbs) (Kinder, Ferrero, Italy)  | Italy                      | 2012                      | 42±5                              | 11 | Normal, 10               | 25                        | 43                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1609 Kinder Softy nocciola (Praline with hazelnut cream) (Kinder, Ferrero, Italy)                                                             | Italy                      | 2012                      | 43±7                              | 11 | Normal, 10               | 25                        | 51                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |

| Food Number and Item |                                                                                         | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-----------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1610                 | Licorice pieces                                                                         | Australia                  | 2012                      | 69±8                              | 17 | Normal, 10               | 50                        | 68.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1611                 | Licorice, soft (Coles Supermarkets, Australia)                                          | Australia                  | 2003                      | 78±11                             | 20 | Normal, 10               | 50                        | 70.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1612                 | Macadamia Chocolate (Meiji Co. Ltd, Japan)                                              | Japan                      | 30                        | 24±2                              | 6  | Normal, 10               | 50                        | 113.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1613                 | M&M's®, peanut (Mars Confectionery, Australia)                                          | Australia                  | 1997                      | 33±3                              | 8  | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25              |
| 1614                 | Mars Bar® (Mars Confectionery, Australia)                                               | Australia                  | 1997                      | 62±8                              | 16 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25              |
| 1615                 | Marshmallows (Candy Lane, Australia)                                                    | Australia                  | 2003                      | 62±6                              | 16 | Normal, 10               | 50                        | 62.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1616                 | Marshmallows (Woolworths Homebrand, Australia)                                          | Australia                  | 2012                      | 67±4                              | 17 | Normal, 10               | 50                        | 59.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1617                 | Nutella®, chocolate hazelnut spread (Ferrero Australia, Milson's Point, NSW, Australia) | Australia                  | 1997                      | 33±4                              | 8  | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25              |
| 1618                 | Nutella®, chocolate hazelnut spread (Ferrero Australia, Australia)                      | Australia                  | 2003                      | 30±4                              | 8  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1619                 | Nutella®, chocolate hazelnut spread (Ferrero Australia, Australia)                      | Australia                  | 2007                      | 25±4                              | 6  | Normal, 10               | 50                        | 91.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1620                 | Nutella® (Ferrero, Italy)                                                               | Italy                      | 2012                      | 45±4                              | 11 | Normal, 10               | 25                        | 44                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
|                      | <i>Nutella®, mean of four studies</i>                                                   |                            |                           | 33                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1621                 | Nutella & Go (Hazelnut chocolate spread with breadsticks) (Ferrero, Italy)              | Italy                      | 2012                      | 57±9                              | 14 | Normal, 10               | 25                        | 41                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1622                 | Nutella B-ready (Wafer bar, hazelnut cream-filled) (Ferrero, Italy)                     | Italy                      | 2012                      | 55±7                              | 14 | Normal, 10               | 25                        | 43                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1623                 | Pocket Coffee (Praline, with coffee cream) (Ferrero, Italy)                             | Italy                      | 2014                      | 58±9                              | 15 | Normal, 10               | 25                        | 43                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1624                 | Pop Tarts™, double choc (Kellogg's, Australia)                                          | Australia                  | 2000                      | 70±2                              | 18 | Normal, 10               | 50                        | 74.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1625                 | Raffaello (Ferrero, Italy)                                                              | Italy                      | 2014                      | 52±7                              | 13 | Normal, 10               | 25                        | 66                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1626                 | Rocher (Ferrero, Italy)                                                                 | Italy                      | 2014                      | 53±6                              | 13 | Normal, 10               | 25                        | 56                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |

| Food Number and Item |                                                                                                                                                                                      | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1627                 | Rondnoir (Ferrero, Italy)                                                                                                                                                            | Italy                      | 2014                      | 53±7                              | 13 | Normal, 10               | 25                        | 48                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1628                 | Rum balls, containing dark chocolate and coconut                                                                                                                                     | Australia                  | 2009                      | 50±6                              | 13 | Normal, 10               | 50                        | 89.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1629                 | Skittles® (Mars Confectionery, Australia)                                                                                                                                            | Australia                  | 1997                      | 70±5                              | 18 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25               |
| 1630                 | Slush, lemon (Granigel la granita classica siciliana, Dolfin, Italy)                                                                                                                 | Italy                      | 2009                      | 66±8                              | 17 | Normal, 10               | 25                        | 149                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1631                 | Sorbet, caffè/cappuccino (GranSoleil Gran dessert Caffè/Cappuccino, Ferrero, Italy)                                                                                                  | Italy                      | 2009                      | 62±5                              | 16 | Normal, 9                | 25                        | 91                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1632                 | Sorbet, lemon (GranSoleil Gran dessert Limone, Ferrero, Italy)                                                                                                                       | Italy                      | 2009                      | 58±7                              | 15 | Normal, 9                | 25                        | 86                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1633                 | Sorbet, lemon (Sorbetto al limone, Carte d'or, Algida, Italy)                                                                                                                        | Italy                      | 2009                      | 72±6                              | 18 | Normal, 9                | 25                        | 96                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1634                 | Sorbet, vanilla (GranSoleil Gran dessert Vaniglia, Ferrero, Italy)                                                                                                                   | Italy                      | 2009                      | 57±8                              | 14 | Normal, 9                | 25                        | 107                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1635                 | Sour Straws, strawberry flavor, gummy/chewy confectionery                                                                                                                            | Australia                  | 2017                      | 76±7                              | 19 | Normal, 10               | 25                        | 31.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1636                 | Yummiees lollies (Allseps Pty. Ltd., Australia)                                                                                                                                      | Australia                  | 2006                      | 43±3                              | 11 | Normal, 14               | 50                        | 71.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| <b>Snack bars</b>    |                                                                                                                                                                                      |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1637                 | Cold-pressed bar, made with 22.1 g maltodextrin (Globe Plus 10 DE maltodextrin) and 21.8 g corn syrup (Globe Plus 63 DE Maltodextrin)                                                | USA                        | 2017*                     | 93±8                              | 23 | Normal, 14               | 50                        | 70                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 111              |
| 1638                 | Cold-pressed bar, made with 24.9 g SDS (SUSTRA™ 2434 slowly digestible carbohydrate) (Ingredion Incorporated, Bridgewater, NJ) and 18.9 g corn syrup (Globe Plus 63 DE Maltodextrin) | USA                        | 2017*                     | 50±5                              | 13 | Normal, 14               | 50                        | 72                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 111              |
| 1639                 | Chewy Chocolate Chip & Marshmallow Granola bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                                       | Canada                     | 2007                      | 78±6                              | 20 | Normal, 10               | 50                        | 65.0                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1640                 | Chewy Cranberry Apple Granola Bar, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                                                                    | Canada                     | 2007                      | 58±5                              | 15 | Normal, 10               | 50                        | 65.0                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1641                 | Chocolate Healtheries Simple bar, wheat and gluten free (Aussie Bodies Pty. Ltd., Australia)                                                                                         | Australia                  | 2007                      | 35±3                              | 9  | Normal, 15               | 50                        | 91.7                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |

| Food Number and Item |                                                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1642                 | Cocoavia™ high flavanol chocolate almond Snack bar (M&M/Mars, USA)                                                               | USA                        | 2005                      | 63±7                              | 16 | Normal, 10               | 50                        | 91.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1643                 | Cocoavia™ Crispy Chocolate bar (M&M/Mars, USA)                                                                                   | USA                        | 2005                      | 33±5                              | 8  | Normal, 10               | 50                        | 100.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1644                 | ExtendBar™ Apple Cinnamon Delight bar (ExtendBar, USA)                                                                           | USA                        | 2004                      | 33±7                              | 8  | Normal, 10               | 25                        | 83.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1645                 | ExtendBar™ Chocolate Delight bar (ExtendBar, USA)                                                                                | USA                        | 2004                      | 41±6                              | 10 | Normal, 10               | 25                        | 62.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1646                 | ExtendBar™ Peanut Delight bar (ExtendBar, USA)                                                                                   | USA                        | 2004                      | 32±5                              | 8  | Normal, 10               | 25                        | 62.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1647                 | Fruit and Nuts Superfoods bar (SoLo GI Nutrition, Inc, Canada)                                                                   | Canada                     | 2018                      | 40±6                              | 10 | Normal, 10               | 25                        | 71.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1648                 | Granola bar, containing wheat flour and coconut flour                                                                            | Philippines                | 2002                      | 46±3                              | 12 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, serum       | Enzymatic                           | 2               |
| 1649                 | Griffin's Fruitli bar, apricot (Griffins, Auckland, New Zealand) <sup>13</sup>                                                   | New Zealand                | 2010*                     | 54±5                              | 14 | Normal, 20               | 50                        | 85                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 112             |
| 1650                 | Kinder Bueno white (Wafer bar, milk and hazelnut spread-filled, coated white chocolate) (Kinder, Ferrero, Italy)                 | Italy                      | 2012                      | 47±5                              | 12 | Normal, 10               | 25                        | 48                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1651                 | Kinder Choco fresh (Chocolate bar, milk cream-filled, fresh) (Kinder, Ferrero, Italy)                                            | Italy                      | 2012                      | 55±5                              | 14 | Normal, 10               | 25                        | 62                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1652                 | Kinder Happy Hippo (Wafer bar, milk and hazelnut spread-filled, partially coated with white chocolate) (Kinder, Ferrero)         | Italy                      | 2014                      | 47±4                              | 12 | Normal, 10               | 25                        | 50                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1653                 | Kinder Maxi king (Milk cream bar, sponge cake-filled, coated with chocolate and hazelnut crumbs, fresh) (Kinder, Ferrero, Italy) | Italy                      | 2012                      | 58±7                              | 15 | Normal, 10               | 25                        | 65                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1654                 | Kinder Pinguì cacao (Milk cream bar, sponge cake-filled, coated with chocolate, fresh) (Kinder, Ferrero, Italy)                  | Italy                      | 2012                      | 51±5                              | 13 | Normal, 10               | 25                        | 64                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1655                 | Kinder Pinguì cocco (Milk cream bar, sponge cake-filled, coated with chocolate and coconut, fresh) (Kinder, Ferrero, Italy)      | Italy                      | 2012                      | 53±6                              | 13 | Normal, 10               | 25                        | 65                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1656                 | KitKat (Nestlè, Italy)                                                                                                           | Italy                      | 2012                      | 50±7                              | 13 | Normal, 10               | 25                        | 40                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
| 1657                 | Kudos Milk Chocolate Granola bar with M&M's Milk Chocolate Mini Baking Bits (M&M/Mars, USA)                                      | USA                        | 2003                      | 52±4                              | 13 | Normal, 10               | 50                        | 69.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1658                 | Kudos Whole-Grain bars, chocolate chip (M&M/Mars, Hackettstown, USA)                                                             | USA                        | 1997                      | 62±8                              | 16 | Normal, 10-12            | 50                        | 74.7                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25              |

