## THE GLYCEMIC INDEX GUIDE

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## Glycemic Index and Glycemic Load

Glycemic index measures the rise in blood glucose produced by eating a specific food.

Glycemic load builds on the glycemic index concept to provide a more accurate measure of total glycemic response to a food or meal. Glycemic load is equal to the glycemic index multiplied by the grams of carbohydrate per serving. This allows you to sum the GL of all the foods in a meal, for the whole day or even longer.

## Why is this important?

Foods with a high glycemic load elevate triglycerides and small-dense LDLs, reduce HDL cholesterol and increase C-reactive Proteins. In other words, the higher the glycemic Index and Glycemic load, the worse it is for your body and your heart.

A good rule of thumb is to try and avoid foods with an index higher than 60. But this is a rule of thumb only, because as you can see from this chart, foods with a lower index can pack a higher load, because of the quantity of carbohydrate in each serving.

## Glycemic Index and Glycemic Loads of Typical American Foods

Food	Index	Serving Size	Carbs/ Serving	Glycemic Load
White rice, boiled, low-amylose	139	150	42	58.4
Tofu-based frozen dessert, chocolate with high-fructose	115	-	-	-
Glucose	114	10	9.9	11.3
Fruity-Bix™ breakfast cereal, berry	113	-	-	-
White rice, type not specified, boiled	112	150	42	47
Glucose dextrose	111	10	9.9	11
Potato, Russet Burbank, baked without fat	111	150	21.8	24.1
Sucrose	110	10	10	11
Maize meal porridge/gruel	109	-	-	-
Jasmine rice, white long grain, cooked in rice cooker	109	150	42	45.8
Millet flour porridge	107	250	-	-
Maltose	105	-	-	-
Millet/Ragi flour eaten as roasted bread	104	-	-	-
Dates, dried	103	60	40.3	41.5
Corn muffin, low-amylose	102	57	-	-
Pancakes, buckwheat, gluten-free, made from packet mix	102	77	24.8	25.3
Glucose, Glucodin™ glucose tablets	102	10	9.9	10.1
Cliff bar®, cookies and cream	101	-	-	-

Potato, Desiree, peeled, boiled 35 min	101	150	19.5	19.7
GatorLode®, orange	100	-	-	-
Roll-Ups®, processed fruit strips	99	-	-	-
Glutinous rice, white, cooked in rice cooker	98	-	-	-
Middle Eastern flatbread, unleavened	97	30	16.2	15.7
Amaranth grain popped, eaten with milk and non- nutritive sweetener	97	-	-	-
Parsnips	97	80	8	7.8
Potato, Instant mashed, Idahoan	97	150	22.8	22.1
Lucozade®, original [sparkling glucose energy drink]	95	269	42.8	40.6
Baguette, white, plain	95	30	15.9	15.1
Farex™ baby rice	95	8	6	5.7
Instant doongara rice, white, cooked 5 min	94	150	42	39.5
Potato, Russet Burbank, baked without fat	94	200	29	27.3
Pelde rice, white, boiled	93	150	42	39.1
Scones, plain, made from packet mix	92	25	11.8	10.9
Cornflakes™ breakfast cereal	92	30	25.2	23.2
Rice pasta, brown, boiled 16 min	92	180	38.5	35.4
Carrots	92	80	4.2	3.9
Potato, Pontiac, peeled, cubed, boiled 15 min, mashed	91	150	19.5	17.7
Rice cracker, plain	91	25	19.9	18.1
Cactus jam	91	30	19.8	18
Wheat, type not specified	90	-	-	-
Strawberry processed fruit bars, Real Fruit Bars	90	-	-	-
Burger Rings™, barbeque-flavored extruded snack food	90	50	27.5	24.8
Real Fruit Bars, strawberry	90	30	18.1	16.3
Pongal (rice and roasted green gram dhal, pressure cooked)	90	-	-	-
Gatorade®, orange	89	-	-	-
Rice Chex™ breakfast cereal	89	-	-	-
GatorPro®, chocolate	89	-	-	-
Popcorn, plain, cooked in microwave oven, Uncle Toby's brand	89	20	6.4	5.7
Maltidex 200	89	-	-	
Waxy rice, boiled	88	150	42	37
Potato, Pontiac, peeled, boiled 35 min	88	150	19.5	17.2
Potato, instant mashed	88	150	22.8	20.1
Lamingtons [sponge dipped in chocolate and coconut]	87	50	24	20.9
White Turkish bread, wheat flour	87	-	-	-
Wholemeal flour bread	87	50	19	16.5
Crispix™ breakfast cereal	87	30	20.8	18.1
Sungold rice, Pelde, parboiled	87	150	41	35.6

Calrose brown rice, boiled	87	150	47.7	41.5
Instant rice, white, cooked 6 min, Trice brand	87	150	42	36.5
Parboiled rice, Pelde, Sungold brand, low- amylose	87	150	41	35.6
Corn Thins, puffed corn cakes, gluten-free	87	25	19.7	17.1
Puffed rice cakes, Calrose white rice	87	25	18.5	16.1
Honey, unspecified type	87	25	20.5	17.9
Potato, Sebago, peeled, boiled 35 min	87	150	19.5	17
Turkish bread, white wheat flour	87	-	-	-
Schinkenbrot, Riga brand rye bread	86	30	13.3	11.4
Cornflakes™ breakfast cereal	86	30	25.2	21.6
Broken rice, white, cooked in rice cooker	86	150	42	36.1
Potato, instant mashed, Edgell's Potato Whip™	86	150	22.8	19.6
Potato, instant mashed	86	150	22.8	19.6
Lebanese bread white, unleaved), hummous, falafel and tabbouleh	86	-	-	-
Glutinous rice	86	-	-	-
Pikelets, Golden brand	85	40	20.2	17.2
Rice Bubbles™ breakfast cereal, plain puffed rice	85	50	43.7	37.1
100 g Glucose + 20 g acacia gum	85	10	9.9	8.4
Molenberg™ bread	84	-	-	-
Chocapic™ breakfast cereal	84	30	-	-
Special K™ breakfast cereal	84	30	20.8	17.5
Millet/Ragi	84	150	34.8	29.2
Corn Chex™ breakfast cereal	83	30	-	-
Shredded Wheat™ breakfast cereal	83	30	21.7	18
Calrose white medium grain rice, boiled	83	150	42	34.9
Pretzels, oven-baked, reduced-fat, traditional wheat flavour, Parker's brand	83	30	19.4	16.1
Power Bar®, chocolate	83	-	-	-
Potato, mashed	83	150	18.5	15.3
Glutinous rice cake with dried sea algae	83	-	-	-
Rice Krispies™ breakfast cereal	82	-	-	-
Team™ breakfast cereal	82	30	-	-
Sucrose	82	10	10	8.2
Potato, microwaved	82	150	19.5	16
Poori with potato palya	82	-	-	-
Instant oat porridge, cooked in microwave with water: Uncle Toby's, Wahgunyah, Vic, Australia	82	60 (dry)	34	27.9
Puffed rice cakes, small, caramel flavoured	82	50	44.5	36.5
Rice Bubbles™ breakfast cereal, plain puffed rice	81	30	26.2	21.2
Puffed Crispbread cracker biscuits, plain	81	25	18.7	15.1
PR bar®, cookies 'n cream	81	-	-	-
Tapioca, boiled with milk	81	250	36.8	29.8
Rice gruel with dried algae	81	-	-	-