| Food Number and Item |                                                                                                    | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|----------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1659                 | Kudos Milk Chocolate Granola bars, Peanut Butter flavor (M&M/Mars, USA)                            | USA                        | 2003                      | 45±6                              | 11 | Normal, 10               | 50                        | 83.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1660                 | Milky Way® bar (M&M/Mars, USA)                                                                     | USA                        | 1997                      | 62±8                              | 16 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1661                 | Milky Way® Lite bar (M&M/Mars, USA)                                                                | USA                        | 1997                      | 45±5                              | 11 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1662                 | Munch Peanut Butter bar (M&M/Mars, USA)                                                            | USA                        | 2004                      | 27±5                              | 7  | Normal, 10               | 50                        | 134.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1663                 | Nuts and Seeds Superfoods bar (SoLo GI Nutrition, Inc, Canada)                                     | Canada                     | 2018                      | 33±6                              | 8  | Normal, 10               | 25                        | 90.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1664                 | Nutbutter bar (SoLo GI Nutrition, Inc, Canada, Canada)                                             | Canada                     | 2018                      | 22±1                              | 6  | Normal, 10               | 25                        | 89.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1665                 | Omega bar, containing linseeds, sunflower kernels and nuts, gluten-free (Freedom Foods, Australia) | Australia                  | 2007                      | 21±2                              | 5  | Normal, 9                | 50                        | 118.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1666                 | Peak Fuel Summit bar, Peanut Brownie (Peak Fuel, Hamner Springs, New Zealand) <sup>13</sup>        | New Zealand                | 2010*                     | 60±5                              | 15 | Normal, 20               | 50                        | 114                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 112              |
| 1667                 | Peanut Butter Chocolate Pal™ bar (Revival Soy®, Physicians Pharmaceuticals, Inc., USA)             | USA                        | 2004                      | 52±4                              | 13 | Normal, 10               | 25                        | 48.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 21               |
| 1668                 | 60% Whole Wheat Fig Fruit bar, President's Choice® Blue Menu™ (Loblaws Brands Limited, Canada)     | Canada                     | 2007                      | 72±6                              | 18 | Normal, 10               | 50                        | 69.0                          | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup>  |
| 1669                 | Snack bar, Apple Cinnamon (Con Agra Inc., Omaha, NE, USA)                                          | USA                        | 1999                      | 40±8                              | 10 | Normal, 10               | 50                        | 85.2                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1670                 | Snack bar, Peanut Butter and Choc-Chip (Con Agra Inc., USA)                                        | USA                        | 1999                      | 37±6                              | 9  | Normal, 10               | 50                        | 91.6                          | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1671                 | Soy Joy Fruit & Soy Bar®, Apple (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)                       | Japan                      | 2007                      | 19±2                              | 5  | Normal, 10               | 50                        | 130.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1672                 | Soy Joy Fruit & Soy Bar®, Apricot (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)                     | Japan                      | 2007                      | 27±4                              | 7  | Normal, 10               | 50                        | 127.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1673                 | Soy Joy Fruit & Soy Bar®, Chocolate Orange (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)            | Japan                      | 2007                      | 41±7                              | 10 | Normal, 10               | 50                        | 127.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1674                 | Soy Joy Fruit & Soy Bar®, Mango Coconut (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)               | Japan                      | 2007                      | 28±2                              | 7  | Normal, 10               | 50                        | 131.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1675                 | Soy Joy Fruit & Soy Bar®, Plum + Fe (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)                   | Japan                      | 2007                      | 25±3                              | 6  | Normal, 10               | 50                        | 122.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1676 Soy Joy Fruit & Soy Bar®, Plum + Folic acid (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)            | Japan                      | 2007                      | 27±2                              | 7  | Normal, 10               | 50                        | 129.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1677 Soy Joy Fruit & Soy Bar®, Raisin Almond (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)                | Japan                      | 2007                      | 28±4                              | 7  | Normal, 10               | 50                        | 128.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1678 Soy Joy Fruit & Soy Bar®, Sanzashi (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)                     | Japan                      | 2007                      | 29±5                              | 7  | Normal, 10               | 50                        | 109.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1679 Soy Joy Fruit & Soy Bar®, Strawberry (Otsuka Pharmaceutical Co Ltd, Tokyo, Japan)                   | Japan                      | 2007                      | 33±2                              | 8  | Normal, 9                | 50                        | 120.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1680 Trim bar, Chocorama (Aussie Bodies Pty. Ltd., Australia)                                            | Australia                  | 2007                      | 31±3                              | 8  | Normal, 10               | 50                        | 181.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1681 Trim bar, Mocha flavor (Aussie Bodies Pty. Ltd., Australia)                                         | Australia                  | 2007                      | 25±3                              | 6  | Normal, 10               | 50                        | 215.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>10</sup> |
| 1682 Tronky Nocciola (Wafer bar, hazelnut cream-filled with hazelnut crumbs) (Ferrero, Italy)            | Italy                      | 2012                      | 61±7                              | 15 | Normal, 10               | 25                        | 48                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1683 Twix® Cookie Bar, caramel (M&M/Mars, USA)                                                           | USA                        | 1997                      | 44±6                              | 11 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25               |
| <b>Sports (Energy) bars</b>                                                                              |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1684 Chocolate Cherry Almond bar (Beachbody, LLC, USA)                                                   | USA                        | 2019                      | 22±2                              | 6  | Normal, 10               | 25                        | 86.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup>  |
| 1685 Clif bar, Chocolate Brownie Energy bar (Clif Bar Inc., Berkeley, USA)                               | USA                        | 2006                      | 57±6                              | 14 | Normal, 10               | 50                        | 85.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1686 Energy bar, containing with soy protein isolate, peanut butter and corn syrup                       | Australia                  | 2014*                     | 45±6                              | 11 | Normal 10                | 50                        | 97                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17               |
| 1687 Energy bar with 2.0 g Filtered Molasses Concentrate added per 100 g (4.01 g FMC/100 g carbohydrate) | Australia                  | 2014*                     | 40±4                              | 10 | Normal 10                | 50                        | 100                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17               |
| 1688 Peanut Butter Chocolate bar (Beachbody, LLC)                                                        | USA                        | 2019                      | 32±4                              | 8  | Normal, 10               | 25                        | 94.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | UO <sup>7</sup>  |
| 1689 Performance Chocolate Energy bar (Power Bar, USA)                                                   | USA                        | 2006                      | 53±6                              | 13 | Normal, 9                | 50                        | 77.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1690 Power Bar®, chocolate (Powerfood Inc., Berkeley, USA)                                               | USA                        | 1997                      | 58±5                              | 15 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25               |
| 1691 SmartZone Chocolate flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA)            | USA                        | 2004                      | 16±3                              | 4  | Normal, 10               | 50                        | 138.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1692 SmartZone Crunchy Blueberry flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA)    | USA                        | 2005                      | 15±3                              | 4  | Normal, 10               | 50                        | 125.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item                                                                                                | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1693 SmartZone Crunchy Chocolate Brownie flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA)       | USA                        | 2005                      | 23±5                              | 6  | Normal, 10               | 50                        | 138.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1694 SmartZone Crunchy Chocolate Caramel flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA)       | USA                        | 2005                      | 16±4                              | 4  | Normal, 10               | 50                        | 119.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1695 SmartZone Crunchy Chocolate Peanut Butter flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA) | USA                        | 2005                      | 14±3                              | 4  | Normal, 10               | 50                        | 138.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1696 SmartZone Crunchy Key Lime flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA)                | USA                        | 2005                      | 14±3                              | 4  | Normal, 10               | 50                        | 125.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1697 SmartZone Peanut Butter flavor, Nutrition bar (Hershey's Food Corporation, Hershey, PA, USA)                   | USA                        | 2005                      | 18±2                              | 5  | Normal, 10               | 50                        | 138.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1698 Snickers® Marathon Energy bar, Chewy Chocolate Peanut flavor (M&M/Mars, USA)                                   | USA                        | 2005                      | 36±5                              | 9  | Normal, 10               | 50                        | 97.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1699 Snickers® Marathon Energy bar, Cookies & Crème flavor (M&M/Mars, USA)                                          | USA                        | 2005                      | 50±4                              | 13 | Normal, 10               | 50                        | 91.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1700 Snickers® Marathon Energy bar, Multi Grain Crunch flavor (M&M/Mars, USA)                                       | USA                        | 2005                      | 50±4                              | 13 | Normal, 10               | 50                        | 92.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1701 Snickers® Marathon Energy bar, Peanut Butter flavor (M&M/Mars, USA)                                            | USA                        | 2005                      | 34±5                              | 9  | Normal, 10               | 50                        | 105.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1702 Snickers® Marathon Low Carb Lifestyle Energy bar, Chocolate Fudge Brownie flavor (M&M/Mars, USA)               | USA                        | 2003                      | 20±4                              | 5  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1703 Snickers® Marathon Low Carb Lifestyle Energy bar, Peanut Butter flavor (M&M/Mars, USA)                         | USA                        | 2003                      | 21±4                              | 5  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1704 Snickers® Marathon Nutrition bar, Dark Chocolate Crunch flavor (M&M/Mars, USA)                                 | USA                        | 2003                      | 49±6                              | 12 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1705 Snickers® Marathon Nutrition bar, Honey & Roasted Almond flavor (M&M/Mars, USA)                                | USA                        | 2003                      | 41±3                              | 10 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1706 Snickers® Marathon Protein Performance bar, Caramel Nut Rush flavor (M&M/Mars, USA)                            | USA                        | 2003                      | 26±3                              | 7  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1707 Snickers® Marathon Protein Performance bar, Chocolate Nut Burst flavor (M&M/Mars, USA)                         | USA                        | 2003                      | 32±4                              | 8  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1708 SoLo GI Berry Bliss Nutrition bar (New Era Nutrition Inc, Alberta, Canada)                                     | Canada                     | 2004-2007                 | 29±5                              | 7  | Normal, 10               | 50                        | 113.6                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1709 SoLo GI Chocolate Charger Nutrition bar (New Era Nutrition Inc, Alberta, Canada)                               | Canada                     | 2004-2007                 | 28±2                              | 7  | Normal, 10               | 50                        | 113.6                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1710 SoLo GI Lemon Lift Nutrition bar (New Era Nutrition Inc, Alberta, Canada)                                      | Canada                     | 2004-2007                 | 29±5                              | 7  | Normal, 10               | 50                        | 113.6                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |

| Food Number and Item                                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1711 SoLo GI Mint Mania Nutrition bar (New Era Nutrition Inc, Alberta, Canada)                                              | Canada                     | 2004-2007                 | 23±3                              | 6  | Normal, 10               | 50                        | 113.6                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1712 SoLo GI Peanut Power Nutrition bar (New Era Nutrition Inc, Alberta, Canada)                                            | Canada                     | 2004-2007                 | 27±4                              | 7  | Normal, 10               | 50                        | 125                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1713 SoLo GI Berry Bliss Snack bar (New Era Nutrition Inc, Alberta, Canada)                                                 | Canada                     | 2004-2007                 | 29±5                              | 7  | Normal, 10               | 50                        | 113.6                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1714 SoLo GI Chocolate Charger Snack bar (New Era Nutrition Inc, Alberta, Canada)                                           | Canada                     | 2004-2007                 | 28±2                              | 7  | Normal, 10               | 50                        | 125.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1715 SoLo GI Lemon Lift Snack bar (New Era Nutrition Inc, Alberta, Canada)                                                  | Canada                     | 2004-2007                 | 29±5                              | 7  | Normal, 10               | 50                        | 113.6                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1716 SoLo GI Mint Mania Snack bar (New Era Nutrition Inc, Alberta, Canada)                                                  | Canada                     | 2004-2007                 | 23±3                              | 6  | Normal, 10               | 50                        | 125.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1717 SoLo GI Peanut Power Snack bar (New Era Nutrition Inc, Alberta, Canada)                                                | Canada                     | 2004-2007                 | 27±4                              | 7  | Normal, 10               | 50                        | 125.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1718 VO <sub>2</sub> Max Chocolate Energy bar (M&M/Mars, USA)                                                               | USA                        | 1997                      | 49±8                              | 12 | Normal, 10-12            | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 25              |
| <b>SOUPS</b>                                                                                                                |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <i>Average carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category.</i> |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1719 Barley Vegetable Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                 | Canada                     | 2004-2007                 | 41±3                              | 8  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1720 Black Bean Instant soup, low-fat, spicy, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                | Canada                     | 2004-2007                 | 57±5                              | 11 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1721 Black Bean with Vegetables soup, spicy, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                 | Canada                     | 2007                      | 46±5                              | 9  | Normal, 10               | 50                        | 463.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1722 Carrot soup, President's Choice® Blue Menu™ Soupreme (Loblaw Brands Limited, Canada)                                   | Canada                     | 2007                      | 35±4                              | 7  | Normal, 10               | 50                        | 961.5                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1723 Chicken & Vegetable with wholegrain pasta, Country Ladle® (Campbell's Soups, Homebush, NSW, Australia)                 | Australia                  | 2008                      | 43±3                              | 9  | Normal, 9                | 25                        | 558.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1724 Chunky Roast Chicken and Vegetable soup (Campbell's Soups, Homebush, NSW, Australia)                                   | Australia                  | 2016                      | 52±3                              | 10 | Normal, 9                | 50                        | 724.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1725 Lentil Instant soup, low-fat, Indian, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                   | Canada                     | 2004-2007                 | 62±7                              | 12 | Normal, 10               | 50                        | 100.0                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1726 Lentil, ready-to-serve, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                                 | Canada                     | 2004-2007                 | 57±9                              | 11 | Normal, 10               | 50                        | 657.9                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1727 Minestrone, condensed, prepared with water (Campbell's Soup Company, Camden, NJ, USA)                                  | USA                        | 2002                      | 48±6                              | 10 | Normal, 10               | 50                        | 450                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |

| Food Number and Item                                                                                                       |                                                                                                           | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1728                                                                                                                       | Minestrone, Traditional, Country Ladle® (Campbell's Soups, Australia)                                     | Australia                  | 2001                      | 39±3                              | 8  | Normal, 10               | 25                        | 833.3                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1729                                                                                                                       | Minestrone & Pasta Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)  | Canada                     | 2004-2007                 | 54±3                              | 11 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
|                                                                                                                            | <i>Minestrone mean of three foods</i>                                                                     |                            |                           | 47                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1730                                                                                                                       | Mushroom Barley, ready-to-serve, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)           | Canada                     | 2004-2007                 | 45±10                             | 9  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1731                                                                                                                       | Pasta & Fagioli soup, ready-to-serve, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)      | Canada                     | 2004-2007                 | 52±8                              | 10 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1732                                                                                                                       | Potato & Bacon soup, chunky (Campbell's Soups, Homebush, NSW, Australia)                                  | Australia                  | 2016                      | 41±4                              | 8  | Normal, 10               | 50                        | 625.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1733                                                                                                                       | Pumpkin Soup, creamy, Heinz® Very Special™, with pumpkin, cream, potatoes (Heinz Wattie's Ltd, Australia) | Australia                  | 2004                      | 76±7                              | 15 | Normal, 10               | 50                        | 694.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1734                                                                                                                       | Thai Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)                | Canada                     | 2004-2007                 | 56±4                              | 11 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1735                                                                                                                       | Tomato soup, condensed, prepared with water (Campbell's Soup Company, Camden, NJ, USA)                    | USA                        | 2002                      | 52±4                              | 10 | Normal, 10               | 50                        | 326.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | UO <sup>5</sup> |
| 1736                                                                                                                       | Tomato & Herb, President's Choice® Blue Menu™ Soupreme (Loblaw Brands Limited, Canada)                    | Canada                     | 2007                      | 47±5                              | 9  | Normal, 10               | 50                        | 892.9                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1737                                                                                                                       | Vegetable Couscous Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)  | Canada                     | 2004-2007                 | 57±4                              | 11 | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1738                                                                                                                       | Vegetarian Chili Instant soup, low-fat, President's Choice® Blue Menu™ (Loblaw Brands Limited, Canada)    | Canada                     | 2004-2007                 | 36±4                              | 7  | Normal, 10               | 50                        | NS                            | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| 1739                                                                                                                       | Winter Squash, President's Choice® Blue Menu™ Soupreme (Loblaw Brands Limited, Canada)                    | Canada                     | 2007                      | 41±4                              | 8  | Normal, 10               | 50                        | 961.5                         | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | UO <sup>7</sup> |
| <b>SUGARS AND SYRUPS</b>                                                                                                   |                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <i>Average carbohydrate portion = 5 g, this value was used to determine the nominal GL for each item in this category.</i> |                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>Agave cactus nectar, high-fructose</b>                                                                                  |                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1740                                                                                                                       | Organic Agave Cactus Nectar, light, 90% fructose (Western Commerce Corp., City of Industry, CA, USA)      | USA                        | 2001                      | 11±1                              | 1  | Normal, 9                | 25                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1741                                                                                                                       | Organic Agave Cactus Nectar, light, 97% fructose (Western Commerce Corp., USA)                            | USA                        | 2001                      | 10±1                              | 1  | Normal, 9                | 25                        | NS                            | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1742                                                                                                                       | Premium Agave nectar (Sweet Cactus Farms, USA)                                                            | USA                        | 2005                      | 19±4                              | 1  | Normal, 9                | 50                        | 62.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
|                                                                                                                            | <i>Agave nectar, mean of three foods</i>                                                                  |                            |                           | 13                                |    |                          |                           |                               |                              |            |                        |                                     |                 |