Arepa, made from ordinary dehulled dent com flour flour Gluten-free white bread, sliced 80	Chapatti, wheat flour, thin, with green gram	81	60	23.3	18.9
Flour   Soluten-free white bread, sliced   80   -   -   -					
Gluten-free white bread, sliced   80   -     -       -		01	100	25.1	10.7
with resistant starch         Image: Corn Pops ™ breakfast cereal         80         30         25.2         20.1           Corn Pops ™ breakfast cereal         80         30         26.9         21.5           Energy Mix™ breakfast cereal         80         30         -         -           Grapenuts™ Flakes breakfast cereal         80         -         -         -           Oat porridge made from roasted and steamed thin         80         250         20.3         16.2           Puffed Wheat breakfast cereal         80         30         21.2         16.9           Sunbrown Quick™ rice, brown, boiled         80         150         47.7         38.2           Ice cream, half vanilla, half chocolate         80         150         47.7         38.2           Ice cream, half vanilla, half chocolate         80         10         34.6         27.7           beas and tomato sauce         9         10         34.6         27.7           Jelly beans, assorted colors         80         30         24.4         19.5           25 g glucose consumed 40 min after 3 g dried         80         150         22.8         18.2           Salted rice ball         80         150         22.8         18.2		80	-	-	-
Cornflakes™ breakfast cereal   80   30   25.2   20.1	·	80	30	12.5	10
Energy Mix™ breakfast cereal Grapenuts™ Flakes breakfast cereal 80		80	30	25.2	20.1
Energy Mix™ breakfast cereal Grapenuts™ Flakes breakfast cereal 80	Corn Pops™ breakfast cereal	80	30	26.9	21.5
Grapenuts™ Flakes breakfast cereal         80         -         -         -           Oat porridge made from roasted and steamed thin         80         250         20.3         16.2           Puffed Wheat breakfast cereal         80         30         21.2         16.9           Sunbrown Quick™ rice, brown, boiled         80         150         47.7         38.2           Ice cream, half vanilla, half chocolate         80         -         -         -           Pizza, plain baked dough, served with parmesan cheese and tomato sauce         80         100         34.6         27.7           Jelly beans, assorted colors         80         30         24.4         19.5         25 g glucose consumed 40 min after 3 g dried American ginseng         80         10         9.9         7.9           Potato, instant mashed         80         150         22.8         18.2         23lted rice ball         80         150         22.8         18.2           Salted rice ball         80         150         22.8         18.2         23lted rice ball         80         195         9.8         7.8         30         12.8         10.1         White rice with salted dried plum         80         195         9.8         7.8         10.1         White rice with flour fl	·	80	30	-	-
Oat porridge made from roasted and steamed thin         80         250         20.3         16.2           Puffed Wheat breakfast cereal         80         30         21.2         16.9           Sunbrown Quick™ rice, brown, boiled lec cream, half vanilla, half chocolate         80         150         47.7         38.2           lec cream, half vanilla, half chocolate         80         -         -         -           Pizza, plain baked dough, served with parmesan cheese and tomato sauce         80         100         34.6         27.7           Jelly beans, assorted colors         80         30         24.4         19.5         25 g glucose consumed 40 min after 3 g dried           American ginseng         80         10         9.9         7.9           Potato, instant mashed         80         150         22.8         18.2           Salted rice ball         80         -         -         -           White rice with salted dried plum         80         -         -         -           Watermelon, raw without seeds         80         195         9.8         7.8           Gluten-free multigrain bread         79         30         12.8         10.1           White wheat flour flatbread         79         25         17.7		80	-	-	-
Sunbrown Quick™ rice, brown, boiled lec cream, half vanilla, half chocolate 80	Oat porridge made from roasted and steamed	80	250	20.3	16.2
Lee cream, half vanilla, half chocolate	Puffed Wheat breakfast cereal	80	30	21.2	16.9
Pizza, plain baked dough, served with parmesan cheese and tomato sauce         80         100         34.6         27.7           Jelly beans, assorted colors         80         30         24.4         19.5           25 g glucose consumed 40 min after 3 g dried American ginseng         80         10         9.9         7.9           Potato, instant mashed         80         150         22.8         18.2           Salted rice ball         80         -         -         -           White rice with salted dried plum         80         -         -         -           Watermelon, raw without seeds         80         195         9.8         7.8           Gluten-free multigrain bread         79         30         12.8         10.1           White wheat flour flatbread         79         30         16.2         12.8           Morning Coffee™ biscuits         79         25         17.7         13.9           Lychee, canned in syrup and drained, Narcissus brand         79         120         20.5         16.2           Lychee, canned in syrup and orange fiber extract         79         10         -         -           Broad beans         79         80         5.2         4.1           Potato, Pontiac, peele	Sunbrown Quick™ rice, brown, boiled	80	150	47.7	38.2
cheese and tomato sauce         80         30         24.4         19.5           25 g glucose consumed 40 min after 3 g dried American ginseng         80         10         9.9         7.9           Potato, instant mashed         80         150         22.8         18.2           Salted rice ball         80         -         -         -           White rice with salted dried plum         80         -         -         -           Watermelon, raw without seeds         80         195         9.8         7.8           Gluten-free multigrain bread         79         30         12.8         10.1           White wheat flour flatbread         79         30         16.2         12.8           Morning Coffee™ biscuits         79         25         17.7         13.9           Lychee, canned in syrup and drained, Narcissus brand         79         120         20.5         16.2           Lychee, canned in syrup and drained, Narcissus brand         79         10         -         -           46 g Glucose + 15 g apple and orange fiber extract         79         10         -         -           Broad beans         79         80         5.2         4.1           Potato, Pontiac, peeled and microwave on high for	Ice cream, half vanilla, half chocolate	80	-	-	-
25 g glucose consumed 40 min after 3 g dried American ginseng Potato, instant mashed Salted rice ball White rice with salted dried plum Watermelon, raw without seeds Gluten-free multigrain bread Worning Coffee™ biscuits Lychee, canned in syrup and drained, Narcissus brand 46 g Glucose + 15 g apple and orange fiber extract Broad beans Potato, Pontiac, peeled and microwave on high for 6-7.5 min Butter rice, warm white rice and butter White rice with dried fish strip Carb Options Chicken Curry Pasta & Sauce Gatorade®, Australia Where rice, boiled Road Salted rice and butter Road Salted rice and butter Road Salted rice and beans Road Salted rice and service and		80	100	34.6	27.7
American ginseng Potato, instant mashed 80 150 22.8 18.2  Salted rice ball 80 White rice with salted dried plum 80 Watermelon, raw without seeds 80 195 9.8 7.8  Gluten-free multigrain bread 79 30 12.8 10.1  White wheat flour flatbread 79 30 16.2 12.8  Morning Coffee™ biscuits 179 25 17.7 13.9  Lychee, canned in syrup and drained, Narcissus brand 46 g Glucose + 15 g apple and orange fiber extract  Broad beans 79 80 5.2 4.1  Potato, Pontiac, peeled and microwave on high for 6-7.5 min  Butter rice, warm white rice and butter 79 150 41.1 32.5  White rice with dried fish strip 79 25 17.7 13.9  Lychee, canned in syrup and drained, Narcissus brand 79 10 extract  Broad beans 79 80 5.2 4.1  Potato, Pontiac, peeled and microwave on high for 6-7.5 min  Butter rice, warm white rice and butter 79 150 41.1 32.5  White rice with dried fish strip 79 Carb Options Chicken Curry Pasta & Sauce 79 110 12.9  prepared product  Gatorade®, Australia 78 254 17 13.3  Wholemeal flour bread 78 30 11.4 8.9  Fibre Plus™ breakfast cereal bar 78 30 18.1 14.1  Water crackers, plain 78 25 17.8 13.8  Optifuel ® 78 Corn pasta, gluten-free, boiled	Jelly beans, assorted colors	80	30	24.4	19.5
Potato, instant mashed       80       150       22.8       18.2         Salted rice ball       80       -       -       -         White rice with salted dried plum       80       -       -       -         Watermelon, raw without seeds       80       195       9.8       7.8         Gluten-free multigrain bread       79       30       12.8       10.1         White wheat flour flatbread       79       30       16.2       12.8         Morning Coffee™ biscuits       79       25       17.7       13.9         Lychee, canned in syrup and drained, Narcissus brand       79       120       20.5       16.2         Lychee, canned in syrup and drained, Narcissus brand       79       10       -       -         Lychee, canned in syrup and drained, Narcissus brand       79       120       20.5       16.2         Lychee, canned in syrup and drained, Narcissus brand       79       10       -       -         Lychee, canned in syrup and drained, Narcissus brand       79       10       -       -         Lychee, canned in syrup and drained, Narcissus brand       79       10       -       -         Broad Bearts       79       80       5.2       4.1		80	10	9.9	7.9
White rice with salted dried plum       80       -       -       -         Watermelon, raw without seeds       80       195       9.8       7.8         Gluten-free multigrain bread       79       30       12.8       10.1         White wheat flour flatbread       79       30       16.2       12.8         Morning Coffee™ biscuits       79       25       17.7       13.9         Lychee, canned in syrup and drained, Narcissus brand       79       120       20.5       16.2         Lychee, canned in syrup and drained, Narcissus brand       79       120       20.5       16.2         Broad beans       79       80       5.2       4.1         Potato, Pontiac, peeled and microwave on high for 6-7.5 min       79       150       19.5       15.4         Potato, Pontiac, peeled and microwave on high for 6-7.5 min       79       150       41.1       32.5         White rice, warm white rice and butter       79       150       41.1       32.5         White rice with dried fish strip       79       -       -       -         Carb Options Chicken Curry Pasta & Sauce       79       110g prepared product       10.2       11.4       8.9         Fibre Plus™ breakfast cereal bar       78	3 3	80	150	22.8	18.2
Watermelon, raw without seeds       80       195       9.8       7.8         Gluten-free multigrain bread       79       30       12.8       10.1         White wheat flour flatbread       79       30       16.2       12.8         Morning Coffee™ biscuits       79       25       17.7       13.9         Lychee, canned in syrup and drained, Narcissus brand       79       120       20.5       16.2         46 g Glucose + 15 g apple and orange fiber extract       79       10       -       -         Broad beans       79       80       5.2       4.1         Potato, Pontiac, peeled and microwave on high for 6-7.5 min       79       150       19.5       15.4         Butter rice, warm white rice and butter       79       150       41.1       32.5         White rice with dried fish strip       79       -       -       -         Carb Options Chicken Curry Pasta & Sauce       79       110g prepared product       10.2       10.2         Gatorade®, Australia       78       254       17       13.3         Wholemeal flour bread       78       30       11.4       8.9         Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1	Salted rice ball	80	-	-	-
Gluten-free multigrain bread  White wheat flour flatbread  Morning Coffee™ biscuits  Lychee, canned in syrup and drained, Narcissus brand  46 g Glucose + 15 g apple and orange fiber extract  Broad beans  Potato, Pontiac, peeled and microwave on high for 6-7.5 min  Butter rice, warm white rice and butter  White rice with dried fish strip  Carb Options Chicken Curry Pasta & Sauce  Gatorade®, Australia  Wholemeal flour bread  Fibre Plus™ breakfast cereal bar  Water crackers, plain  Optifuel ®  Corn pasta, gluten-free, boiled  79  30  12.8  10.1  12.8  10.1  12.8  10.1  12.8  10.1  12.8  10.1  12.8  10.1  12.8  10.1  12.8  10.1  12.9  12.0  12.5  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.5  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15.4  15	White rice with salted dried plum	80	-	-	-
White wheat flour flatbread       79       30       16.2       12.8         Morning Coffee™ biscuits       79       25       17.7       13.9         Lychee, canned in syrup and drained, Narcissus brand       79       120       20.5       16.2         46 g Glucose + 15 g apple and orange fiber extract       79       80       5.2       4.1         Broad beans       79       80       5.2       4.1         Potato, Pontiac, peeled and microwave on high for 6-7.5 min       79       150       19.5       15.4         Butter rice, warm white rice and butter       79       150       41.1       32.5         White rice with dried fish strip       79       -       -       -         Carb Options Chicken Curry Pasta & Sauce       79       110g prepared product       10.2       12.9       10.2         Gatorade®, Australia       78       254       17       13.3         Wholemeal flour bread       78       30       11.4       8.9         Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1         Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       -       -       -       -	Watermelon, raw without seeds	80	195	9.8	7.8
Morning Coffee™ biscuits       79       25       17.7       13.9         Lychee, canned in syrup and drained, Narcissus brand       79       120       20.5       16.2         46 g Glucose + 15 g apple and orange fiber extract       79       10       -       -         Broad beans       79       80       5.2       4.1         Potato, Pontiac, peeled and microwave on high for 6-7.5 min       79       150       19.5       15.4         Butter rice, warm white rice and butter       79       150       41.1       32.5         White rice with dried fish strip       79       -       -       -         Carb Options Chicken Curry Pasta & Sauce       79       110g prepared product       10.2         Gatorade®, Australia       78       254       17       13.3         Wholemeal flour bread       78       30       11.4       8.9         Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1         Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       -       -       -         Corn pasta, gluten-free, boiled       78       180       41.6       32.4	Gluten-free multigrain bread	79	30	12.8	10.1
Lychee, canned in syrup and drained, Narcissus brand       79       120       20.5       16.2         46 g Glucose + 15 g apple and orange fiber extract       79       10       -       -         Broad beans       79       80       5.2       4.1         Potato, Pontiac, peeled and microwave on high for 6-7.5 min       79       150       19.5       15.4         Butter rice, warm white rice and butter       79       150       41.1       32.5         White rice with dried fish strip       79       -       -       -         Carb Options Chicken Curry Pasta & Sauce       79       110g prepared product       10.2       10.2         Gatorade®, Australia       78       254       17       13.3         Wholemeal flour bread       78       30       11.4       8.9         Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1         Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       180       41.6       32.4	White wheat flour flatbread	79	30	16.2	12.8
brand 46 g Glucose + 15 g apple and orange fiber extract  Broad beans 79 80 5.2 4.1  Potato, Pontiac, peeled and microwave on high for 6-7.5 min  Butter rice, warm white rice and butter 79 150 41.1 32.5  White rice with dried fish strip 79  Carb Options Chicken Curry Pasta & Sauce 79 110g prepared product  Gatorade®, Australia 78 78 79 10  15.4  79 150 41.1 32.5  79  Carb Options Chicken Curry Pasta & Sauce 79 110g prepared product 79 12.9 10.2  Fibre Plus™ breakfast cereal bar 78 30 11.4 8.9  Fibre Plus™ breakfast cereal bar 78 30 18.1 14.1  Water crackers, plain 78 25 17.8 13.8  Optifuel ® 78  Corn pasta, gluten-free, boiled	Morning Coffee™ biscuits	79	25	17.7	13.9
extract  Broad beans  Potato, Pontiac, peeled and microwave on high for 6-7.5 min  Butter rice, warm white rice and butter  White rice with dried fish strip  Carb Options Chicken Curry Pasta & Sauce  Gatorade®, Australia  Wholemeal flour bread  Fibre Plus™ breakfast cereal bar  Water crackers, plain  Optifuel ®  Corn pasta, gluten-free, boiled  79  80  5.2  4.1  79  150  19.5  15.4  79  150  41.1  32.5  79	•	79	120	20.5	16.2
Potato, Pontiac, peeled and microwave on high for 6-7.5 min  Butter rice, warm white rice and butter  White rice with dried fish strip  Carb Options Chicken Curry Pasta & Sauce  Gatorade®, Australia  Wholemeal flour bread  Fibre Plus™ breakfast cereal bar  Water crackers, plain  Optifuel®  Corn pasta, gluten-free, boiled  79  150  19.5  15.4  79  150  41.1  32.5  79		79	10	-	-
for 6-7.5 min       79       150       41.1       32.5         White rice with dried fish strip       79       -       -       -         Carb Options Chicken Curry Pasta & Sauce       79       110g prepared product       12.9       10.2         Gatorade®, Australia       78       254       17       13.3         Wholemeal flour bread       78       30       11.4       8.9         Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1         Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       -       -       -         Corn pasta, gluten-free, boiled       78       180       41.6       32.4	Broad beans	79	80	5.2	4.1
White rice with dried fish strip       79       -       -       -         Carb Options Chicken Curry Pasta & Sauce       79       110g prepared product       12.9       10.2         Gatorade®, Australia       78       254       17       13.3         Wholemeal flour bread       78       30       11.4       8.9         Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1         Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       -       -       -         Corn pasta, gluten-free, boiled       78       180       41.6       32.4		79	150	19.5	15.4
Carb Options Chicken Curry Pasta & Sauce       79       110g prepared product       12.9       10.2         Gatorade®, Australia       78       254       17       13.3         Wholemeal flour bread       78       30       11.4       8.9         Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1         Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       -       -       -         Corn pasta, gluten-free, boiled       78       180       41.6       32.4	Butter rice, warm white rice and butter	79	150	41.1	32.5
Gatorade®, Australia       78       254       17       13.3         Wholemeal flour bread       78       30       11.4       8.9         Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1         Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       -       -       -         Corn pasta, gluten-free, boiled       78       180       41.6       32.4	White rice with dried fish strip	79	-	-	-
Wholemeal flour bread       78       30       11.4       8.9         Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1         Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       -       -       -         Corn pasta, gluten-free, boiled       78       180       41.6       32.4	Carb Options Chicken Curry Pasta & Sauce	79	prepared	12.9	10.2
Fibre Plus™ breakfast cereal bar       78       30       18.1       14.1         Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       -       -       -         Corn pasta, gluten-free, boiled       78       180       41.6       32.4	Gatorade®, Australia	78	254	17	13.3
Water crackers, plain       78       25       17.8       13.8         Optifuel ®       78       -       -       -         Corn pasta, gluten-free, boiled       78       180       41.6       32.4	Wholemeal flour bread	78	30	11.4	8.9
Optifuel ®         78         -         -         -           Corn pasta, gluten-free, boiled         78         180         41.6         32.4	Fibre Plus™ breakfast cereal bar	78	30	18.1	14.1
Corn pasta, gluten-free, boiled 78 180 41.6 32.4	Water crackers, plain	78	25	17.8	13.8
oom pasta, graten moo, oomoo	Optifuel ®	78	-	-	-
25 a glypping with 2 a dried American gingens 79 10 00 77	Corn pasta, gluten-free, boiled	78	180	41.6	32.4
25 g glucose with 3 g dried American ginseng 76 10 9.9 7.7	25 g glucose with 3 g dried American ginseng	78	10	9.9	7.7
Potato, Russet Burbank, baked without fat, 45-60 78 150 21.8 17	Potato, Russet Burbank, baked without fat, 45-60	78	150	21.8	17

Potato, new, unpeeled and boiled 20 min   78   150   19.5   15.2	min				
Green gram dhal with varagu Com tortilla, fried, with mashed potato, fresh tomato and lettuce Fibre White™, white wheat flour bread enriched with resistant starch Wholemeal English Muffin™ bread Coco Pops™ breakfast cereal, chocolate flavoured puffed rice Cormflakes™ breakfast cereal Commakes™ breakfast cereal Honey Rice Bubbles™ breakfast cereal Cormflakes™ breakfast cereal Honey Rice Bubbles™ breakfast cereal Fi-Time Strawberry Crunch™ breakfast cereal Tripe Strawberry Crunch™ breakfast cereal Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits Tripe Strawberry Crunch™ breakfast cereal bar Tripe Strawberry Crunch™ breakfast cereal Tripe Strawberry Crunch™ breakfast cerea	Potato, new, unpeeled and boiled 20 min	78	150	19.5	15.2
Corn tortilla, fried, with mashed potato, fresh tomato and lettuce   Fibre White wheat flour bread enriched with resistant starch Wholemeal   77   30   11.4   8.8	Sweet potato, kumara, boiled	78	150	20.7	16.1
tomato and lettuce Fibre White™, white wheat flour bread enriched with resistant starch Wholemeal English Muffin™ bread Coco Pops™ breakfast cereal, chocolate flavoured puffed rice Cornflakes™ breakfast cereal Tornoute with seme strawberry Crunch™ breakfast cereal Cornflakes™ breakfast cereal Tornoute with seme strawberry Crunch™ breakfast cereal Colden Fruit biscuits Tornoute with seme algae rolled in sheat of toasted sea algae Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney Jowar, roasted bread made from Jowar flour Doughnut, cake type Waffles, Aunt Jemima Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) Blackbread, Riga brand rye bread Amaranth : wheat composite flour flatbread, unleavened Total™ breakfast cereal Total ™ b	Green gram dhal with varagu	78	-	-	-
with resistant starch         77         30         11.4         8.8           English Muffin™ bread         77         30         11.4         8.8           English Muffin™ bread         77         30         11         8.4           Coco Pops™ breakfast cereal, chocolate flavoured puffed rice         77         30         26.2         20.2           Cornflakes™ breakfast cereal         77         30         24.5         18.9           Oat 'n Honey Bake™ breakfast cereal         77         30         24.5         18.9           Oat 'n Honey Bake™ breakfast cereal bar K-Time Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits         77         -         -         -           Sweet potato, kumara, boiled         77         150         21.2         16.3           Sweet potato, kumara, boiled         77         150         21.2         16.3           Roasted rice ball         77         -         -         -           White rice with sea algae rolled in sheet of toasted sea algae         77         -         -         -           Ubil (jarboiled and raw rice, soaked, ground, fermented, steamed) with chutney         77         -         -         -           Ubil (jarboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney <td></td> <td>78</td> <td>100</td> <td>-</td> <td>-</td>		78	100	-	-
English Muffin™ bread  Coco Pops™ breakfast cereal, chocolate flavoured puffed rice  Cornflakes™ breakfast cereal  Anoney Rice Bubbles™ breakfast cereal  Oat 'n Honey Bake™ breakfast cereal  Frime Strawberry Crunch™ breakfast cereal  R-Time Strawberry Crunch™ breakfast cereal  Frime Strawberry Crunch™ breakfast cereal  R-Time Strawberry Crunch™ breakfast cereal  Frime Strawberry Crunch™ breakfast cereal  Fri		77	30	12.5	9.6
Coco Pops™ breakfast cereal, chocolate flavoured puffed rice         77         30         26.2         20.2           Comflakes™ breakfast cereal         77         30         25.2         19.4           Honey Rice Bubbles™ breakfast cereal         77         30         24.5         18.9           Oat 'n Honey Bake™ breakfast cereal         77         -         -         -           K-Time Strawberry Crunch™ breakfast cereal bar         77         -         -         -           Golden Fruit biscuits         77         -         -         -           Vanilla Wafer biscuits         77         -         -         -           Vanilla Wafer biscuits         77         -         -         -           Sweet potato, kumara, boiled         77         150         21.2         16.3           Roasted rice ball         77         -         -         -           White rice with sea algae rolled in sheet of toasted sea algae         77         -         -         -           White rice with sea algae rolled in sheet of toasted sea algae         77         -         -         -           Dosai (parboiled and raw rice, soaked, ground, fermented, steamed) with chutney         161         (particular)         77         -	Wholemeal	77	30	11.4	8.8
flavoured puffed rice Cornflakes™ breakfast cereal Honey Rice Bubbles™ breakfast cereal 77 30 25.2 19.4 Honey Rice Bubbles™ breakfast cereal 77 - 30 24.5 18.9 Oat 'n Honey Bake™ breakfast cereal 77 K-Time Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits 77 Golden Fruit biscuits 77 Sweet potato, kumara, boiled Roasted rice ball 77 White rice with sea algae rolled in sheet of toasted sea algae Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney Jowar, roasted bread made from Jowar flour Doughnut, cake type 76 47 18.8 14.3 Waffles, Aunt Jemima Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) Blackbread, Riga brand rye bread Amaranth : wheat composite flour flatbread, unleavened Total™ breakfast cereal 76 30 12.7 9.6 Sice and maize pasta, gluten-free, Ris'O'Mais Jelly beans, assorted colors 76 150 47.7 36.3 Rice and maize pasta, gluten-free, Ris'O'Mais Jelly beans, assorted colors 76 150 19.5 14.8 Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry Semolina, pre-roasted 76 150 13.1 9.9 Wholemeal flour bread Molenberg™ bread Total of the first of the f	English Muffin™ bread	77	30	11	8.4
Honey Rice Bubbles™ breakfast cereal   77   30   24.5   18.9     Cat 'n Honey Bake™ breakfast cereal   77   -   -   -     K-Time Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits   77   -   -   -     Vanilla Wafer biscuits   77   -   -   -     Sweet potato, kumara, boiled   77   150   21.2   16.3     Roasted rice ball   77   -   -   -     White rice with sea algae rolled in sheet of toasted sea algae   77   -   -   -     White rice with sea algae rolled in sheet of toasted sea algae   77   -   -   -     Obasi (parboiled and raw rice, soaked, ground, fermented and fried) with chutney   Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney   77   -   -   -     Doughnut, cake type   76   47   18.8   14.3     Waffles, Aunt Jemima   76   30   12.7   9.6     Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)   Blackbread, Riga brand rye bread   76   30   13.3   10.1     Amaranth : wheat composite flour flatbread, unleavened   76   30   13.3   10.1     Total™ breakfast cereal   76   30   -   -     Pelde brown rice   76   150   47.7   36.3     Rice and maize pasta, gluten-free, Ris'O'Mais   76   180   44.3   33.7     Jelly beans, assorted colors   76   30   24.4   18.5     St g glucose consumed 40 min before 3 g dried American ginseng   76   150   19.5   14.8     Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry   5   30   11.4   8.5     Molenberg™ bread   75   30   11.4   8.5     Molenberg™ bread   75   30   11.4   8.5     Molenberg™ bread   75   75   -   -	flavoured puffed rice	77	30	26.2	20.2
Oat 'n Honey Bake™ breakfast cereal K-Time Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits  Vanilla Wafer biscuits  77  Sweet potato, kumara, boiled Roasted rice ball  77  White rice with sea algae rolled in sheet of toasted sea algae Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney Jowar, roasted bread made from Jowar flour Doughnut, cake type  Waffles, Aunt Jemima Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) Blackbread, Riga brand rye bread Amaranth : wheat composite flour flatbread, unleavened Total™ breakfast cereal Pelde brown rice Rice and maize pasta, gluten-free, Ris'O'Mais Jelly beans, assorted colors 25 g glucose consumed 40 min before 3 g dried American ginseng Potato, boiled in salted water Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry Semolina, pre-roasted Molenberg™ bread  Molenberg™ bread  Total™ breadfast  Total waranth-wheat composite flour, served with bottle gourd amd tomato curry Semolina, pre-roasted  Total™ breadfast  Total™ breadfast cereal Total waranth-wheat composite flour, served with bottle gourd amd tomato curry Semolina, pre-roasted  Total™ breadfast Total™ breadfast cereal Total waranth-wheat composite flour, served with bottle gourd amd tomato curry  Total waranth-wheat composite flour, served with bottle gourd amd tomato curry  Total waranth-wheat composite flour, served with bottle gourd amd tomato curry  Total waranth-wheat composite flour, served with bottle gourd amd tomato curry  Total waranth-wheat composite flour, served with bottle gourd amd tomato curry  Total waranth-wheat composite flour, served with bottle gourd amd tomato curry  Total waranth-wheat composite flour, served with bottle gourd amd tomato curry  Total waranth-wheat composite flour, served with bottle gourd amd tomato curry  Total waranth-wheat composite flour, served with bottle gourd amd	Cornflakes™ breakfast cereal		30		19.4
K-Time Strawberry Crunch™ breakfast cereal bar Golden Fruit biscuits  Vanilla Wafer biscuits  77  Sweet potato, kumara, boiled  77 150 21.2 16.3  Roasted rice ball  77  White rice with sea algae rolled in sheet of toasted sea algae  Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney  Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney  Jowar, roasted bread made from Jowar flour  Doughnut, cake type  76 47 18.8 14.3  Waffles, Aunt Jemima  Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)  Blackbread, Riga brand rye bread  Amaranth: wheat composite flour flatbread, unleavened  Total™ breakfast cereal  Pelde brown rice  76 30  Rice and maize pasta, gluten-free, Ris'O'Mais  Jelly beans, assorted colors  25 g glucose consumed 40 min before 3 g dried  American ginseng  Potato, boiled in salted water  Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry  Semolina, pre-roasted  Wholemeal flour bread  75 30 11.4 8.5  Molenberg™ bread  76 150 30. 1.3.1 9.9  Molenberg™ bread  77	-	77	30	24.5	18.9
Solden Fruit biscuits	•	77	-	-	-
Vanilla Wafer biscuits         77         -         -         -           Sweet potato, kumara, boiled         77         150         21.2         16.3           Roasted rice ball         77         -         -         -           White rice with sea algae rolled in sheet of toasted sea algae         77         -         -         -           Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney         77         150         -         -           Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney         77         -         -         -           Jowar, roasted bread made from Jowar flour         77         -         -         -         -           Doughnut, cake type         76         47         18.8         14.3           Waffles, Aunt Jemima         76         30         12.7         9.6           Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)         8         12.7         9.6           Blackbread, Riga brand rye bread         76         30         13.3         10.1           Amaranth : wheat composite flour flatbread, unleavened         76         30         13.3         10.1           Pelde brown rice         76         150 <td< td=""><td>K-Time Strawberry Crunch™ breakfast cereal bar</td><td>77</td><td>-</td><td>-</td><td>-</td></td<>	K-Time Strawberry Crunch™ breakfast cereal bar	77	-	-	-
Sweet potato, kumara, boiled       77       150       21.2       16.3         Roasted rice ball       77       -       -       -         White rice with sea algae rolled in sheet of toasted sea algae       77       -       -       -         Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney ldli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney       77       -       -       -         Jowar, roasted bread made from Jowar flour       77       -       -       -       -         Doughnut, cake type       76       47       18.8       14.3         Waffles, Aunt Jemima       76       30       12.7       9.6         Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)       76       -       -       -         Blackbread, Riga brand rye bread       76       30       13.3       10.1         Amaranth: wheat composite flour flatbread, unleavened       76       30       13.3       10.1         Total™ breakfast cereal       76       30       -       -         Pelde brown rice       76       150       47.7       36.3         Rice and maize pasta, gluten-free, Ris'O'Mais       76       180       44.3       33.7	Golden Fruit biscuits	77	-	-	-