| Food Number and Item |                                                                                                                   | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| <b>Fructose</b>      |                                                                                                                   |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1743                 | Fructose                                                                                                          | China                      | 2005                      | 23±1                              | 1  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 1744                 | Fructose from corn (Despar, Italy)                                                                                | Italy                      | 2013                      | 25±4                              | 1  | Normal, 10               | 25                        | 25                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |
|                      | <i>Fructose, mean of two studies</i>                                                                              |                            |                           | 24                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1745                 | High fructose corn syrup                                                                                          | Australia                  | 2014*                     | 56±5                              | 3  | Normal 10                | 50                        | 65                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |
| 1746                 | High fructose corn syrup with 3.3 g Filtered Molasses Concentrate added per 100 g (4.16 g FMC/100 g carbohydrate) | Australia                  | 2014*                     | 50±3                              | 3  | Normal 10                | 50                        | 62                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |
| <b>Glucose</b>       |                                                                                                                   |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1747                 | Glucose syrup                                                                                                     | Australia                  | 2014*                     | 107±7                             | 5  | Normal 10                | 50                        | 61                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 17              |
| <b>Honey</b>         |                                                                                                                   |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1748                 | Yellow box honey (46% fructose)                                                                                   | Australia                  | 2001                      | 35±4                              | 2  | Normal, 10               | 25                        | 67.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1749                 | Stringy Bark honey (52% fructose)                                                                                 | Australia                  | 2001                      | 44±4                              | 2  | Normal, 9                | 25                        | 67.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1750                 | Red Gum honey (35% fructose)                                                                                      | Australia                  | 2001                      | 46±3                              | 2  | Normal, 9                | 25                        | 66.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1751                 | Iron Bark honey (34% fructose)                                                                                    | Australia                  | 2001                      | 48±3                              | 2  | Normal, 10               | 25                        | 83.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1752                 | Capilano Premium Honey, blend of eucalypt & floral honeys (Capilano Honey Limited, QLD, Australia)                | Australia                  | 2006                      | 51±3                              | 3  | Normal, 11               | 50                        | 60.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1753                 | Yapunya honey (42 % fructose)                                                                                     | Australia                  | 2001                      | 52±5                              | 3  | Normal, 9                | 25                        | 73.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1754                 | HDI Clover Honey with Bee Pollen (PT. Harmoni Dinamik)                                                            | New Zealand                | 2020                      | 53±5                              | 3  | Normal, 10               | 50                        | 60.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1755                 | Leabrook Farms Yellow box honey (Spring Gully Foods Pty Ltd, SA, Australia)                                       | Australia                  | 2006                      | 60±4                              | 3  | Normal, 11               | 50                        | 58.6                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1756                 | Commercial Blend honey (38% fructose) (WA blend, Capilano Honey Ltd., Australia)                                  | Australia                  | 2001                      | 62±3                              | 3  | Normal, 9                | 25                        | 71.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1757                 | Salvation Jane honey (32% fructose)                                                                               | Australia                  | 2001                      | 64±5                              | 3  | Normal, 10               | 25                        | 81.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item |                                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|--------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1758                 | Manuka honey, MGO 440+ (Manuka Health New Zealand Ltd)                                                 | New Zealand                | 2011                      | 65±7                              | 3  | Normal, 10               | 25                        | 32.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 113             |
| 1759                 | Clover honey, ratio of fructose: glucose, 1.09 (Vazza Farms, Hermiston, OR, USA) <sup>16</sup>         | USA                        | 2006                      | 69±8                              | 3  | Normal, 12               | 50                        | 58.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 114             |
| 1760                 | Commercial Blend honey (28% fructose) (NSW blend, Capilano Honey Ltd., Australia)                      | Australia                  | 2001                      | 72±6                              | 4  | Normal, 9                | 25                        | 99.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1761                 | Buckwheat honey, ratio of fructose:glucose, 1.12 Vazza Farms, USA) <sup>16</sup>                       | USA                        | 2006                      | 73±6                              | 4  | Normal, 11               | 50                        | 58.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 114             |
| 1762                 | Cotton honey, ratio of fructose:glucose, 1.03 (Gene Brandi Apiaries, Los Banos, CA, USA) <sup>16</sup> | USA                        | 2006                      | 74±7                              | 4  | Normal, 11               | 50                        | 57.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 114             |
| 1763                 | Honey, NS                                                                                              | China                      | 2005                      | 74±4                              | 4  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 1764                 | Tupelo honey, ratio of fructose:glucose, 1.54 (Tropical Blossom Honey Co, Edgewater, FL, USA)          | USA                        | 2006                      | 74±8                              | 4  | Normal, 12               | 50                        | 59.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 114             |
|                      | <i>Honey, mean of 17 types of honey</i>                                                                |                            |                           | 60                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
|                      | <b>Lactose</b>                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1765                 | Lactose                                                                                                | China                      | 2005                      | 46±1                              | 2  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
|                      | <b>Maltose</b>                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1766                 | Maltose                                                                                                | China                      | 2005                      | 75±6                              | 4  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 1767                 | Maltose                                                                                                | China                      | 2005                      | 105±2                             | 5  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
|                      | <i>Maltose, mean of two studies</i>                                                                    |                            |                           | 90                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
|                      | <b>Sucrose</b>                                                                                         |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1768                 | Sucrose                                                                                                | Australia                  | 2007                      | 59±4                              | 3  | Normal, 11               | 50                        | 50                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1769                 | Sucrose, cane sugar                                                                                    | Australia                  | 2016                      | 60±4                              | 3  | Normal, 10               | 50                        | 50                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1770                 | Sucrose                                                                                                | Australia                  | 2007                      | 61±4                              | 3  | Normal, 11               | 50                        | 50                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1771                 | Sucrose                                                                                                | Germany                    | 2004                      | 64±4                              | 3  | Normal, 11               | 50                        | 50                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1772                 | Sucrose                                                                                                | Germany                    | 2002                      | 66±3                              | 3  | Normal, 10               | 50                        | 50                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1773                 | Sugar, cane (Panela)                                                                                   | Italy                      | 2005                      | 69±10                             | 3  | Normal, 9                | 25                        | 25                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3               |

| Food Number and Item |                                                                                                            | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1774                 | Sucrose                                                                                                    | China                      | 2005                      | 84±4                              | 4  | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
|                      | <i>Sucrose, mean of seven studies</i>                                                                      |                            |                           | 66                                |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1775                 | Sucrose (LoGiCane) (Horizon Science, Australia) <sup>13</sup>                                              | Australia                  | 2014*                     | 60±3                              | 3  | Normal, European, 31     | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 55               |
| 1776                 | Sucrose (LoGiCane) (Horizon Science, Australia) <sup>13</sup>                                              | Australia                  | 2014*                     | 62±4                              | 3  | Normal, Chinese, 32      | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 55               |
| 1777                 | Sugar, refined (Sadam-Eridania, Italy)                                                                     | Italy                      | 2013                      | 91±10                             | 5  | Normal, 10               | 25                        | 25                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
|                      | <b>Other sugars &amp; syrups</b>                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                  |
| 1778                 | Arabinose Sugar (95% sucrose + 5% L-arabinose) (Healtang Biotech Co., Ltd, China)                          | China                      | 2020                      | 52±4                              | 3  | Normal, 10               | 25                        | 26.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 1779                 | Coconut sugar, organic, Loving Earth™ brand                                                                | Indonesia                  | 2014                      | 54±6                              | 3  | Normal, 9                | 50                        | 50.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1780                 | Dates Syrup, Gurun Emas (Omni Mal Agencies Sdn. Bhd, Malaysia)                                             | Malaysia                   | 2018                      | 54±4                              | 3  | Normal, 10               | 50                        | 67.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1781                 | Fruit Up sweetener syrup (Rudolf Wild GmbH & Co, Germany)                                                  | Germany                    | 2008                      | 39±4                              | 2  | Normal, 10               | 50                        | 70.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1782                 | Golden Syrup                                                                                               | Australia                  | 2003                      | 63±6                              | 3  | Normal, 9                | 50                        | 59.9                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1783                 | Karo Dark Corn Syrup                                                                                       | USA                        | 2013                      | 90±6                              | 5  | Normal, 10               | 50                        | 66.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1784                 | Maple flavored syrup (Cottee's Foods, Australia)                                                           | Australia                  | 2003                      | 68±5                              | 3  | Normal, 9                | 50                        | 55.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1785                 | Maple syrup, pure Canadian (Queen Foods, Australia)                                                        | Canada                     | 2003                      | 54±6                              | 3  | Normal, 10               | 50                        | 68.2                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1786                 | Rice malt syrup (Pure Harvest Organic, Australia)                                                          | Australia                  | 2013                      | 98±6                              | 5  | Normal, 10               | 50                        | 62.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |
| 1787                 | Sugar, from organic fruits (Dolcedì, zucchero da frutta biologica, Rigoni di Asiago, Italy)                | Italy                      | 2009                      | 23±5                              | 1  | Normal, 10               | 50                        | 72                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 3                |
| 1788                 | Snow Pear Red Ginseng Brown Sugar, contains 2.2% Phytolin® (Queen's Joy, Wuzuo Technology, Tianjin, China) | China                      | 2020                      | 45±3                              | 2  | Normal, 12               | 25                        | 27.3                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 1789                 | Xylose Sugar (90% sucrose + 10% D-Xylose) (Healtang Biotech Co., Ltd, China)                               | China                      | 2020                      | 52±3                              | 3  | Normal, 10               | 25                        | 27.8                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |

| Food Number and Item                                                                                                                                                                                                        | Country of food production                                                                                   | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL     | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints  | Sample collection | Sample analysis method <sup>4</sup> | Ref.                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------------|--------|--------------------------|---------------------------|-------------------------------|------------------------------|-------------|-------------------|-------------------------------------|-----------------------------|
| <b>VEGETABLES</b>                                                                                                                                                                                                           |                                                                                                              |                           |                                   |        |                          |                           |                               |                              |             |                   |                                     |                             |
| <i>Average carbohydrate portion = 20 g, this value was used to determine the nominal GL for each item in this category, except for green peas, pumpkin, carrot, parsnip, and tomato sauce products where 10 g was used.</i> |                                                                                                              |                           |                                   |        |                          |                           |                               |                              |             |                   |                                     |                             |
| <b>Green banana/plantain (<i>Musa sapientum</i>)</b>                                                                                                                                                                        |                                                                                                              |                           |                                   |        |                          |                           |                               |                              |             |                   |                                     |                             |
| 1790                                                                                                                                                                                                                        | Green banana, peeled, boiled 10 min                                                                          | Jamaica                   | 2005                              | 37±5   | 7                        | Normal, 10                | 50                            | 225.2                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 88                |
| 1791                                                                                                                                                                                                                        | Green banana, peeled, fried in vegetable oil                                                                 | Jamaica                   | 2005                              | 35±3   | 7                        | Normal, 10                | 50                            | 195.3                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 88                |
| 1792                                                                                                                                                                                                                        | Green plantain ( <i>Musa paradisiaca</i> ), peeled, boiled 10 min                                            | Jamaica                   | 2005                              | 39±4   | 8                        | Normal, 10                | 50                            | 259.2                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 88                |
| 1793                                                                                                                                                                                                                        | Green plantain ( <i>Musa paradisiaca</i> ), peeled, fried in vegetable oil                                   | Jamaica                   | 2005                              | 40±3   | 8                        | Normal, 10                | 50                            | 175.9                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 88                |
| 1794                                                                                                                                                                                                                        | Plantain ( <i>Musa</i> spp. Ameletiha) chips (made from green plantain), sliced 0.8-1.2 mm thick, deep-fried | Côte d'Ivoire             | 2017*                             | 45±0.3 | 9                        | Normal, 28                | 50                            | 93.8                         | Glucose, 2h | Standard          | Capillary, whole blood              | Glucometer <sup>9</sup> 115 |
|                                                                                                                                                                                                                             | <i>Green banana, mean of five foods</i>                                                                      |                           |                                   | 39     |                          |                           |                               |                              |             |                   |                                     |                             |
| <b>Ripe banana/plantain (<i>Musa sapientum</i>)</b>                                                                                                                                                                         |                                                                                                              |                           |                                   |        |                          |                           |                               |                              |             |                   |                                     |                             |
| 1795                                                                                                                                                                                                                        | Ripe plantain ( <i>Musa paradisiaca</i> ), peeled, boiled 10 min                                             | Jamaica                   | 2005                              | 66±2   | 13                       | Normal, 10                | 50                            | 308.6                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 88                |
| 1796                                                                                                                                                                                                                        | Ripe plantain ( <i>Musa paradisiaca</i> ), peeled, fried in vegetable oil                                    | Jamaica                   | 2005                              | 90±6   | 18                       | Normal, 10                | 50                            | 211.6                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 88                |
| <b>Green peas</b>                                                                                                                                                                                                           |                                                                                                              |                           |                                   |        |                          |                           |                               |                              |             |                   |                                     |                             |
| 1797                                                                                                                                                                                                                        | Peas, plain and frozen (Talleys Group Ltd, New Zealand) <sup>13</sup>                                        | New Zealand               | 2011*                             | 29±2   | 3                        | Normal, 30                | 25                            | NS                           | Glucose, 2h | Standard          | Capillary, whole blood              | HemoCue 69                  |
| 1798                                                                                                                                                                                                                        | Peas, frozen, heated in the microwave (McCain Foods Aust. Pty Ltd, Australia)                                | Australia                 | 2020                              | 42±4   | 4                        | Normal, 10                | 25                            | 238.1                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic UO <sup>5</sup>   |
|                                                                                                                                                                                                                             | <i>Peas, mean of two studies</i>                                                                             |                           |                                   | 36     |                          |                           |                               |                              |             |                   |                                     |                             |
| <b>Pumpkin</b>                                                                                                                                                                                                              |                                                                                                              |                           |                                   |        |                          |                           |                               |                              |             |                   |                                     |                             |
| 1799                                                                                                                                                                                                                        | Butternut pumpkin, boiled                                                                                    | Australia                 | 2006                              | 51±6   | 5                        | Normal, 10                | 25                            | 352.1                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic UO <sup>5</sup>   |
| 1800                                                                                                                                                                                                                        | Pumpkin ( <i>Cucurbita moschata</i> ), peeled, cubed, boiled 30 min                                          | Jamaica                   | 2005                              | 66±4   | 7                        | Normal, 10                | 50                            | 223.8                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic 88                |
| <b>Sweet corn</b>                                                                                                                                                                                                           |                                                                                                              |                           |                                   |        |                          |                           |                               |                              |             |                   |                                     |                             |
| 1801                                                                                                                                                                                                                        | Sweet corn, cooked in microwave for 1.5 min                                                                  | Australia                 | 2015                              | 51±4   | 10                       | Normal, 10                | 25                            | 185.2                        | Glucose, 2h | Standard          | Capillary, plasma                   | Enzymatic UO <sup>5</sup>   |
| 1802                                                                                                                                                                                                                        | Sweet corn                                                                                                   | China                     | 2005                              | 55±2   | 11                       | Normal, 10                | 50                            | NS                           | Glucose, 2h | Standard          | Venous, NS                          | NS 12                       |
|                                                                                                                                                                                                                             | <i>Sweet corn, mean of two foods</i>                                                                         |                           |                                   | 53     |                          |                           |                               |                              |             |                   |                                     |                             |