Roasted rice ball  White rice with sea algae rolled in sheet of toasted sea algae  Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney  Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney  Jowar, roasted bread made from Jowar flour  Doughnut, cake type  76 47 18.8 14.3  Waffles, Aunt Jemima  Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)  Blackbread, Riga brand rye bread  Amaranth: wheat composite flour flatbread, unleavened  Total™ breakfast cereal  Pelde brown rice  Rice and maize pasta, gluten-free, Ris'O'Mais  Jelly beans, assorted colors  25 g glucose consumed 40 min before 3 g dried  American ginseng  Potato, boiled in salted water  Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry  Semolina, pre-roasted  Molenberg™ bread  75	Vanilla Wafer biscuits	77	-	-	-
White rice with sea algae rolled in sheet of toasted sea algae  Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney Jowar, roasted bread made from Jowar flour  Doughnut, cake type  76  47  18.8  14.3  Waffles, Aunt Jemima  76  30  12.7  9.6  Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)  Blackbread, Riga brand rye bread  Amaranth: wheat composite flour flatbread, unleavened  Total™ breakfast cereal  Pelde brown rice  Rice and maize pasta, gluten-free, Ris'O'Mais  Jelly beans, assorted colors  25 g glucose consumed 40 min before 3 g dried American ginseng  Potato, boiled in salted water  Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry  Semolina, pre-roasted  Molenberg™ bread  75  76  77  77  77  76  77  77  77  77	Sweet potato, kumara, boiled	77	150	21.2	16.3
toasted sea algae  Dosai (parboiled and raw rice, soaked, ground, fermented and fried) with chutney  Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney  Jowar, roasted bread made from Jowar flour  Doughnut, cake type  76 47 18.8 14.3  Waffles, Aunt Jemima  76 30 12.7 9.6  Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)  Blackbread, Riga brand rye bread  Amaranth: wheat composite flour flatbread, unleavened  Total™ breakfast cereal  Pelde brown rice  Rice and maize pasta, gluten-free, Ris'O'Mais  Jelly beans, assorted colors  25 g glucose consumed 40 min before 3 g dried American ginseng  Potato, boiled in salted water  Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry  Semolina, pre-roasted  Molenberg™ bread  75	Roasted rice ball	77	-	-	-
fermented and fried) with chutney Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney Jowar, roasted bread made from Jowar flour Doughnut, cake type 76 47 18.8 14.3 Waffles, Aunt Jemima 76 30 12.7 9.6 Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) Blackbread, Riga brand rye bread 76 30 13.3 10.1 Amaranth : wheat composite flour flatbread, unleavened Total™ breakfast cereal 76 30 Pelde brown rice 76 150 47.7 36.3 Rice and maize pasta, gluten-free, Ris'O'Mais Jelly beans, assorted colors 25 g glucose consumed 40 min before 3 g dried American ginseng Potato, boiled in salted water Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry Semolina, pre-roasted Molenberg™ bread  75		77	-	-	-
ground, fermented, steamed) with chutney     Jowar, roasted bread made from Jowar flour     Doughnut, cake type     76    47    18.8    14.3     Waffles, Aunt Jemima     76    30    12.7    9.6     Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)     Blackbread, Riga brand rye bread     Amaranth : wheat composite flour flatbread, unleavened     Total™ breakfast cereal     76    30    13.3    10.1     Amaranth : wheat composite flour flatbread, unleavened     Total™ breakfast cereal     76    30    -    -     Pelde brown rice     Rice and maize pasta, gluten-free, Ris'O'Mais     Jelly beans, assorted colors     25 g glucose consumed 40 min before 3 g dried     American ginseng     Potato, boiled in salted water     Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry     Semolina, pre-roasted     Molenberg™ bread     75    30    11.4    8.5     Molenberg™ bread		77	150	-	-
Doughnut, cake type         76         47         18.8         14.3           Waffles, Aunt Jemima         76         30         12.7         9.6           Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)         76         -         -         -           Blackbread, Riga brand rye bread         76         30         13.3         10.1           Amaranth : wheat composite flour flatbread, unleavened         76         -         -         -           Total™ breakfast cereal         76         30         -         -           Pelde brown rice         76         150         47.7         36.3           Rice and maize pasta, gluten-free, Ris'O'Mais         76         180         44.3         33.7           Jelly beans, assorted colors         76         30         24.4         18.5           25 g glucose consumed 40 min before 3 g dried American ginseng         76         10         9.9         7.5           Potato, boiled in salted water         76         150         19.5         14.8           Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry         76         150         13.1         9.9           Wholemeal flour bread         75         30         11.4         8.5 </td <td>••</td> <td>77</td> <td>-</td> <td>-</td> <td>-</td>	••	77	-	-	-
Waffles, Aunt Jemima       76       30       12.7       9.6         Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)       76       -       -       -         Blackbread, Riga brand rye bread       76       30       13.3       10.1         Amaranth: wheat composite flour flatbread, unleavened       76       -       -       -         Total™ breakfast cereal       76       30       -       -       -         Pelde brown rice       76       150       47.7       36.3         Rice and maize pasta, gluten-free, Ris'O'Mais       76       180       44.3       33.7         Jelly beans, assorted colors       76       30       24.4       18.5         25 g glucose consumed 40 min before 3 g dried American ginseng       76       10       9.9       7.5         Potato, boiled in salted water       76       150       19.5       14.8         Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry       76       60       23.3       17.7         Semolina, pre-roasted       76       150       13.1       9.9         Wholemeal flour bread       75       30       11.4       8.5         Molenberg™ bread       75       -       -<	Jowar, roasted bread made from Jowar flour	77	-	-	-
Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran)  Blackbread, Riga brand rye bread  Amaranth: wheat composite flour flatbread, unleavened  Total™ breakfast cereal  Pelde brown rice  Rice and maize pasta, gluten-free, Ris'O'Mais  Jelly beans, assorted colors  25 g glucose consumed 40 min before 3 g dried American ginseng  Potato, boiled in salted water  Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry  Semolina, pre-roasted  Molenberg™ bread  76  76  76  76  76  76  76  76  76  7	Doughnut, cake type	76	47	18.8	14.3
wheat starch, soya bran)       Blackbread, Riga brand rye bread       76       30       13.3       10.1         Amaranth : wheat composite flour flatbread, unleavened       76       -       -       -         Total™ breakfast cereal       76       30       -       -         Pelde brown rice       76       150       47.7       36.3         Rice and maize pasta, gluten-free, Ris'O'Mais       76       180       44.3       33.7         Jelly beans, assorted colors       76       30       24.4       18.5         25 g glucose consumed 40 min before 3 g dried American ginseng       76       10       9.9       7.5         Potato, boiled in salted water       76       150       19.5       14.8         Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry       76       60       23.3       17.7         Semolina, pre-roasted       76       150       13.1       9.9         Wholemeal flour bread       75       30       11.4       8.5         Molenberg™ bread       75       -       -       -       -	Waffles, Aunt Jemima	76	30	12.7	9.6
Amaranth : wheat composite flour flatbread, unleavened       76       -       -       -         Total™ breakfast cereal       76       30       -       -         Pelde brown rice       76       150       47.7       36.3         Rice and maize pasta, gluten-free, Ris'O'Mais       76       180       44.3       33.7         Jelly beans, assorted colors       76       30       24.4       18.5         25 g glucose consumed 40 min before 3 g dried American ginseng       76       10       9.9       7.5         Potato, boiled in salted water       76       150       19.5       14.8         Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry       76       60       23.3       17.7         Semolina, pre-roasted       76       150       13.1       9.9         Wholemeal flour bread       75       30       11.4       8.5         Molenberg™ bread       75       -       -       -       -		76	-	-	-
unleavened       76       30       -       -         Pelde brown rice       76       150       47.7       36.3         Rice and maize pasta, gluten-free, Ris'O'Mais       76       180       44.3       33.7         Jelly beans, assorted colors       76       30       24.4       18.5         25 g glucose consumed 40 min before 3 g dried American ginseng       76       10       9.9       7.5         Potato, boiled in salted water       76       150       19.5       14.8         Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry       76       60       23.3       17.7         Semolina, pre-roasted       76       150       13.1       9.9         Wholemeal flour bread       75       30       11.4       8.5         Molenberg™ bread       75       -       -       -       -	Blackbread, Riga brand rye bread	76	30	13.3	10.1
Pelde brown rice       76       150       47.7       36.3         Rice and maize pasta, gluten-free, Ris'O'Mais       76       180       44.3       33.7         Jelly beans, assorted colors       76       30       24.4       18.5         25 g glucose consumed 40 min before 3 g dried American ginseng       76       10       9.9       7.5         Potato, boiled in salted water       76       150       19.5       14.8         Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry       76       60       23.3       17.7         Semolina, pre-roasted       76       150       13.1       9.9         Wholemeal flour bread       75       30       11.4       8.5         Molenberg™ bread       75       -       -       -       -		76	-	-	-
Rice and maize pasta, gluten-free, Ris'O'Mais  Jelly beans, assorted colors  25 g glucose consumed 40 min before 3 g dried American ginseng  Potato, boiled in salted water  Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry  Semolina, pre-roasted  Molenberg™ bread  76  180  44.3  33.7  76  30  24.4  18.5  76  10  9.9  7.5  60  23.3  17.7  76  150  13.1  9.9  Molenberg™ bread  75  -  -	Total™ breakfast cereal	76	30	-	-
Jelly beans, assorted colors  25 g glucose consumed 40 min before 3 g dried American ginseng Potato, boiled in salted water  Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry  Semolina, pre-roasted  Wholemeal flour bread  Molenberg™ bread  76  30  24.4  18.5  76  10  9.9  7.5  14.8  60  23.3  17.7  60  150  13.1  9.9  Wholemeal flour bread  75  30  11.4  8.5	Pelde brown rice	76	150	47.7	36.3
25 g glucose consumed 40 min before 3 g dried American ginseng Potato, boiled in salted water Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry Semolina, pre-roasted Wholemeal flour bread Molenberg™ bread  76 10 9.9 7.5 14.8  60 23.3 17.7  60 150 13.1 9.9  11.4 8.5	Rice and maize pasta, gluten-free, Ris'O'Mais	76	180	44.3	33.7
American ginseng Potato, boiled in salted water Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry Semolina, pre-roasted 76 150 23.3 17.7  76 60 23.3 17.7  76 150 13.1 9.9  Wholemeal flour bread 75 30 11.4 8.5  Molenberg™ bread 75	Jelly beans, assorted colors	76	30	24.4	18.5
Chapatti, amaranth-wheat composite flour, served with bottle gourd amd tomato curry  Semolina, pre-roasted  76  150  13.1  9.9  Wholemeal flour bread  75  30  11.4  8.5  Molenberg™ bread  75  -  -		76	10	9.9	7.5
served with bottle gourd amd tomato curry7615013.19.9Semolina, pre-roasted753011.48.5Wholenberg™ bread75	Potato, boiled in salted water	76	150	19.5	14.8
Wholemeal flour bread       75       30       11.4       8.5         Molenberg™ bread       75       -       -       -		76	60	23.3	17.7
Molenberg™ bread 75	Semolina, pre-roasted	76	150	13.1	9.9
	Wholemeal flour bread	75	30	11.4	8.5
Lebanese bread, white wheat flour, unleavened 75 30 16.2 12.2	Molenberg™ bread	75	-	-	-
	Lebanese bread, white wheat flour, unleavened	75	30	16.2	12.2