| Food Number and Item                                                                                                      | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| <b>Root vegetables</b>                                                                                                    |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1803 Eddoe ( <i>Colocasia esculenta</i> var. <i>antiquorum</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min | Canada                     | 2003                      | 61±10                                | 12 | Normal, 10                  | 50                           | 221                              | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 116             |
| 1804 Carrots, unpeeled, boiled                                                                                            | Australia                  | 2020                      | 32±4                                 | 3  | Normal, 10                  | 25                           | 409.8                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1805 Carrots, diced, frozen (Talleys Group Ltd) <sup>13</sup>                                                             | New Zealand                | 2011*                     | 31±2                                 | 3  | Normal, 30                  | 25                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 69              |
| <i>Carrots, mean of two foods</i>                                                                                         |                            |                           | 32                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1806 Parsnips, peeled, boiled                                                                                             | Australia                  | 2007                      | 52±5                                 | 5  | Normal, 10                  | 25                           | 250                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1807 Tannia ( <i>Xanthosoma sagittifolium</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min                  | Canada                     | 2003                      | 60±5                                 | 12 | Normal, 10                  | 50                           | 135                              | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 116             |
| <b>Potato</b>                                                                                                             |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| <b>Baked potato</b>                                                                                                       |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1808 Irish potato ( <i>Solanum tuberosum</i> ), peeled, baked 45 min                                                      | Jamaica                    | 2005                      | 83±6                                 | 17 | Normal, 10                  | 50                           | 249.6                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88              |
| 1809 Pontiac potato, peeled and baked                                                                                     | Australia                  | 1998                      | 93±11                                | 19 | Normal, 10                  | 50                           | 414                              | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 117             |
| <b>Boiled potato</b>                                                                                                      |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1810 Bintje potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min                    | Australia                  | 2012                      | 94±8                                 | 19 | Normal, 10                  | 25                           | 189                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 118             |
| 1811 Carisma potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min                   | Australia                  | 2011                      | 53±7                                 | 11 | Normal, 10                  | 25                           | 238                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 118             |
| 1812 Carisma potato, baby, peeled, cut into slices 1 cm thick, boiled for 8 min                                           | Australia                  | 2016                      | 57±5                                 | 11 | Normal, 10                  | 25                           | 277.8                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1813 Charlotte potato, peeled, quartered, boiled 15 min                                                                   | UK                         | 2005                      | 66±5                                 | 13 | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 119             |
| 1814 Charlotte potato, unpeeled, cut into slices 1 cm thick, boiled for 8 min                                             | Australia                  | 2009                      | 68±6                                 | 14 | Normal, 11                  | 50                           | 359.7                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1815 Desiree potato, peeled, boiled 35 min                                                                                | Australia                  | 1998                      | 101±15                               | 20 | Normal, 10                  | 50                           | 446                              | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 117             |
| 1816 Desiree potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min                   | Australia                  | 2011                      | 74±8                                 | 15 | Normal, 10                  | 25                           | 197                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 118             |
| 1817 Desiree potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min                   | Australia                  | 2016                      | 79±6                                 | 16 | Normal, 10                  | 25                           | 196.9                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                                                                            | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1818 Estima potato, peeled, quartered, boiled 15 min                                                                                                                            | UK                         | 2005                      | 66±5                              | 13 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 119             |
| 1819 King Edward potato, peeled, quartered, boiled 15 min in unsalted water                                                                                                     | UK                         | 2005                      | 75±10                             | 15 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 119             |
| 1820 Maiflower potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min                                                                       | Australia                  | 2012                      | 103±8                             | 21 | Normal, 10               | 25                        | 189                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 118             |
| 1821 Marfona potato, peeled, quartered, boiled 15 min in unsalted water                                                                                                         | UK                         | 2005                      | 56±3                              | 11 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 119             |
| 1822 Maris Piper potato, peeled, quartered, boiled 15 min in unsalted water                                                                                                     | UK                         | 2005                      | 85±4                              | 17 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 119             |
| 1823 Nicola potato, peeled, quartered, boiled 15 min                                                                                                                            | UK                         | 2005                      | 59±7                              | 12 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 119             |
| 1824 Nicola potato, unpeeled, boiled whole for 15 min                                                                                                                           | Australia                  | 2006                      | 58±3                              | 12 | Normal, 10               | 50                        | 471.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1825 Nicola potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min                                                                          | Australia                  | 2012                      | 69±5                              | 14 | Normal, 10               | 25                        | 195                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 118             |
| 1826 Pontiac potato, peeled, boiled 35 min                                                                                                                                      | Australia                  | 1998                      | 88±9                              | 18 | Normal, 10               | 50                        | 414                           | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 117             |
| 1827 Russet Burbank potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min                                                                  | Australia                  | 2012                      | 82±3                              | 16 | Normal, 10               | 25                        | 154                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 118             |
| 1828 Sebago potato, peeled, boiled for 35 min                                                                                                                                   | Australia                  | 1998                      | 87±7                              | 17 | Normal, 10               | 50                        | 454                           | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 117             |
| 1829 Virginia Rose potato, peeled, cut into 5 cm by 5 cm slices, at a thickness of 0.5 cm, boiled for 8-9 min                                                                   | Australia                  | 2012                      | 93±10                             | 19 | Normal, 10               | 25                        | 255                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 118             |
| 1830 Potato, novel clone, selection 1 (CV92056-4, grown to maturity in Alberta, harvested Oct. 2008), unpeeled, cut into 2.5-3 cm cubes, boiled in salted water for 15 min      | Canada                     | 2009                      | 60±5                              | 12 | Normal, 9                | 50                        | 345                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |
| 1831 Potato, novel clone, selection 1 (CV92056-4, grown to maturity in Alberta; harvested Oct. 2008), boiled for 15 min, reheated in microwave for 2-3 min                      | Canada                     | 2009                      | 75±5                              | 15 | Normal, 10               | 50                        | 345                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |
| 1832 Potato, novel clone, selection 1 (CV92056-4, grown in Ontario; harvested Oct. 2009), unpeeled, cut into 2.5-3 cm cubes, boiled in salted water for 15 min                  | Canada                     | 2009-2010                 | 82±7                              | 16 | Normal, 9                | 50                        | 345                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |
| 1833 Potato, novel clone, selection 2 (CV1102-1, grown in Alberta; harvested prior to maturity Oct. 2009), unpeeled, cut into 2.5-3 cm cubes, boiled in salted water for 15 min | Canada                     | 2009-2010                 | 38±6                              | 8  | Normal, 10               | 50                        | 360                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |

| Food Number and Item |                                                                                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref. |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 1834                 | Potato, novel clone, selection 3 (F03031, grown in New Brunswick), unpeeled, cut into 2.5-3 cm cubes, boiled in salted water for 15 min                          | Canada                     | 2009                      | 79±9                              | 16 | Normal, 10               | 50                        | 321                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110  |
| 1835                 | Potato, novel clone, selection 3 (F03031, grown in New Brunswick), boiled 15 min, reheated in microwave 2-3 min                                                  | Canada                     | 2009                      | 79±4                              | 16 | Normal, 10               | 50                        | 321                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110  |
| 1836                 | Potato, novel clone, selection 3 (F03031, grown to maturity in Ontario), boiled 15 min, reheated in microwave 2-3 min                                            | Canada                     | 2009-2010                 | 73±6                              | 15 | Normal, 10               | 50                        | 321                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110  |
| 1837                 | Potato, novel clone, selection 4 (F03028, grown in New Brunswick), unpeeled, cut into 2.5-3 cm cubes, boiled in salted water for 15 min                          | Canada                     | 2009                      | 72±8                              | 14 | Normal, 10               | 50                        | 394                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110  |
| 1838                 | Potato, novel clone, selection 4 (F03028, grown in New Brunswick), boiled 15 min, reheated in microwave 2-3 min                                                  | Canada                     | 2009                      | 58±5                              | 12 | Normal, 10               | 50                        | 394                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110  |
|                      | <i>Boiled potato, mean of 29 studies</i>                                                                                                                         |                            |                           | 73                                |    |                          |                           |                               |                              |            |                        |                                     |      |
|                      | <b>Boiled/cooked, potato, white/NS</b>                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |      |
| 1839                 | Irish potato ( <i>Solanum tuberosum</i> ), peeled, cubed, boiled 30 min                                                                                          | Jamaica                    | 2005                      | 59±4                              | 12 | Normal, 10               | 50                        | 231.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1840                 | Irish potato ( <i>Solanum tuberosum</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min                                                               | Canada                     | 2003                      | 71±8                              | 14 | Normal, 10               | 50                        | 151                           | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 116  |
| 1841                 | New potato, unpeeled and boiled 20 min                                                                                                                           | Australia                  | 1998                      | 78±12                             |    | Normal, 10               | 50                        | 358                           | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 117  |
| 1842                 | Potato, NS, boiled                                                                                                                                               | China                      | 2005                      | 66±1                              | 13 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12   |
| 1843                 | Red potatoes, boiled with skin on in salted water for 12 min                                                                                                     | Canada                     | 2005                      | 89±7                              | 18 | Normal, 12               | 50                        | 352                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 120  |
| 1844                 | Potato, frozen peeled cubes, boiled (McCain Purely Potato Cubes, McCains, Wendouree, VIC, Australia)                                                             | Australia                  | 2010                      | 70±4                              | 14 | Normal, 10               | 50                        | 285.7                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 39   |
|                      | <b>Boiled potato cooked then cooled</b>                                                                                                                          |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |      |
| 1845                 | Potato, novel clone, selection 1 (CV92056-4, grown to maturity in Alberta; harvested Oct. 2008), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold | Canada                     | 2009                      | 55±7                              | 11 | Normal, 10               | 50                        | 345                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110  |
| 1846                 | Potato, novel clone, selection 1 (CV92056-4, grown in Ontario; harvested Oct. 2009), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold             | Canada                     | 2009-2010                 | 48±6                              | 10 | Normal, 10               | 50                        | 345                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110  |
| 1847                 | Potato, novel clone, selection 2 (CV1102-1, grown to maturity in Alberta, harvested Oct. 2008), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold  | Canada                     | 2009                      | 55±7                              | 11 | Normal, 9                | 50                        | 360                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110  |

| Food Number and Item |                                                                                                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1848                 | Potato, novel clone, selection 2 (CV1102-1, grown in Alberta, harvested prior to maturity Oct. 2009), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold | Canada                     | 2009-2010                 | 41±5                                 | 8  | Normal, 10                  | 50                           | 360                              | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |
| 1849                 | Potato, novel clone, selection 3 (F03031, grown in New Brunswick), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold                                    | Canada                     | 2009                      | 40±5                                 | 8  | Normal, 10                  | 50                           | 321                              | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |
| 1850                 | Potato, novel clone, selection 3 (F03031, grown to maturity in Ontario), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold                              | Canada                     | 2009-2010                 | 49±7                                 | 10 | Normal, 10                  | 50                           | 321                              | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |
| 1851                 | Potato, novel clone, selection 4 (F03028, grown in New Brunswick), boiled for 15 min, refrigerated at 4°C for 24-28 h, served cold                                    | Canada                     | 2009                      | 44±7                                 | 9  | Normal, 10                  | 50                           | 394                              | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 110             |
| 1852                 | Potato, red, cubed, boiled in salted water 12 min, stored overnight in refrigerator, consumed cold                                                                    | Canada                     | 2005                      | 56±5                                 | 11 | Normal, 12                  | 50                           | 352                              | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 120             |
|                      | <i>Potato cooked then cooled, mean of eight foods</i>                                                                                                                 |                            |                           | 49                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
|                      | <b>Canned potatoes</b>                                                                                                                                                |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1853                 | New potatoes, canned, heated in microwave 3 min (Mint Tiny Taters™, Edgell's™ brand, Cheltenham, Australia)                                                           | Australia                  | 1998                      | 65±9                                 | 13 | Normal, 10                  | 50                           | 416                              | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 117             |
|                      | <b>French Fries</b>                                                                                                                                                   |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1854                 | French Fries, baked 15 min (OreIda Golden Fries, H.J. Heinz Co, Pittsburgh, PA, USA)                                                                                  | USA                        | 2005                      | 64±6                                 | 13 | Normal, 12                  | 50                           | 233                              | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 120             |
| 1855                 | French Fries, cooked in oven for 20 min from frozen (McCain Superfries, McCains, Wendouree, VIC, Australia)                                                           | Australia                  | 2010                      | 65±4                                 | 13 | Normal, 10                  | 50                           | 208.3                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 39              |
|                      | <b>Instant Mashed potato</b>                                                                                                                                          |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1856                 | Instant mashed potato (Idahoan Foods, Lewisville, ID, USA)                                                                                                            | USA                        | 2005                      | 88±8                                 | 18 | Normal, 12                  | 50                           | 67.3                             | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 120             |
| 1857                 | Instant mashed potato (Idahoan Foods, Lewisville, ID, USA), prepared with water                                                                                       | USA                        | 2001                      | 92±4                                 | 18 | Normal, 47                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, NS          | YSI or Enzymatic                    | 42              |
| 1858                 | Instant mashed potato (Idahoan Foods, Lewisville, ID, USA), prepared with water                                                                                       | USA                        | 2001                      | 69±9                                 | 14 | Normal, 21                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, NS             | YSI or Enzymatic                    | 42              |
| 1859                 | Instant mashed potato (Idahoan Foods, Lewisville, ID, USA)                                                                                                            | USA                        | 1998                      | 97±6                                 | 19 | Normal, 10                  | 50                           | 67.3                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1860                 | Potato mash (Homestyle, continental, Unilever, Australasia) <sup>13</sup>                                                                                             | New Zealand                | 2011*                     | 72±6                                 | 14 | Normal, 30                  | 50                           |                                  | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 69              |
|                      | <i>Instant mashed potato, mean of five studies</i>                                                                                                                    |                            |                           | 84                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |

| Food Number and Item                |                                                                                                                                                                              | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| Mashed potato                       |                                                                                                                                                                              |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1861                                | Mashed potato, NS                                                                                                                                                            | China                      | 2005                      | 73±3                              | 15 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 1862                                | Mashed potato, Aviko B.V.                                                                                                                                                    | UK                         | 2009                      | 76±7                              | 15 | Normal, 15               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 121             |
| 1863                                | Mashed potato, NS                                                                                                                                                            | UK                         | 2009                      | 76±7                              | 15 | Normal, 15               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 121             |
| 1864                                | Potato, Folva, precooked, peeled, salted, vacuum packed and then boiled until soft to the center, drained and mashed (Superior Potet, Hoff SA, Gjøvik, Norway) <sup>11</sup> | Norway                     | 2019*                     | 81±4                              | 16 | Normal, 13               | 50                        | 325.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | YSI                                 | 80              |
| 1865                                | Pontiac potato, peeled, cubed, boiled 15 min, mashed                                                                                                                         | Australia                  | 1998                      | 91±9                              | 18 | Normal, 10               | 50                        | 414                           | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 117             |
| Mashed potato, mean of five studies |                                                                                                                                                                              |                            |                           | 79                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| Microwaved potato                   |                                                                                                                                                                              |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1866                                | Estima potato, cooked in microwave 6 min then baked 10 min                                                                                                                   | UK                         | 2005                      | 93±8                              | 19 | Normal, 10               | 50                        | 290.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 49              |
| 1867                                | Pontiac potato, peeled, cooked in microwave on high for 6-7.5 min                                                                                                            | Australia                  | 1998                      | 79±9                              | 16 | Normal, 10               | 50                        | 414                           | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 117             |
| 1868                                | Prince Edward Island white potato, cooked in microwave for 18 min                                                                                                            | Canada                     | 2005                      | 73±5                              | 15 | Normal, 12               | 50                        | 298                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 120             |
| 1869                                | Russet Burbank Norkotah potato, unpeeled, cooked in microwave for 18 min                                                                                                     | USA                        | 2005                      | 77±9                              | 15 | Normal, 12               | 50                        | 376                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 120             |
| Potato, other preparation methods   |                                                                                                                                                                              |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1870                                | California white potatoes, cubed, roasted in soybean oil                                                                                                                     | USA                        | 2005                      | 72±8                              | 14 | Normal, 12               | 50                        | 376                           | Bread, 2h                    | Standard   | Capillary, whole blood | YSI                                 | 120             |
| 1871                                | Irish potato ( <i>Solanum tuberosum</i> ), peeled, fried in vegetable oil                                                                                                    | Jamaica                    | 2005                      | 70±6                              | 14 | Normal, 10               | 50                        | 249.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88              |
| 1872                                | Hash Browns, crispy shredded potato cakes, frozen, baked at 230°C for 17 min, Birds Eye™                                                                                     | Australia                  | 2012                      | 56±6                              | 11 | Normal, 10               | 50                        | 280.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1873                                | Potato, NS, steamed                                                                                                                                                          | China                      | 2005                      | 62±2                              | 12 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| Sweet potato/Kumara, baked          |                                                                                                                                                                              |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1874                                | Sweet potato ( <i>Ipomoea batatas</i> ), Dor cultivar, baked with skin on at 175°C for 45 min                                                                                | Jamaica                    | 2008                      | 83±6                              | 17 | Normal, 10               | 50                        | 173                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1875                                | Sweet potato ( <i>Ipomoea batatas</i> ), Clarendon cultivar, baked with skin on at 175°C for 45 min                                                                          | Jamaica                    | 2008                      | 83±3                              | 17 | Normal, 10               | 50                        | 162                           | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |

| Food Number and Item                            |                                                                                                                              | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method <sup>4</sup> | Ref. |
|-------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|-------------------|-------------------------------------|------|
| 1876                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Eustace cultivar, baked with skin on at 175°C for 45 min                            | Jamaica                    | 2008                      | 93±5                              | 19 | Normal, 10               | 50                        | 182                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1877                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Fire on Land cultivar, baked with skin on at 175°C for 45 min                       | Jamaica                    | 2008                      | 87±4                              | 17 | Normal, 10               | 50                        | 186                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1878                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Ganja cultivar, baked with skin on at 175°C for 45 min                              | Jamaica                    | 2008                      | 82±3                              | 16 | Normal, 10               | 50                        | 162                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1879                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Ms Mac cultivar, baked with skin on at 175°C for 45 min                             | Jamaica                    | 2008                      | 87±4                              | 17 | Normal, 10               | 50                        | 172                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1880                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Minda cultivar, baked with skin on at 175°C for 45 min                              | Jamaica                    | 2008                      | 91±3                              | 18 | Normal, 10               | 50                        | 157                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1881                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Quarter Million cultivar, baked with skin on at 175°C for 45 min                    | Jamaica                    | 2008                      | 94±3                              | 19 | Normal, 10               | 50                        | 183                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1882                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Watson cultivar, baked with skin on at 175°C for 45 min                             | Jamaica                    | 2008                      | 85±2                              | 17 | Normal, 10               | 50                        | 173                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1883                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Yellow Belly cultivar, baked with skin on at 175°C for 45 min                       | Jamaica                    | 2008                      | 86±2                              | 17 | Normal, 10               | 50                        | 171                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1884                                            | Sweet potato ( <i>Ipomoea batatas</i> ), NS, peeled, baked 45 min                                                            | Jamaica                    | 2005                      | 94±8                              | 19 | Normal, 10               | 50                        | 167.8                         | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| <i>Roasted sweet potato, mean of 11 studies</i> |                                                                                                                              |                            |                           | 88                                |    |                          |                           |                               |                              |            |                   |                                     |      |
| <b>Sweet potato/Kumara, boiled</b>              |                                                                                                                              |                            |                           |                                   |    |                          |                           |                               |                              |            |                   |                                     |      |
| 1885                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Dor cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min             | Jamaica                    | 2008                      | 47±3                              | 9  | Normal, 10               | 50                        | 235                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1886                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Clarendon cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min       | Jamaica                    | 2008                      | 46±5                              | 9  | Normal, 10               | 50                        | 218                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1887                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Eustace cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min         | Jamaica                    | 2008                      | 49±5                              | 10 | Normal, 10               | 50                        | 272                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1888                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Fire on Land cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min    | Jamaica                    | 2008                      | 46±4                              | 9  | Normal, 10               | 50                        | 244                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1889                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Ganja cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min           | Jamaica                    | 2008                      | 41±5                              | 8  | Normal, 10               | 50                        | 232                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1890                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Ms Mac cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min          | Jamaica                    | 2008                      | 45±3                              | 9  | Normal, 10               | 50                        | 252                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1891                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Minda cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min           | Jamaica                    | 2008                      | 49±4                              | 10 | Normal, 10               | 50                        | 233                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |
| 1892                                            | Sweet potato ( <i>Ipomoea batatas</i> ), Quarter Million cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min | Jamaica                    | 2008                      | 49±4                              | 10 | Normal, 10               | 50                        | 252                           | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122  |

| Food Number and Item                           |                                                                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1893                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Watson cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min                 | Jamaica                    | 2008                      | 43±4                                 | 9  | Normal, 10                  | 50                           | 263                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1894                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Yellow Belly cultivar, peeled, cut into 25 mm slices, boiled in water for 20 min           | Jamaica                    | 2008                      | 50±3                                 | 10 | Normal, 10                  | 50                           | 346                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1895                                           | Sweet potato ( <i>Ipomoea batatas</i> ), NS, peeled, cubed, boiled 30 min                                                           | Jamaica                    | 2005                      | 46±5                                 | 9  | Normal, 10                  | 50                           | 234.6                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1896                                           | Sweet potato, orange flesh, NS, peeled, cut into pieces, boiled for 8 min                                                           | Australia                  | 2006                      | 61±6                                 | 12 | Normal, 10                  | 50                           | 427.4                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 1897                                           | Sweet potato, purple skin white flesh, peeled, cut into pieces, boiled for 8 min                                                    | Australia                  | 2006                      | 75±5                                 | 15 | Normal, 9                   | 50                           | 255.1                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <i>Boiled sweet potato, mean of 13 studies</i> |                                                                                                                                     |                            |                           | 46                                   |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| <b>Sweet potato/Kumara, cooked</b>             |                                                                                                                                     |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1898                                           | Red sweet potato ( <i>Ipomoea batatas</i> ), NS, cooking method NS <sup>13</sup>                                                    | New Zealand                | 2011*                     | 84±6                                 | 17 | Normal, 30                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 69              |
| 1899                                           | Sweet potato, kumara, cooking method NS                                                                                             | New Zealand                | 2000                      | 77±12                                | 15 | Normal, 9                   | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| <b>Sweet potato, fried</b>                     |                                                                                                                                     |                            |                           |                                      |    |                             |                              |                                  |                              |            |                        |                                     |                 |
| 1900                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Dor cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil             | Jamaica                    | 2008                      | 76±4                                 | 15 | Normal, 10                  | 50                           | 173                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1901                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Clarendon cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil       | Jamaica                    | 2008                      | 73±3                                 | 15 | Normal, 10                  | 50                           | 162                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1902                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Eustace cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil         | Jamaica                    | 2008                      | 77±4                                 | 15 | Normal, 10                  | 50                           | 182                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1903                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Fire on Land cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil    | Jamaica                    | 2008                      | 75±3                                 | 15 | Normal, 10                  | 50                           | 186                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1904                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Ganja cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil           | Jamaica                    | 2008                      | 69±3                                 | 14 | Normal, 10                  | 50                           | 162                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1905                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Ms Mac cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil          | Jamaica                    | 2008                      | 63±2                                 | 13 | Normal, 10                  | 50                           | 172                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1906                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Minda cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil           | Jamaica                    | 2008                      | 68±3                                 | 14 | Normal, 10                  | 50                           | 157                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |
| 1907                                           | Sweet potato ( <i>Ipomoea batatas</i> ), Quarter Million cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica                    | 2008                      | 70±6                                 | 14 | Normal, 10                  | 50                           | 183                              | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 122             |

| Food Number and Item |                                                                                                                                  | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|-------------------|-------------------------------------|-----------------|
| 1908                 | Sweet potato ( <i>Ipomoea batatas</i> ), Watson cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil       | Jamaica                    | 2008                      | 67±4                                 | 13 | Normal, 10                  | 50                           | 173                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1909                 | Sweet potato ( <i>Ipomoea batatas</i> ), Yellow Belly cultivar, peeled, cut into 10 mm wedges, fried in pre-heated vegetable oil | Jamaica                    | 2008                      | 72±4                                 | 14 | Normal, 10                  | 50                           | 171                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1910                 | Sweet potato ( <i>Ipomoea batatas</i> ), NS, peeled, fried in vegetable oil                                                      | Jamaica                    | 2005                      | 76±7                                 | 15 | Normal, 10                  | 50                           | 167.8                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 88              |
|                      | <i>Fried sweet potato, mean of 11 studies</i>                                                                                    |                            |                           | 71                                   |    |                             |                              |                                  |                              |            |                   |                                     |                 |
|                      | <b>Sweet potato/Kumara, roasted</b>                                                                                              |                            |                           |                                      |    |                             |                              |                                  |                              |            |                   |                                     |                 |
| 1911                 | Sweet potato ( <i>Ipomoea batatas</i> ), Dor cultivar, skin on, roasted on pre-heated charcoal for 45 min                        | Jamaica                    | 2008                      | 86±4                                 | 17 | Normal, 10                  | 50                           | 173                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1912                 | Sweet potato ( <i>Ipomoea batatas</i> ), Clarendon cultivar, skin on, roasted on pre-heated charcoal for 45 min                  | Jamaica                    | 2008                      | 81±4                                 | 16 | Normal, 10                  | 50                           | 162                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1913                 | Sweet potato ( <i>Ipomoea batatas</i> ), Eustace cultivar, skin on, roasted on pre-heated charcoal for 45 min                    | Jamaica                    | 2008                      | 93±2                                 | 19 | Normal, 10                  | 50                           | 182                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1914                 | Sweet potato ( <i>Ipomoea batatas</i> ), Fire on Land cultivar, skin on, roasted on pre-heated charcoal for 45 min               | Jamaica                    | 2008                      | 90±3                                 | 18 | Normal, 10                  | 50                           | 186                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1915                 | Sweet potato ( <i>Ipomoea batatas</i> ), Ganja cultivar, skin on, roasted on pre-heated charcoal for 45 min                      | Jamaica                    | 2008                      | 79±4                                 | 16 | Normal, 10                  | 50                           | 162                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1916                 | Sweet potato ( <i>Ipomoea batatas</i> ), Ms Mac cultivar, skin on, roasted on pre-heated charcoal for 45 min                     | Jamaica                    | 2008                      | 85±4                                 | 17 | Normal, 10                  | 50                           | 172                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1917                 | Sweet potato ( <i>Ipomoea batatas</i> ), Minda cultivar, skin on, roasted on pre-heated charcoal for 45 min                      | Jamaica                    | 2008                      | 89±3                                 | 18 | Normal, 10                  | 50                           | 157                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1918                 | Sweet potato ( <i>Ipomoea batatas</i> ), Quarter Million cultivar, skin on, roasted on pre-heated charcoal for 45 min            | Jamaica                    | 2008                      | 91±2                                 | 18 | Normal, 10                  | 50                           | 183                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1919                 | Sweet potato ( <i>Ipomoea batatas</i> ), Watson cultivar, skin on, roasted on pre-heated charcoal for 45 min                     | Jamaica                    | 2008                      | 87±2                                 | 17 | Normal, 10                  | 50                           | 173                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1920                 | Sweet potato ( <i>Ipomoea batatas</i> ), Yellow Belly cultivar, skin on, roasted on pre-heated charcoal for 45 min               | Jamaica                    | 2008                      | 85±2                                 | 17 | Normal, 10                  | 50                           | 171                              | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 122             |
| 1921                 | Sweet potato ( <i>Ipomoea batatas</i> ), NS, peeled, roasted on preheated charcoal                                               | Jamaica                    | 2005                      | 82±5                                 | 16 | Normal, 10                  | 50                           | 167.8                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | 88              |
|                      | <i>Roasted sweet potato, mean of 11 studies</i>                                                                                  |                            |                           | 86                                   |    |                             |                              |                                  |                              |            |                   |                                     |                 |
| 1922                 | Sweet potato lattices, processed sweet potato product, baked at 210°C for 18 min (Simplot Australia Pty Ltd, Australia)          | Australia                  | 2012                      | 51±4                                 | 10 | Normal, 10                  | 50                           | 233.6                            | Glucose, 2h                  | Standard   | Capillary, plasma | Enzymatic                           | UO <sup>5</sup> |