Corn Bran™ breakfast cereal	75	30	20.5	15.4
Grapenuts™ breakfast cereal	75	-	-	-
Porridge made from raw rolled oats	75	250	20.3	15.2
Weetabix™ breakfast cereal, wheat biscuits	75	30	18.9	14.2
Long grain rice, parboiled, Uncle Ben's® brand, 20 min cooking time	75	150	41	30.7
Pumpkin	75	80	5.7	4.3
French fries, frozen, reheated in microwave	75	150	66.8	50.1
Sports Plus®	74	-	-	-
Bread stuffing, Paxo	74	30	7.8	5.8
Bürgen™ dark Swiss rye bread	74	30	13.3	9.8
White spelt wheat flour bread	74	-	-	-
Whole-wheat snack bread	74	-	-	-
Bran Flakes™ breakfast cereal	74	30	18.4	13.6
Cheerios™ breakfast cereal	74	30	-	-
Cornflakes, high-fiber, breakfast cereal	74	30	25.2	18.6
Instant Cream of Wheat™, breakfast cereal	74	-	-	-
Wholemeal oat flour porridge	74	-	-	-
Weetabix™ breakfast cereal, wheat biscuits	74	30	18.9	14
Puffed rice, white, cooked 5 min, Uncle Ben's Snabbris® brand	74	150	-	-
Graham Wafers	74	-	-	-
Premium Soda Crackers	74	25	17.8	13.1
Nachips™	74	-	-	-
Twisties™, cheese-flavoured, extruded snack, rice and corn	74	50	27.8	20.6
Met-Rx bar®, vanilla	74	-	-	-
Potato, instant mashed	74	150	22.8	16.9
Maize meal porridge, refined, maize-meal:water = 1:3	74	-	-	-
Cupcake, strawberry-iced	73	38	19	13.8
Kaiser bread rolls	73	-	-	-
White bread, wheat flour, hard, toasted	73	30	17.7	12.9
Wonder™, enriched white bread, wheat flour	73	-	-	-
Sultana Bran™ breakfast cereal	73	30	18.3	13.3
Prince Energie+ biscuits	73	-	-	-
Stirfried vegetables with chicken and boiled white rice, home made	73	-	-	-
Malbit CH	73	-	-	-
Potato, Prince Edward Island, peeled, cubed, boiled 15 min, mashed	73	150	19.7	14.3
Bagel, white, frozen, reheated	72	70	35.5	25.6
French baguette with chocolate spread	72	-	-	-
Rice bread with low-amylose Calrose rice	72	-	-	-
Cornflakes™ breakfast cereal	72	30	25.2	18.1
Crunchy Nut Cornflakes™, cornflakes breakfast	72	30	22.9	16.5