| Food Number and Item                                                                                                                   | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref. |
|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| <b>Taro /Dasheen</b>                                                                                                                   |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |      |
| 1923 Dasheen (Taro), peeled, cubed, boiled 30 min                                                                                      | Jamaica                    | 2005                      | 72±5                              | 14 | Normal, 10               | 50                        | 279.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1924 Dasheen, peeled, boiled 30 min, refrigerated, reheated for 1 min                                                                  | Canada                     | 2003                      | 77±10                             | 15 | Normal, 10               | 50                        | 131                           | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 116  |
| <b>Yam</b>                                                                                                                             |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |      |
| 1925 Coco yam ( <i>Xanthosoma spp.</i> ), peeled, cubed, boiled 30 min                                                                 | Jamaica                    | 2005                      | 61±5                              | 12 | Normal, 10               | 50                        | 482.6                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1926 Lucea Yam ( <i>Dioscorea rotundata</i> ), peeled, cubed, boiled 30 min                                                            | Jamaica                    | 2005                      | 74±7                              | 15 | Normal, 10               | 50                        | 274.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1927 Lucea Yam ( <i>Dioscorea rotundata</i> ), peeled, roasted on preheated charcoal                                                   | Jamaica                    | 2005                      | 77±5                              | 15 | Normal, 10               | 50                        | 198.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1928 Negro yam ( <i>Dioscorea rotundata</i> ), peeled, cubed, boiled 30 min                                                            | Jamaica                    | 2005                      | 73±4                              | 15 | Normal, 10               | 50                        | 235.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1929 Negro yam ( <i>Dioscorea rotundata</i> ), peeled, roasted on preheated charcoal                                                   | Jamaica                    | 2005                      | 73±6                              | 15 | Normal, 10               | 50                        | 194.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1930 Round leaf yellow yam ( <i>Dioscorea cayenensis</i> ), peeled, cubed, boiled 30 min                                               | Jamaica                    | 2005                      | 68±3                              | 14 | Normal, 10               | 50                        | 223.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1931 Round leaf yellow yam ( <i>Dioscorea cayenensis</i> ), peeled, roasted on preheated charcoal                                      | Jamaica                    | 2005                      | 80±7                              | 16 | Normal, 10               | 50                        | 186.4                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1932 Sweet yam ( <i>Dioscorea alata</i> ), peeled, cubed, boiled 30 min                                                                | Jamaica                    | 2005                      | 79±4                              | 16 | Normal, 10               | 50                        | 298.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1933 Sweet yam ( <i>Dioscorea alata</i> ), peeled, roasted on preheated charcoal                                                       | Jamaica                    | 2005                      | 82±7                              | 16 | Normal, 10               | 50                        | 192.5                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1934 White yam ( <i>Dioscorea alata</i> ), peeled, cubed, boiled 30 min                                                                | Jamaica                    | 2005                      | 75±6                              | 15 | Normal, 10               | 50                        | 239.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1935 White yam ( <i>Dioscorea alata</i> ), peeled, roasted on preheated charcoal                                                       | Jamaica                    | 2005                      | 80±6                              | 16 | Normal, 10               | 50                        | 214.1                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 88   |
| 1936 White yam ( <i>Dioscorea alata</i> ), peeled, boiled 30 min, refrigerated, reheated for 1 min                                     | Canada                     | 2003                      | 62±6                              | 12 | Normal, 10               | 50                        | 300                           | Bread, 2h                    | Standard   | Capillary, plasma      | Enzymatic                           | 116  |
| 1937 Yam (Chinese sweet potato; <i>Ipomoea batatas</i> L. Lam), skin peeled, cut into 5 cm cubes, steamed by rice cooker <sup>22</sup> | Taiwan                     | 2010*                     | 37±0.2                            | 7  | Normal, 10               | 50                        | 70                            | Bread, 2h                    | Standard   | Capillary, whole blood | Enzymatic                           | 60   |
| 1938 Yam ( <i>Dioscorea cayenensis</i> ), round leaf yellow yam, cut into 25 mm chunks, boiled for 20 min, simmered for 10 min         | Jamaica                    | 2008*                     | 68±3                              | 14 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | 123  |

| Food Number and Item                                                                                                        |                                                                                                                                           | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 1939                                                                                                                        | Yam ( <i>Dioscorea alata</i> ), white yam, cut into 25 mm chunks, boiled for 20 min, simmered for 10 min                                  | Jamaica                    | 2008*                     | 75±6                              | 15 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | 123             |
| 1940                                                                                                                        | Yam ( <i>Dioscorea esculenta</i> ), Chinese yam, cut into 25 mm chunks, boiled for 20 min, simmered for 10 min                            | Jamaica                    | 2008*                     | 97±10                             | 19 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | 123             |
| 1941                                                                                                                        | Yam ( <i>Dioscorea rotundata</i> ), Lucea yam, cut into 25 mm chunks, boiled for 20 min, simmered for 10 min                              | Jamaica                    | 2008*                     | 74±7                              | 15 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | 123             |
|                                                                                                                             | <i>Yam, mean of 21 studies</i>                                                                                                            |                            |                           | 68                                |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1942                                                                                                                        | Yam, cooked, NS                                                                                                                           | China                      | 2005                      | 54±2                              | 11 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 1943                                                                                                                        | Yam, peeled, boiled                                                                                                                       | New Zealand                | 2000                      | 35±5                              | 7  | Normal, 14               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 27              |
| 1944                                                                                                                        | Yam, steamed                                                                                                                              | China                      | 2005                      | 51±4                              | 10 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| <b>Vegetable products</b>                                                                                                   |                                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1945                                                                                                                        | Tomato sauce, with extra cheese (Pasta Bake, Dolmio, Mars Foods, New Zealand) <sup>13</sup>                                               | New Zealand                | 2011*                     | 35±3                              | 4  | Normal, 30               | 25                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 69              |
| 1946                                                                                                                        | Tomato and vegetable pasta sauce, commercially-prepared                                                                                   | France                     | 2007                      | 23±3                              | 2  | Normal, 10               | 50                        | 595.2                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| <b>REGIONAL OR TRADITIONAL FOODS</b>                                                                                        |                                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <i>Average carbohydrate portion = 35 g, this value was used to determine the nominal GL for each item in this category.</i> |                                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| <b>AFRICAN</b>                                                                                                              |                                                                                                                                           |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 1947                                                                                                                        | Aloco, plantain ( <i>Musa</i> spp. Agnrin) slices (yellow stage of ripeness aag6), salted and fried in vegetable oil                      | Côte d'Ivoire              | 2017*                     | 39±0.3                            | 14 | Normal, 28               | 50                        | 99.0                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 115             |
| 1948                                                                                                                        | Aloco, plantain ( <i>Musa</i> spp. Agnrin) slices (yellow with black spots stage of ripeness aag7), salted and fried in vegetable oil     | Côte d'Ivoire              | 2017*                     | 39±1                              | 14 | Normal, 28               | 50                        | 97.0                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 115             |
| 1949                                                                                                                        | Banane braise (blissi), unripe or half-ripe plantain ( <i>Musa</i> spp. Afoto), roasted on heated charcoal                                | Côte d'Ivoire              | 2017*                     | 88±2                              | 31 | Normal, 28               | 50                        | 122.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 115             |
| 1950                                                                                                                        | Klacro, plantain fritters made from blended over-ripe plantain ( <i>Musa</i> spp. Ameletiha) mixed with cornflour, fried in vegetable oil | Côte d'Ivoire              | 2017*                     | 44±0.3                            | 15 | Normal, 28               | 50                        | 101.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 115             |
| 1951                                                                                                                        | Meat and okra soup, with fermented cassava dough                                                                                          | Nigeria                    | 2015*                     | 75±0.5                            | 26 | Normal, 100              | 50                        | 276.1                         | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 124             |
| 1952                                                                                                                        | Meat, beans and corn pottage with spinach                                                                                                 | Nigeria                    | 2015*                     | 33±0.1                            | 12 | Normal, 100              | 50                        | 520.3                         | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 124             |
| 1953                                                                                                                        | Pap and Bambara nut pudding                                                                                                               | Nigeria                    | 2015*                     | 40±0.3                            | 14 | Normal, 100              | 50                        | 455.4                         | Glucose, 2h                  | Standard   | Venous, plasma         | Enzymatic                           | 124             |

| Food Number and Item      |                                                                                                               | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref. |
|---------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 1954                      | Ugali porridge (corn foofoo, pap) made from whole maize flour, cooked for 15 min                              | India                      | 2019*                     | 71±5                              | 25 | Normal, 15               | 50                        | 63.3                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 79   |
| 1955                      | Ugali porridge (corn foofoo, pap) made from refined maize flour, cooked for 15 min                            | India                      | 2019*                     | 75±7                              | 26 | Normal, 15               | 50                        | 69.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 79   |
| <b>ARABIC AND TURKISH</b> |                                                                                                               |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |      |
| 1956                      | Arabic bread (baked bread)                                                                                    | UAE                        | 2017*                     | 67±5                              | 23 | Normal, 25               | 50                        | 78.8                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1957                      | Arseyah (Basmati rice with chicken)                                                                           | UAE                        | 2017*                     | 72±4                              | 25 | Normal, 15               | 50                        | 507.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1958                      | Balalet (Sweet vermicelli)                                                                                    | UAE                        | 2017*                     | 63±5                              | 22 | Normal, 15               | 50                        | 179.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1959                      | Batheetha (Khalas date paste)                                                                                 | UAE                        | 2017*                     | 59±4                              | 21 | Normal, 20               | 50                        | 130.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1960                      | Biryani, chicken (Basmati rice with chicken)                                                                  | UAE                        | 2017*                     | 52±4                              | 18 | Normal, 15               | 50                        | 253.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1961                      | Boiled vermicelli (Swayweih/Ballaleet), cooked with sugar, served with Omani coffee (130 mL, 225 mg caffeine) | Oman                       | 2020*                     | 64±5                              | 22 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6    |
| 1962                      | Boiled vermicelli (Swayweih/Ballaleet), cooked with sugar, served with water                                  | Oman                       | 2020*                     | 67±5                              | 23 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6    |
| 1963                      | Chami (cottage cheese)                                                                                        | UAE                        | 2017*                     | 60±9                              | 21 | Normal, 16               | 25                        | 472.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1964                      | Chebab bread (Emirati pancake)                                                                                | UAE                        | 2017*                     | 54±8                              | 19 | Normal, 15               | 50                        | 109.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1965                      | Croissant, served with Omani coffee (130 mL, 225 mg caffeine)                                                 | Oman                       | 2020*                     | 65±4                              | 23 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6    |
| 1966                      | Dates, Khalas (Rutab, soft early ripened) (91.1 g), eaten with full-fat plain yoghurt (125 g)                 | UAE                        | 2002                      | 37±5                              | 13 | Normal, 9                | 50                        | 216.1                         | Glucose, 2h                  | NS         | Capillary, whole blood | Glucometer <sup>9</sup>             | 91   |
| 1967                      | Dates, Khalas variety (Al Saad date factory, Al Ain), served with Arabic coffee                               | UAE                        | 2010                      | 53±6                              | 19 | Normal, 13               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 126  |
| 1968                      | Doughnut, served with Omani coffee (130 mL, 225 mg caffeine)                                                  | Oman                       | 2020*                     | 77±3                              | 27 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6    |
| 1969                      | Fendal (boiled sweet potato, dates added to cooking water)                                                    | UAE                        | 2017*                     | 74±7                              | 26 | Normal, 20               | 50                        | 157.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1970                      | Fried vermicelli (Swayweih/Ballaleet), cooked with sugar, served with Omani coffee (130 mL, 225 mg caffeine)  | Oman                       | 2020*                     | 65±5                              | 23 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6    |

| Food Number and Item |                                                                                                                                 | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref. |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------|
| 1971                 | Fried vermicelli (Swayweih/Ballaleet), cooked with sugar, served with water                                                     | Oman                       | 2020*                     | 72±4                              | 25 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6    |
| 1972                 | Habba Hamra (red seed drink, containing evaporated milk)                                                                        | UAE                        | 2017*                     | 47±3                              | 16 | Normal, 15               | 50                        | 314.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1973                 | Harees, beef (whole wheat served with meat)                                                                                     | UAE                        | 2017*                     | 42±2                              | 15 | Normal, 15               | 50                        | 323.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1974                 | Khabisa (semolina pudding with cardamom)                                                                                        | UAE                        | 2017*                     | 67±4                              | 23 | Normal, 15               | 50                        | 89.0                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1975                 | Khameer bread (baked bread)                                                                                                     | UAE                        | 2017*                     | 47±3                              | 16 | Normal, 15               | 50                        | 91.1                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1976                 | Khanfaroosh (Doughnut cake)                                                                                                     | UAE                        | 2017*                     | 45±3                              | 16 | Normal, 15               | 50                        | 126.3                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1977                 | Legemat (Doughnut cake)                                                                                                         | UAE                        | 2017*                     | 44±4                              | 15 | Normal, 15               | 50                        | 113.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1978                 | Machbous, fish (Basmati rice with fish)                                                                                         | UAE                        | 2017*                     | 60±3                              | 21 | Normal, 20               | 50                        | 277.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1979                 | Muhalla bread (Emirati sweet crepe)                                                                                             | UAE                        | 2017*                     | 77±2                              | 27 | Normal, 15               | 50                        | 73.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1980                 | Regag bread (Thin crispy crepe)                                                                                                 | UAE                        | 2017*                     | 76±7                              | 27 | Normal, 25               | 50                        | 112.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| 1981                 | Sambosa vegetable, fried in oil, served with water                                                                              | Oman                       | 2020*                     | 60±5                              | 21 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6    |
| 1982                 | Sambosa vegetable, fried in oil, served with Omani coffee (130 mL, 225 mg caffeine)                                             | Oman                       | 2020*                     | 57±4                              | 20 | Normal, 12               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 6    |
| 1983                 | Thareed, beef (Regag bread served with meat stew)                                                                               | UAE                        | 2017*                     | 74±3                              | 26 | Normal, 15               | 50                        | 460.0                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 125  |
| <b>ASIAN</b>         |                                                                                                                                 |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |      |
| 1984                 | Baked Barbecued Pork Puff, instant (Hoixe Cake Shop, H.K.)                                                                      | China                      | 2010*                     | 55±8                              | 19 | Normal, 15               | 50                        | 161                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127  |
| 1985                 | Barbecue pork bun, instant (Maxim's MX, H.K.)                                                                                   | China                      | 2010*                     | 69±9                              | 24 | Normal, 15               | 50                        | 119                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127  |
| 1986                 | Barley Drink (ready-to-drink packet drink made from pearl barley and dried winter melon) (F&N Foods Private Limited, Singapore) | Singapore                  | 2015*                     | 62±6                              | 22 | Normal, 11               | 50                        | 657.9                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18   |
| 1987                 | Beehoon (rice vermicelli), cooked for 1.5 min (NTUC Fairprice, Singapore)                                                       | Singapore                  | 2015*                     | 35±3                              | 12 | Normal, 11               | 50                        | 61.9                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18   |