cereal with honey and peanuts				
Mini Wheats™ breakfast cereal, blackcurrant	72	30	20.9	15.1
Wheat-bites™ breakfast cereal	72	30	21.5	15.4
Honey Goldies™ breakfast cereal, wheat biscuits with honey	72	-	-	-
Crunchy Nut Cornflakes™ breakfast cereal bar	72	30	-	-
K-Time Just Right™ breakfast cereal bar	72	-	-	-
White rice, type not specified, boiled	72	150	42	30.2
Parboiled rice	72	150	41	29.5
Watermelon, raw	72	120	6	4.3
Commercial blended honey, NSW blend Capilano brand	72	25	20.5	14.8
Swede (rutabaga)	72	150	6.2	4.4
White rice topped with raw egg and soy sauce	72	-	-	-
Melawach + 15 g lupin fiber	72	-	-	-
Arepa, corn bread cake, made with corn flour	72	100	23.1	16.6
Gluten-free white bread, unsliced	71	-	-	-
White bread, wheat flour	71	30	13.4	9.5
Golden Grahams™ breakfast cereal	71	-	-	-
Golden Wheats™ breakfast cereal	71	30	18.9	13.4
Honey Smacks™ breakfast cereal, honey- covered puffed wheat	71	30	24.5	17.4
Pro Stars™ breakfast cereal	71	-	-	-
Millet, boiled	71	150	34.8	24.7
Barquette Abricot biscuits, LU brand	71	40	-	-
Kavli™ Norwegian Crispbread	71	25	15.7	11.1
Potato, mashed	71	150	18.5	13.1
Maize meal porridge, unrefined, maize- meal:water = 1:3	71	-	-	-
Melawach (dough made from white wheat flour and butter, fried)	71	-	-	-
Isostar®	70	-	-	-
Melba toast, Old London	70	30	21.8	15.3
White bread, wheat flour	70	30	13.4	9.4
White bread, wheat flour, Sunblest™ brand	70	30	13.4	9.4
Helga's™ traditional wholemeal bread	70	30	11.4	8
Banana, raw	70	120	23.9	16.7
Kidney beans, dried, soaked 12 h, stored moist 24 h, steamed 1 h	70	150	24	16.8
Life Savers®, peppermint candy	70	-	-	-
Pop Tarts™, double choc	70	36	28.3	19.8
Skittles®	70	30	29.5	20.7
Potato, Nardine, boiled	70	150	19.5	13.7
Potato, New	70	150	19.5	13.7
Tapioca	70	250	-	-
Low-protein white rice with dried sea algae	70	-	-	-

Fruit Leather  Rockmelon/cantalope, raw without seeds  70  165  7.8  5.5  Crumpet  Oatmeal muffin, made from packet mix  69  Gluten-free fiber-enriched, unsliced  White bread, wheat flour  White wheat flour bread, high-fiber  Wholemeal  Bürgen® Mixed Grain bread  Froot Loops™b breakfast cereal  Porridge made from raw rolled oats dehulled oat flakes  Oat porridge made from roasted thin  Special K™ breakfast cereal  Weet-Bix™ breakfast cereal, wheat biscuits  Courscous, boiled 5 min  Arborio risotto rice, boiled  White rice (pakistan)  Mik Arrowroot™ biscuits, Arnotts brand  Ryvita™ rye crispbread  White rice with low-fat milk, boiled served with bottle gourd and tomato curry  Rice, roasted semolina and onions, cooked in water  Upittu  Crispbread enriched with 6% Fibregum  Fanta®, orange soft drink  Cranberry juice cocktail, Ocean Spray®  XLR8  Elsa Sustain™ breakfast cereal, wheat biscuits  Ges So Ja.5  Elsa So J	Banana,	70	120	23.9	16.7
Crumpet         69         50         19.5         13.4           Oatmeal muffin, made from packet mix         69         -         -         -           Gluten-free fiber-enriched, unsliced         69         -         -         -           White bread, wheat flour         69         30         13.4         9.3           White wheat flour bread, high-fiber         69         30         11.4         7.8           Wholemeal         69         30         12.8         8.8           Bürgen® Mixed Grain bread         69         30         26.1         18           Froot Loops™ breakfast cereal         69         250         20.3         14           Porridge made from raw rolled oats dehulled oat flakes         69         250         20.3         14           Oat porridge made from roasted thin         69         50         34.7         23.9           Special K™ breakfast cereal         69         30         18.9         13           Weet-Bix™ breakfast cereal, wheat biscuits         69         150         12.5         8.6           Commeal with margarine         69         150         12.5         8.6           Comiscous, boiled 5 min         69         150         42	Fruit Leather	70	-	-	-
Oatmeal muffin, made from packet mix Gluten-free fiber-enriched, unsliced  69  White bread, wheat flour  69 30 13.4 9.3  White wheat flour bread, high-fiber  69 30 11.4 7.8  Wholemeal  69 30 12.8 8.8  Bürgen® Mixed Grain bread  69 30 25.0 20.3 14  Porridge made from raw rolled oats dehulled oat flakes  Oat porridge made from roasted thin  Special K™ breakfast cereal  69 50 34.7 23.9  Special K™ breakfast cereal  69 50 34.7 23.9  Special K™ breakfast cereal  69 150 12.5 8.6  Commeal with margarine  69 150 14.3 9.8  Couscous, boiled 5 min  Arborio risotto rice, boiled  White rice (pakistan)  Mik Arrowroot™ biscuits, Amotts brand  Ryvita™ rye crispbread  White rice with low-fat milk, boiled served with bottle gourd and tomato curry  Rice, roasted semolina and onions, cooked in water  Upittu  Crispbread enriched with 6% Fibregum  Fanta®, orange soft drink  Cranberry juice cocktail, Ocean Spray®  XLR8  68 30 13.5 9.2  Light ryb bread  Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  Sustain™ breakfast cereal, wheat biscuits  God Start™ breakfast cereal  Whole meal barley flour porridge  Sustain™ breakfast cereal, wheat biscuits  God Start™ breakfast cereal, wheat biscuits  Gommeal, boiled in salted water 2 min  Taco shells, commeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  le ceream, chocolate flavored	Rockmelon/cantalope, raw without seeds	70	165	7.8	5.5
Gluten-free fiber-enriched, unsliced White bread, wheat flour White bread, wheat flour White wheat flour bread, high-fiber Wholemeal Bürgen® Mixed Grain bread Froot Loops™ breakfast cereal Porridge made from raw rolled oats dehulled oat flakes Oat porridge made from roasted thin Special K™ breakfast cereal Whet-Bix™ breakfast cereal, wheat biscuits Couscous, boiled 5 min Arborio risotto rice, boiled White rice (pakistan) Mik Arrowroot™ biscuits, Arnotts brand Ryvita™ rye crispbread White rice with low-fat milk, boiled served with bottle gourd and tomato curry Rice, roasted semolina and onions, cooked in water Upilttu Crispbread enriched with 6% Fibregum Fanta®, orange soft drink Cranberry juice cocktail, Ocean Spray® XLR8 Light rye bread Helga's™ Classic Seed Loaf bread boiled 2.5 min Wholemeal barley flour porridge Sustain™ breakfast cereal, wheat biscuits Good Start™ breakfast cereal, wheat biscuits Good Start™ breakfast cereal Wheat Bix March water Uping in the state of the	Crumpet	69	50	19.5	13.4
White bread, wheat flour         69         30         13.4         9.3           White wheat flour bread, high-fiber         69         30         11.4         7.8           Wholemeal         69         30         12.8         8.8           Bürgen® Mixed Grain bread         69         30         26.1         18           Froot Loops ™ breakfast cereal         69         250         20.3         14           Porridge made from raw rolled oats dehulled oat flakes         69         250         20.3         14           Oat porridge made from roasted thin         69         50         34.7         23.9           Special K™ breakfast cereal         69         30         18.9         13           Weet-Bix™ breakfast cereal, wheat biscuits         69         150         12.5         8.6           Cornmeal with margarine         69         150         14.3         9.8           Couscous, boiled 5 min         69         150         42         29           White rice (pakistan)         69         150         42         29           White rice (pakistan)         69         150         42         29           Milk Arrowroot™ biscuits, Arnotts brand         69         2         15.	Oatmeal muffin, made from packet mix	69	-	-	-
White wheat flour bread, high-fiber         69         30         11.4         7.8           Wholemeal         69         30         12.8         8.8           Bürgen® Mixed Grain bread         69         30         26.1         18           Froot Loops™ breakfast cereal         69         250         20.3         14           Porridge made from raw rolled oats dehulled oat flakes         69         250         20.3         14           Oat porridge made from roasted thin         69         50         34.7         23.9           Special K™ breakfast cereal         69         30         18.9         13           Weet-Bix™ breakfast cereal, wheat biscuits         69         150         12.5         8.6           Commeal with margarine         69         150         14.3         9.8           Couscous, boiled 5 min         69         150         42         29           Arborio risotto rice, boiled         69         150         42         29           White rice (pakistan)         69         150         42         29           Milk Arrowroot™ biscuits, Arnotts brand         69         25         15.7         10.8           Ryyita™a ye crispbread         69         - <td< td=""><td>Gluten-free fiber-enriched, unsliced</td><td>69</td><td>-</td><td>-</td><td>-</td></td<>	Gluten-free fiber-enriched, unsliced	69	-	-	-
Wholemeal         69         30         12.8         8.8           Bürgen® Mixed Grain bread         69         30         26.1         18           Froot Loops™ breakfast cereal         69         250         20.3         14           Porridge made from raw rolled oats dehulled oat flakes         69         250         20.3         14           Oat porridge made from roasted thin         69         50         34.7         23.9           Special K™ breakfast cereal         69         30         18.9         13           Weet-Bix™ breakfast cereal, wheat biscuits         69         150         12.5         8.6           Cornmeal with margarine         69         150         12.5         8.6           Couscous, boiled 5 min         69         150         42         29           Arborio risotto rice, boiled         69         150         42         29           Mhite rice (pakistan)         69         150         42         29           Milk Arrowroot™ biscuits, Arnotts brand         69         25         15.7         10.8           Ryvita™ rye crispbread         69         -         -         -           White rice with low-fat milk, boiled served with bottle gourd and tomato curry	White bread, wheat flour	69	30	13.4	9.3
Bürgen® Mixed Grain bread         69         30         26.1         18           Froot Loops™ breakfast cereal         69         250         20.3         14           Porridge made from raw rolled oats dehulled oat flakes         69         250         20.3         14           Oat porridge made from roasted thin         69         50         34.7         23.9           Special K™ breakfast cereal         69         30         18.9         13           Weet-Bix™ breakfast cereal, wheat biscuits         69         150         12.5         8.6           Cornmeal with margarine         69         150         14.3         9.8           Couscous, boiled 5 min         69         150         42         29           White rice (pakistan)         69         150         42         29           White rice (pakistan)         69         150         42         29           Milk Arrowroot™ biscuits, Arnotts brand         69         150         42         29           Milk Arrowroot™ biscuits, Arnotts brand         69         25         15.7         10.8           Ryvita™ rye crispbread         69         -         -         -           White rice with low-fat milk, boiled served with bottle gourd and tomato cu	White wheat flour bread, high-fiber	69	30	11.4	7.8
Froot Loops™ breakfast cereal  Porridge made from raw rolled oats dehulled oat flakes  Oat porridge made from roasted thin  Special K™ breakfast cereal  Weet-Bix™ breakfast cereal, wheat biscuits  Cornmeal with margarine  Couscous, boiled 5 min  Arborio risotto rice, boiled  White rice (pakistan)  Milk Arrowroot™ biscuits, Arnotts brand  Ryvita™ rye crispbread  White rice with low-fat milk, boiled served with bottle gourd and tomato curry  Rice, roasted semolina and onions, cooked in water  Upittu  Crispbread enriched with 6% Fibregum  Fanta®, orange soft drink  Cranberry juice cocktail, Ocean Spray®  XLR8  Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  Sustain™ breakfast cereal, wheat biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  loe ce ream, chocolate flavored  69  250  34.7  23.9  24.3  14  69  250  20.3  14  69  30  18.9  13  14  69  150  34.7  23.9  34.8  16.9  150  42  29  42  42  42  42  42  42  42  42	Wholemeal	69	30	12.8	8.8
Porridge made from raw rolled oats dehulled oat flakes  Oat porridge made from roasted thin  Special K™ breakfast cereal  Weet-Bix™ breakfast cereal, wheat biscuits  Cornmeal with margarine  Couscous, boiled 5 min  Arborior isotto rice, boiled  White rice (pakistan)  Milk Arrowroot™ biscuits, Arnotts brand  Ryvita™ rye crispbread  White rice with low-fat milk, boiled served with bottle gourd and tomato curry  Rice, roasted semolina and onions, cooked in water  Upittu  Crispbread enriched with 6% Fibregum  Fanta®, orange soft drink  Cranberry juice cocktail, Ocean Spray®  XLR8  Light rye bread  Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  Sustain™ breakfast cereal, wheat biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  lee ceream, chocolate flavored  69  25  15.7  10.8  15.9  15.0  12.5  8.6  69  150  12.5  15.7  10.8  15.0  12.9  15.0  14.3  9.8  15.0  12.5  15.7  10.8  15.0  16.9  15.0  16.9  15.0  16.9  15.0  12.5  16.9  15.0  12.5  16.9  15.0  12.5  16.9  15.0  12.5  16.9  15.0  14.3  12.5  13.8  14  14  15.0  16.9  17.0  18.9  18.9  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.0  18.	Bürgen® Mixed Grain bread	69	30	26.1	18