| Food Number and Item |                                                                                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 1988                 | Bread, Garden milk bar bun                                                                                                                            | China                      | 2010*                     | 73±8                              | 26 | Normal, 10               | 50                        | 105                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28               |
| 1989                 | Bun, white, filled with red bean paste                                                                                                                | Singapore                  | 2018*                     | 58±4                              | 20 | Normal, 19               | 50                        | 106                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57               |
| 1990                 | Bun, steamed, made from wheat flour                                                                                                                   | China                      | 2016                      | 85±7                              | 30 | Normal, 10               | 25                        | 47.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | UO <sup>18</sup> |
| 1991                 | Bun, white, steamed Chinese                                                                                                                           | Malaysia                   | 2018*                     | 58±3                              | 20 | Normal, 19               | 50                        | 88                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57               |
| 1992                 | Butter rice, warm white rice and 10 g butter <sup>16</sup>                                                                                            | Japan                      | 2003                      | 79±12                             | 28 | Normal, 10               | 50                        | 157                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 1993                 | Cake crisp                                                                                                                                            | China                      | 2005                      | 59±2                              | 21 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 1994                 | Cereal Solid Beverage, common type (LVSHOU Health Industry Group, Guangzhou, China)                                                                   | China                      | 2020                      | 53±5                              | 19 | Normal, 12               | 25                        | 62.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 1995                 | Cereal Solid Beverage, fortified type (LVSHOU Health Industry Group, Guangzhou, China)                                                                | China                      | 2020                      | 42±4                              | 15 | Normal, 12               | 25                        | 71.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 1996                 | Char Siew Pau, steamed barbecue pork bun (Tanjong Rhu Pau & Confectionary, Singapore)                                                                 | Singapore                  | 2015*                     | 66±7                              | 23 | Normal, 10               | 50                        | 154.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18               |
| 1997                 | Chee Cheong Fun, rice noodle roll or steamed rice roll, plain served with sweet soya sauce (Hock Seng Food Private Ltd, Singapore)                    | Singapore                  | 2015*                     | 81±7                              | 28 | Normal, 10               | 50                        | 277.8                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18               |
| 1998                 | Chinese Carrot Cake, turnip cake, daikon cake or radish cake, pan-fired shredded radish with plain rice flour (Wei Cian Foods Private Ltd, Singapore) | Singapore                  | 2015*                     | 77±8                              | 27 | Normal, 10               | 50                        | 316.5                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18               |
| 1999                 | Chinese herbal jelly, instant, prepared freshly in the morning (Guang Jian Tang Brand, Kwong Tai Agency Co., Ltd., China)                             | China                      | 2010*                     | 47±3                              | 16 | Normal, 15               | 50                        | 333                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127              |
| 2000                 | Chinese Yam Cake, taro cake or pan-fried shredded yam with plain rice flour (Wei Cian Foods Private Limited)                                          | Singapore                  | 2015*                     | 86±11                             | 30 | Normal, 10               | 50                        | 392.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18               |
| 2001                 | Curry Puff, deep-fried pastry dough stuffed with curry, chicken and potatoes (Old Chang Kee (S) Private Limited)                                      | Singapore                  | 2015*                     | 41±4                              | 14 | Normal, 11               | 50                        | 129.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18               |
| 2002                 | Curry rice <sup>16</sup>                                                                                                                              | Japan                      | 2003                      | 67±8                              | 23 | Normal, 10               | 50                        | 224                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2003                 | Curry rice with processed cheese <sup>16</sup>                                                                                                        | Japan                      | 2003                      | 55±9                              | 19 | Normal, 10               | 50                        | 255                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2004                 | Dumpling, containing meat and shallots                                                                                                                | China                      | 2005                      | 28±3                              | 10 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 2005                 | Dumpling, highland buckwheat flour & beef vegetables fillings (Tibet Jingu Agricultural High Tech. Tibet, China)                                      | China                      | 2020                      | 43±4                              | 15 | Normal, 12               | 50                        | 224.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | Enzymatic                           | UO <sup>18</sup> |

| Food Number and Item |                                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|--------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 2006                 | Egg tart, instant, freshly prepared in the morning (Maxim's MX, Hong Kong)                             | China                      | 2010*                     | 45±3                              | 16 | Normal, 15               | 50                        | 143                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2007                 | Fried Fritter, instant (Ocean Empire International Ltd., H.K.)                                         | China                      | 2010*                     | 69±9                              | 24 | Normal, 15               | 50                        | 139                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2008                 | Fried Rice in Yangzhou-style, instant                                                                  | China                      | 2010*                     | 80±6                              | 28 | Normal, 15               | 50                        | 217                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2009                 | Fried rice vermicelli in Singapore-style                                                               | China                      | 2010*                     | 54±6                              | 19 | Normal, 15               | 50                        | 333                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2010                 | Fried rice vermicelli in Singapore-style                                                               | China                      | 2010*                     | 58±9                              | 20 | Normal, 15               | 25                        | 167                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2011                 | Glutaminous rice flour (Satou Co. Ltd), instant, served warm with roasted ground soybean <sup>16</sup> | Japan                      | 2003                      | 65±4                              | 23 | Normal, 9                | 50                        | 122                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 2012                 | Glutinous rice, white, cooked in rice cooker (Bangsue Chia Meng Rice Co., Bangkok, Thailand)           | Thailand                   | 2000                      | 94±6                              | 33 | Normal, 11               | 50                        | 65.5                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 74              |
| 2013                 | Glutinous rice ball with cut glutinous cake (mochi) <sup>16</sup>                                      | Japan                      | 2003                      | 48±5                              | 17 | Normal, 9                | 50                        | 132                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 2014                 | Glutinous rice ball (Lee Chun Brand, Lee Chun Food Ltd., H.K.; Boiled                                  | China                      | 2010*                     | 61±10                             | 21 | Normal, 15               | 50                        | 115                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2015                 | Green Bean dessert, instant (NISSIN Brand, Nissin Foods Co., LTD., China)                              | China                      | 2010*                     | 54±6                              | 19 | Normal, 15               | 50                        | 333                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2016                 | Hokkien noodles (Fantastic Fresh, Australia)                                                           | Australia                  | 2015                      | 58±3                              | 20 | Normal, 10               | 50                        | 135.8                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 2017                 | Instant cereal, Quaker oatmeal (anchovy flavor), 200 mL boiled water added                             | China                      | 2010*                     | 67±5                              | 23 | Normal, 10               | 50                        | 75                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28              |
| 2018                 | Instant cereal, Nestlé Vita (red date flavor, high FE), 180 mL boiled water added                      | China                      | 2010*                     | 94±12                             | 33 | Normal, 10               | 50                        | 64.6                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28              |
| 2019                 | Instant cereal, Nestlé Vita (green tea flavor, high Ca), 180 mL boiled water added                     | China                      | 2010*                     | 108±8                             | 38 | Normal, 10               | 50                        | 64.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28              |
| 2020                 | Kaya Butter Toast (Just Acia Private Limited)                                                          | Singapore                  | 2015*                     | 49±4                              | 17 | Normal, 11               | 50                        | 108.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18              |
| 2021                 | Lo Mai Gai (Hock Seng Food Private Limited)                                                            | Singapore                  | 2015*                     | 106±12                            | 37 | Normal, 12               | 50                        | 176.6                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18              |
| 2022                 | Low-protein white rice with dried sea algae <sup>16</sup>                                              | Japan                      | 2003                      | 70±7                              | 25 | Normal, 10               | 50                        | 125                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 2023                 | "Mai-Lai" Cake, Instant, prepared freshly in the morning                                               | China                      | 2010*                     | 61±8                              | 21 | Normal, 15               | 50                        | 114                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |

| Food Number and Item                                                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 2024 Moon cake, Maxim's Low Sugar Lotus Seed Paste (salted egg yolk) (Maxim's Caterers Limited, Hong Kong)                                 | Hong Kong                  | 2014                      | 30±4                              | 11 | Normal, 10               | 50                        | 96.7                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 2025 Moon cake, Maxim's Low Sugar White Lotus Seed Paste (salted egg yolk) (Maxim's Caterers Limited, Hong Kong)                           | Hong Kong                  | 2014                      | 29±5                              | 10 | Normal, 10               | 50                        | 102.0                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 2026 Moon cake, Maxim's Low Sugar Lotus Seed Paste (with pine nut) (Maxim's Caterers Limited, Hong Kong)                                   | Hong Kong                  | 2014                      | 40±4                              | 14 | Normal, 10               | 50                        | 91.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 2027 Moon cake, Maxim's Low Sugar White Lotus Seed Paste (with pine nut) (Maxim's Caterers Limited, Hong Kong)                             | Hong Kong                  | 2014                      | 33±3                              | 12 | Normal, 10               | 50                        | 82.1                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 2028 Moon cakes, Instant, prepared freshly in the morning (Kee Wah Bakery Shop, Hong Kong)                                                 | China                      | 2010*                     | 56±7                              | 20 | Normal, 15               | 50                        | 80                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2029 Mung bean noodles (Lungkow bean thread or vermicelli noodles), dried, boiled                                                          | China                      | 2000                      | 39±9                              | 14 | Normal, 12               | 50                        | 60.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | 74              |
| 2030 Mung bean noodles, glass or cellophane noodles, boiled (Longkow Company, Taipei, Taiwan) <sup>22</sup>                                | Taiwan                     | 2010*                     | 20±0.4                            | 7  | Normal, 10               | 50                        | 64                            | Bread, 2h                    | Standard   | Capillary, whole blood | Enzymatic                           | 60              |
| 2031 Nasi Lemak (Old Chang Kee (S) Private Limited)                                                                                        | Singapore                  | 2015*                     | 66±5                              | 23 | Normal, 12               | 50                        | 179.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18              |
| 2032 Noodles, sau tao chicken-flavored Sichuan spicy noodles (wheat flour), boiled 3 min                                                   | China                      | 2010*                     | 65±4                              | 23 | Normal, 10               | 50                        | 75.4                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28              |
| 2033 Noodles, doll fried noodles (wheat flour and tapioca starch), boiled 3 min                                                            | China                      | 2010*                     | 88±8                              | 31 | Normal, 10               | 50                        | 105.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 28              |
| 2034 Noodles, potato, served with meat, NS                                                                                                 | China                      | 2005                      | 17±3                              | 6  | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 2035 Pandan Waffle (waffle batter prepared with pandan leaves, coconut milk, eggs, and oil) (Dilys Creation, Singapore)                    | Singapore                  | 2015*                     | 46±6                              | 16 | Normal, 11               | 50                        | 148.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18              |
| 2036 Pill potato and yam powder                                                                                                            | China                      | 2005                      | 35±4                              | 12 | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 2037 "Pineapple" bun, instant (Hoixe Cake Shop, H.K.)                                                                                      | China                      | 2010*                     | 65±8                              | 23 | Normal, 15               | 50                        | 91                            | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2038 Pink Rice Cake (teochew rice cake or Png Kueh), steamed rice pastry stuffed with pan-fried glutinous rice (Dilys Creation, Singapore) | Singapore                  | 2015*                     | 97±12                             | 34 | Normal, 11               | 50                        | 184.7                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18              |
| 2039 Plain steamed vermicelli roll, instant                                                                                                | China                      | 2010*                     | 90±8                              | 32 | Normal, 15               | 50                        | 238                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2040 Potato noodles with meat                                                                                                              | China                      | 2005                      | 17±3                              | 6  | Normal, 9                | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 2041 Red bean dessert, instant (Nissin Brand, Nissin Foods Co., LTD., China)                                                               | China                      | 2010*                     | 75±8                              | 26 | Normal, 15               | 50                        | 263                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |

| Food Number and Item                                                                                                       | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 2042 Rice gruel with dried algae (Satou Co Ltd., Japan) <sup>16</sup>                                                      | Japan                      | 2003                      | 81±10                             | 28 | Normal, 10               | 50                        | 659                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 2043 Roasted rice ball (Satou Co Ltd., Japan) <sup>16</sup>                                                                | Japan                      | 2003                      | 77±6                              | 27 | Normal, 9                | 50                        | 140                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 2044 Salted meat rice dumpling, instant (Ocean Empire International Ltd., H.K.)                                            | China                      | 2010*                     | 69±8                              | 24 | Normal, 15               | 50                        | 200                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2045 Salted meat rice dumpling, instant (Ocean Empire International Ltd., H.K.)                                            | China                      | 2010*                     | 81±7                              | 28 | Normal, 15               | 25                        | 100                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2046 Soba noodles, instant, reheated in hot water, served with soup                                                        | Japan                      | 2003                      | 46±9                              | 16 | Normal, 9                | 50                        | 185                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 2047 Spring roll, instant                                                                                                  | China                      | 2010*                     | 50±5                              | 18 | Normal, 15               | 25                        | 114                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2048 Stuffed bun, with shallots and meat, steamed                                                                          | China                      | 2005                      | 39±4                              | 14 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12              |
| 2049 Sushi, brown rice, vegetable and tofu                                                                                 | Australia                  | 2010                      | 45±3                              | 16 | Normal, 10               | 50                        | 239.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 2050 Sushi, salmon ('I Love Sushi', Sydney, Australia)                                                                     | Australia                  | 2001                      | 48±8                              | 17 | Normal, 10               | 25                        | 69.0                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 2051 Steamed glutinous rice roll, instant                                                                                  | China                      | 2010*                     | 89±8                              | 31 | Normal, 15               | 50                        | 109                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2052 Sticky rice wrapped in lotus leaf, instant (Maxim's MX, H.K.)                                                         | China                      | 2010*                     | 83±5                              | 29 | Normal, 15               | 50                        | 167                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2053 Sweet milky bun, instant                                                                                              | China                      | 2010*                     | 67±5                              | 23 | Normal, 15               | 50                        | 114                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2054 Sweet milky bun, frozen, steamed (AMOY Brand, Amoy Food Ltd., H.K.)                                                   | China                      | 2010*                     | 72±8                              | 25 | Normal, 15               | 50                        | 114                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2055 Taro ( <i>Colocasia esculenta</i> L. Schott), skin peeled, cut into 5 cm cubes, steamed by rice cooker <sup>22</sup>  | Taiwan                     | 2010*                     | 49±0.2                            | 17 | Normal, 10               | 50                        | 62                            | Bread, 2h                    | Standard   | Capillary, whole blood | Enzymatic                           | 60              |
| 2056 Tuna Fish Bun, instant (Maxim's MX, H.K.)                                                                             | China                      | 2010*                     | 46±4                              | 16 | Normal, 15               | 50                        | 139                           | Glucose, 2h                  | Standard   | Capillary, whole blood | YSI                                 | 127             |
| 2057 Udon noodles, instant, with sauce and fried bean curd (Nishin Shokuhin, Japan) <sup>16</sup>                          | Japan                      | 2003                      | 48±5                              | 17 | Normal, 9                | 50                        | 191                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 2058 White rice (Satou Co. Ltd, Japan), dried sea algae and milk (Snow Brand, Japan), eaten together <sup>16</sup>         | Japan                      | 203                       | 48±8                              | 17 | Normal, 9                | 50                        | 219                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |
| 2059 White rice (Satou Co. Ltd, Japan), dried sea algae and milk (Snow Brand, Japan), milk eaten before rice <sup>16</sup> | Japan                      | 203                       | 56±7                              | 20 | Normal, 9                | 50                        | 219                           | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45              |

| Food Number and Item |                                                                                                                                                                                                                     | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM<br>(Glu = 100) | GL | Subjects<br>(type & number) | Avail carb<br>(Test portion) | Test portion <sup>3</sup><br>(g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.             |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|--------------------------------------|----|-----------------------------|------------------------------|----------------------------------|------------------------------|------------|------------------------|-------------------------------------|------------------|
| 2060                 | White rice (Satou Co. Ltd, Japan), dried sea algae and milk (Snow Brand, Japan), milk eaten after rice <sup>16</sup><br><br><i>White rice (Satou Co. Ltd, Japan), dried sea algae and milk, mean of three types</i> | Japan                      | 2003                      | 55±4<br><br>56                       | 19 | Normal, 9                   | 50                           | 219                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2061                 | White rice (Satou Co. Ltd, Japan) with fermented soybean (natto) <sup>16</sup>                                                                                                                                      | Japan                      | 2003                      | 56±8                                 | 20 | Normal, 10                  | 50                           | 174                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2062                 | White rice (Satou Co. Ltd with instant miso soup (soybean paste soup) <sup>16</sup>                                                                                                                                 | Japan                      | 2003                      | 61±4                                 | 21 | Normal, 10                  | 50                           | 160                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2063                 | White rice (Satou Co. Ltd, Japan) with low-fat milk Kemrakuren, Japan) <sup>16</sup>                                                                                                                                | Japan                      | 2003                      | 69±10                                | 24 | Normal, 9                   | 50                           | 289                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2064                 | White rice (Satou Co. Ltd, Japan) and non-sugar yoghurt (Meiji Dairy, Japan), yoghurt eaten before rice <sup>16</sup>                                                                                               | Japan                      | 2003                      | 59±7                                 | 21 | Normal, 10                  | 50                           | 232                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2065                 | White rice (Satou Co. Ltd, Japan) and non-sugar yoghurt (Meiji Dairy, Japan), yoghurt eaten after rice <sup>16</sup>                                                                                                | Japan                      | 2003                      | 58±6                                 | 20 | Normal, 10                  | 50                           | 232                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2066                 | White rice (Satou Co. Ltd, Japan) with pickled vinegar and pickled cucumber, pickled foods eaten before rice <sup>16</sup>                                                                                          | Japan                      | 2003                      | 60±8                                 | 21 | Normal, 9                   | 50                           | 173                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2067                 | White rice (Satou Co. Ltd, Japan) with pickled vinegar and pickled cucumber, consumed together <sup>16</sup>                                                                                                        | Japan                      | 2003                      | 61±6                                 | 21 | Normal, 11                  | 50                           | 173                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2068                 | White rice (Satou Co. Ltd, Japan) with roasted ground soybean (Mitake Food Ind. Japan) <sup>16</sup>                                                                                                                | Japan                      | 2003                      | 56±4                                 | 20 | Normal, 9                   | 50                           | 147                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2069                 | White rice (Satou Co. Ltd, Japan) with salted dried plum (umeboshi) <sup>16</sup>                                                                                                                                   | Japan                      | 2003                      | 80±13                                | 28 | Normal, 10                  | 50                           | 152                              | Rice <sup>17</sup> , 2h      | Standard   | Capillary, whole blood | Glucometer <sup>9</sup>             | 45               |
| 2070                 | WoTao, made from corn and wheat                                                                                                                                                                                     | China                      | 2005                      | 65±5                                 | 23 | Normal, 10                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Venous, NS             | NS                                  | 12               |
| 2071                 | Yoghurt, Yitangping (Beijing Sanyuan Foods, Beijing, China)                                                                                                                                                         | China                      | 2020                      | 21±4                                 | 7  | Normal, 11                  | 25                           | 454.5                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>18</sup> |
| 2072                 | Youtiao (deep-fried breadstick) (Koufu Private Ltd, Singapore)<br><b>ASIAN INDIAN</b>                                                                                                                               | Singapore                  | 2015*                     | 55±4                                 | 19 | Normal, 11                  | 50                           | 109.6                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 18               |
| 2073                 | Basmati rice pilau, with onion and curry powder                                                                                                                                                                     | UK                         | 2015*                     | 60±6                                 | 21 | Normal, 11                  | 50                           | NS                               | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 68               |
| 2074                 | Bun                                                                                                                                                                                                                 | Malaysia                   | 2016*                     | 82±5                                 | 29 | Normal, 10                  | 50                           | 72                               | Glucose, 2h                  | Standard   | Capillary, plasma      | Glucometer <sup>9</sup>             | 128              |
| 2075                 | Bun with 10% fenugreek<br><b>Chapatti</b>                                                                                                                                                                           | Malaysia                   | 2016*                     | 51±7                                 | 18 | Normal, 10                  | 50                           | 91.1                             | Glucose, 2h                  | Standard   | Capillary, plasma      | Glucometer <sup>9</sup>             | 128              |
| 2076                 | Chapatti, frozen, heated in dry pan for 3 min until browned (Kawan Food Manufacturing, Malaysia)                                                                                                                    | Malaysia                   | 2019                      | 50±3                                 | 18 | Normal, 10                  | 50                           | 132.3                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup>  |

| Food Number and Item |                                                                                                                                                                                        | Country of food production | Year of test <sup>1</sup> | GI <sup>2</sup> ± SEM (Glu = 100) | GL | Subjects (type & number) | Avail carb (Test portion) | Test portion <sup>3</sup> (g) | Reference food & time period | Timepoints | Sample collection      | Sample analysis method <sup>4</sup> | Ref.            |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----------------------------------|----|--------------------------|---------------------------|-------------------------------|------------------------------|------------|------------------------|-------------------------------------|-----------------|
| 2077                 | Chapatti (made from Chapatti flour (Elephant Atta Medium Chapatti flour, Rank Hovis Ltd., Manchester, UK)                                                                              | UK                         | 2015*                     | 68±8                              | 24 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 68              |
| 2078                 | Chapatti                                                                                                                                                                               | UK                         | 2011*                     | 58±6                              | 20 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 129             |
| 2079                 | Chapatti with 4% β-glucan                                                                                                                                                              | UK                         | 2011*                     | 55±5                              | 19 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 129             |
| 2080                 | Chapatti with 8% β-glucan                                                                                                                                                              | UK                         | 2011*                     | 52±10                             | 18 | Normal, 10               | 50                        | NS                            | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 129             |
| 2081                 | Chapati, flatbread                                                                                                                                                                     | Malaysia                   | 2016*                     | 63±4                              | 22 | Normal, 10               | 50                        | 71.4                          | Glucose, 2h                  | Standard   | Capillary, plasma      | Glucometer <sup>9</sup>             | 128             |
| 2082                 | Chapati, flatbread with 10% fenugreek                                                                                                                                                  | Malaysia                   | 2016*                     | 43±5                              | 15 | Normal, 10               | 50                        | 74                            | Glucose, 2h                  | Standard   | Capillary, plasma      | Glucometer <sup>9</sup>             | 128             |
| 2083                 | Naan bread (True Foods Pty Ltd, VIC, Australia), heated in microwave for 25 sec                                                                                                        | Australia                  | 2013                      | 71±5                              | 25 | Normal, 10               | 50                        | 117.9                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 2084                 | Paratha, frozen, heated in dry pan for 1.5 min until browned (Kawan Food Manufacturing, Malaysia)                                                                                      | Malaysia                   | 2019                      | 53±5                              | 19 | Normal, 10               | 50                        | 125.3                         | Glucose, 2h                  | Standard   | Capillary, plasma      | Enzymatic                           | UO <sup>5</sup> |
| 2085                 | Pilaf porridge, whole grain (minimally processed whole grains: oats, long grain brown rice, rye, hard red winter wheat, triticale, buckwheat, barley, sesame seeds), cooked for 30 min | India                      | 2019*                     | 59±5                              | 21 | Normal, 15               | 50                        | 73.5                          | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 79              |
| 2086                 | Rice dosa                                                                                                                                                                              | India                      | 2018*                     | 76±5                              | 27 | Normal, 19               | 50                        | 193                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57              |
| 2087                 | Rice idli (commercially available dry mix)                                                                                                                                             | India                      | 2018*                     | 85±4                              | 30 | Normal, 19               | 50                        | 162                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57              |
| <b>Upma</b>          |                                                                                                                                                                                        |                            |                           |                                   |    |                          |                           |                               |                              |            |                        |                                     |                 |
| 2088                 | Finger millet, decorticated, with lower degree of polish, in the form of <i>upma</i> (savory meal and traditional Indian breakfast choice)                                             | India                      | 2018*                     | 85±8                              | 30 | Normal, 16               | 50                        | 174.2                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 109             |
| 2089                 | Finger millet flakes in the form of upma                                                                                                                                               | India                      | 2018*                     | 82±7                              | 29 | Normal, 16               | 50                        | 217.4                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 109             |
| 2090                 | Finger millet vermicelli in the form of upma                                                                                                                                           | India                      | 2018*                     | 66±6                              | 23 | Normal, 16               | 50                        | 245.1                         | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 109             |
| 2091                 | Upma                                                                                                                                                                                   | India                      | 2018*                     | 71±6                              | 25 | Normal, 19               | 50                        | 310                           | Glucose, 2h                  | Standard   | Capillary, whole blood | HemoCue                             | 57              |

**Abbreviations for Supplemental Table 1:** GI, Glycemic index; SEM, standard error of mean; GL, Glycemic load; Avail carb, available carbohydrate; Ref., Reference; NS, not specified.

### Footnotes for Supplemental Table 1.

1. Year of test is based on testing year as reported in paper if available, manuscript submission date, or paper publication year \*.
2. GI values reported on the glucose scale = 100. Values determined using white bread as the reference food were converted using a factor of 0.71.
3. Test portion weight as reported in the original article, may refer to dry or wet weight.
4. Sample analysis method: Recommended analysis methods according to the ISO Standard (26642:2010) are spectrophotometry or electrochemical detection-coupled enzyme systems. Enzymatic refers to either a glucose oxidase or glucose hexokinase assay performed on a spectrophotometric chemistry analyzer or using a benchtop assay. YSI refers to a Model 2300 STAT glucose analyzer (YSI Inc, Yellow Springs, OH, USA). HemoCue refers to HemoCue 201+ analyzer, HemoCue AB (Angelholm, Sweden).
5. Sydney University's Glycemic Index Research Service (Sydney, Australia), unpublished observations.
6. Year of test and participant number provided by the authors of the original paper.
7. INQUIS Clinical Research (formerly GI Labs Ltd.) (Toronto, Canada), unpublished observations.
8. SEM provided by the authors of the original paper.
9. Glucometer that was used in the study in accordance with the ISO Standard (ISO 26642:2010), with a laboratory inter-assay CV <3.6% on standard solutions.
10. International Diabetes Institute (Melbourne, Australia), unpublished observations, 2006-2007.
11. SEM calculated from standard deviation reported in original paper.
12. Information provided by authors of original paper.
13. SEM calculated from 95% confidence interval reported in original paper, using the formula:  $(\text{upper limit} - \text{lower limit}) / 2 \times \text{tinv}(1 - 0.95, n - 1)$  (where n = subject number).
14. F Brighenti, unpublished observations.
15. B Spratt (George Weston Foods, Australia), unpublished observation.
16. Test portion calculated from nutritional information reported in the original paper.
17. White rice was used as the reference food for this study. Glucose also tested and had a GI value of 122 compared to the white rice. The reported GI and SEM were multiplied by 0.82 to convert values reported in the original paper to a GI = 100 glucose scale.
18. China National Research Institute of Food and Fermentation Industries GI Lab (Beijing, China), unpublished observations.
19. Participant number provided by researchers.
20. University of Otago (Dunedin, New Zealand), unpublished observations.
21. Original paper used 120 min incremental area under curve (iAUC) data to determined GI value.
22. Test portion size provided by authors of the original paper.
23. V Lang (Danone Vitapole Company, Le Plessis-Robinson, France), unpublished observations, 1996-2000.
24. J Dzieniszewski, J Ciok (National Food and Nutrition Institute, Poland), unpublished observations, 1996-2001.
25. GI value and SEM provided by authors of original paper.
26. C Dalaudier (Nairn's Oatcakes Ltd, Scotland), unpublished observations, 2007.