flakes Oat porridge made from roasted thin Special K™ breakfast cereal Weet-Bix™ breakfast cereal, wheat biscuits Cornmeal with margarine Couscous, boiled 5 min Arborio risotto rice, boiled White rice (pakistan)  Milk Arrowroot™ biscuits, Arnotts brand Ryvita™ rye crispbread  White rice with low-fat milk, boiled served with bottle gourd and tomato curry Rice, roasted semolina and onions, cooked in water Upittu Crispbread enriched with 6% Fibregum Fanta®, orange soft drink Cranberry juice cocktail, Ocean Spray® XLR8  Light rye bread Helga's™ Classic Seed Loaf bread boiled 2.5 min Wholemeal barley flour porridge Sustain™ breakfast cereal, wheat biscuits Good Start™ breakfast cereal, wheat biscuits Cornmeal, boiled in salted water 2 min Taco shells, cornmeal-based, baked Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time Ice cream, chocolate flavored  69 50 50 50 50 50 50 50 50 50 50 50 50 50	Froot Loops™ breakfast cereal	69	250	20.3	14
Special K™ breakfast cereal         69         30         18.9         13           Weet-Bix™ breakfast cereal, wheat biscuits         69         150         12.5         8.6           Cornmeal with margarine         69         150         14.3         9.8           Couscous, boiled 5 min         69         150         42         29           Arborio risotto rice, boiled         69         150         42         29           White rice (pakistan)         69         150         42         29           Milk Arrowroot™ biscuits, Arnotts brand         69         25         15.7         10.8           Ryvita™ rye crispbread         69         -         -         -           White rice with low-fat milk, boiled served with bottle gourd and tomato curry         69         -         -         -           Rice, roasted semolina and onions, cooked in water         69         -         -         -           Upittu         69         -         -         -         -           Crispbread enriched with 6% Fibregum         68         262         32.5         22.1         1           Fanta®, orange soft drink         68         253         24.8         16.9         16.9           Cranber	<u> </u>	69	250	20.3	14
Weet-Bix™ breakfast cereal, wheat biscuits         69         150         12.5         8.6           Cornmeal with margarine         69         150         14.3         9.8           Couscous, boiled 5 min         69         150         42         29           Arborio risotto rice, boiled         69         150         42         29           White rice (pakistan)         69         150         42         29           Milk Arrowroot™ biscuits, Arnotts brand         69         25         15.7         10.8           Ryvita™ rye crispbread         69         -         -         -           White rice with low-fat milk, boiled served with bottle gourd and tomato curry         69         -         -         -           Rice, roasted semolina and onions, cooked in water         69         -         -         -           Upittu         69         -         -         -         -           Crispbread enriched with 6% Fibregum         68         262         32.5         22.1         1           Fanta®, orange soft drink         68         253         24.8         16.9         16.9           Cranberry juice cocktail, Ocean Spray®         68         -         -         -         -	Oat porridge made from roasted thin	69	50	34.7	23.9
Commeal with margarine  Couscous, boiled 5 min  69 150 42 29  Arborio risotto rice, boiled  69 150 42 29  White rice (pakistan)  69 150 42 29  Milk Arrowroot™ biscuits, Arnotts brand  Ryvita™ rye crispbread  69 25 15.7 10.8  Ryvita™ rye crispbread  69  White rice with low-fat milk, boiled served with bottle gourd and tomato curry  Rice, roasted semolina and onions, cooked in water  Upittu  69  Crispbread enriched with 6% Fibregum  68 262 32.5 22.1  Fanta®, orange soft drink  68 253 24.8 16.9  Cranberry juice cocktail, Ocean Spray®  XLR8  68 30 13.5 9.2  Light rye bread  Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  68 30 21.1 14.3  Sustain™ breakfast cereal  Wita-Brits™ breakfast cereal, wheat biscuits  Good Start™ breakfast cereal, muesli wheat biscuits  Commeal, boiled in salted water 2 min  Taco shells, commeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  Ice cream, chocolate flavored	Special K™ breakfast cereal	69	30	18.9	13
Couscous, boiled 5 min  Arborio risotto rice, boiled  White rice (pakistan)  Milk Arrowroot™ biscuits, Arnotts brand  Ryvita™ rye crispbread  White rice with low-fat milk, boiled served with bottle gourd and tomato curry  Rice, roasted semolina and onions, cooked in water  Upittu  Crispbread enriched with 6% Fibregum  Fanta®, orange soft drink  Cranberry juice cocktail, Ocean Spray®  Light rye bread  Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  Sustain™ breakfast cereal, wheat biscuits  Good Start™ breakfast cereal, muesli wheat biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  ce ceream, chocolate flavored  69  150  42  29  Milk Arrowroot™ 52  42  29  150  42  29  150  42  29  150  42  29  150  42  29  150  42  29  150  42  29  150  42  29  150  42  29  150  42  29  150  42  29  150  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  42  29  108  40  40  40  40  40  40  40  40  40	Weet-Bix™ breakfast cereal, wheat biscuits	69	150	12.5	8.6
Arborio risotto rice, boiled  White rice (pakistan)  Milk Arrowroot™ biscuits, Arnotts brand  Ryvita™ rye crispbread  White rice with low-fat milk, boiled served with bottle gourd and tomato curry Rice, roasted semolina and onions, cooked in water  Upittu  Crispbread enriched with 6% Fibregum  Fanta®, orange soft drink  Cranberry juice cocktail, Ocean Spray®  Light rye bread  Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  Sustain™ breakfast cereal, wheat biscuits  Good Start™ breakfast cereal, wheat biscuits  Good Start™ breakfast cereal, muesli wheat biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  lec cream, chocolate flavored  69	Cornmeal with margarine	69	150	14.3	9.8
White rice (pakistan)       69       150       42       29         Milk Arrowroot™ biscuits, Arnotts brand       69       25       15.7       10.8         Ryvita™ rye crispbread       69       -       -       -         White rice with low-fat milk, boiled served with bottle gourd and tomato curry       69       -       -       -         Rice, roasted semolina and onions, cooked in water       69       -       -       -         Upittu       69       -       -       -         Crispbread enriched with 6% Fibregum       68       262       32.5       22.1         Fanta®, orange soft drink       68       253       24.8       16.9         Cranberry juice cocktail, Ocean Spray®       68       -       -       -         XLR8       68       30       13.5       9.2         Light rye bread       68       -       -       -         Helga's™ Classic Seed Loaf bread boiled 2.5 min       68       250       20.3       13.8         Wholemeal barley flour porridge       68       30       21.1       14.3         Sustain™ breakfast cereal, wheat biscuits       68       30       19.7       13.4         Good Start™ breakfast cereal, muesli wheat biscuit	Couscous, boiled 5 min	69	150	42	29
Milk Arrowroot™ biscuits, Arnotts brand       69       25       15.7       10.8         Ryvita™ rye crispbread       69       -       -       -         White rice with low-fat milk, boiled served with bottle gourd and tomato curry       69       -       -       -         Rice, roasted semolina and onions, cooked in water       69       -       -       -         Upittu       69       -       -       -         Crispbread enriched with 6% Fibregum       68       262       32.5       22.1         Fanta®, orange soft drink       68       253       24.8       16.9         Cranberry juice cocktail, Ocean Spray®       68       -       -       -         XLR8       68       30       13.5       9.2         Light rye bread       68       -       -       -         Helga's™ Classic Seed Loaf bread boiled 2.5 min       68       250       20.3       13.8         Wholemeal barley flour porridge       68       30       21.1       14.3         Sustain™ breakfast cereal       68       30       19.7       13.4         Good Start™ breakfast cereal, muesli wheat biscuits       68       30       19.7       13.4         Good Start™ breakfast cereal, mue	Arborio risotto rice, boiled	69	150	42	29
Ryvita™ rye crispbread  White rice with low-fat milk, boiled served with bottle gourd and tomato curry  Rice, roasted semolina and onions, cooked in water  Upittu  Crispbread enriched with 6% Fibregum  Fanta®, orange soft drink  Cranberry juice cocktail, Ocean Spray®  XLR8  Light rye bread  Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  Sustain™ breakfast cereal, wheat biscuits  Good Start™ breakfast cereal, muesli wheat biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time lce cream, chocolate flavored  69	White rice (pakistan)	69	150	42	29
White rice with low-fat milk, boiled served with bottle gourd and tomato curry Rice, roasted semolina and onions, cooked in water Upittu  Crispbread enriched with 6% Fibregum Fanta®, orange soft drink Cranberry juice cocktail, Ocean Spray®  XLR8  Light rye bread Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge Sustain™ breakfast cereal, wheat biscuits Good Start™ breakfast cereal, muesli wheat biscuits Cornmeal, boiled in salted water 2 min Taco shells, cornmeal-based, baked Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time lce cream, chocolate flavored	Milk Arrowroot™ biscuits, Arnotts brand	69	25	15.7	10.8
bottle gourd and tomato curry Rice, roasted semolina and onions, cooked in water Upittu 69 Crispbread enriched with 6% Fibregum 68 262 32.5 22.1 Fanta®, orange soft drink 68 253 24.8 16.9 Cranberry juice cocktail, Ocean Spray® 68 7 XLR8 68 30 13.5 9.2 Light rye bread 68 68 68 7 68 7 68 68 30 13.5 9.2 Light rye bread 68 68 68 7 7 80 Helga's™ Classic Seed Loaf bread boiled 2.5 min Wholemeal barley flour porridge 68 30 21.1 14.3 Sustain™ breakfast cereal 68 30 18.5 12.6 Vita-Brits™ breakfast cereal, wheat biscuits 68 30 19.7 13.4 Good Start™ breakfast cereal, muesli wheat biscuits Cornmeal, boiled in salted water 2 min Taco shells, cornmeal-based, baked Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time Ice cream, chocolate flavored  68 180 52.4 35.6	Ryvita™ rye crispbread	69	-	-	-
water       Upittu       69       Crispbread enriched with 6% Fibregum       68       262       32.5       22.1         Fanta®, orange soft drink       68       253       24.8       16.9         Cranberry juice cocktail, Ocean Spray®       68       -       -       -         XLR8       68       30       13.5       9.2         Light rye bread       68       -       -       -         Helga's™ Classic Seed Loaf bread boiled 2.5 min       68       250       20.3       13.8         Wholemeal barley flour porridge       68       30       21.1       14.3         Sustain™ breakfast cereal       68       30       18.5       12.6         Vita-Brits™ breakfast cereal, wheat biscuits       68       30       19.7       13.4         Good Start™ breakfast cereal, muesli wheat biscuits       68       150       12.9       8.8         Cornmeal, boiled in salted water 2 min       68       50       27.2       18.5         Taco shells, cornmeal-based, baked       68       150       41       27.8         Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time       68       180       52.4       35.6		69	-	-	-
Crispbread enriched with 6% Fibregum       68       262       32.5       22.1         Fanta®, orange soft drink       68       253       24.8       16.9         Cranberry juice cocktail, Ocean Spray®       68       -       -       -         XLR8       68       30       13.5       9.2         Light rye bread       68       -       -       -         Helga's™ Classic Seed Loaf bread boiled 2.5 min       68       250       20.3       13.8         Wholemeal barley flour porridge       68       30       21.1       14.3         Sustain™ breakfast cereal       68       30       18.5       12.6         Vita-Brits™ breakfast cereal, wheat biscuits       68       30       19.7       13.4         Good Start™ breakfast cereal, muesli wheat biscuits       68       150       12.9       8.8         Cornmeal, boiled in salted water 2 min       68       50       27.2       18.5         Taco shells, cornmeal-based, baked       68       150       41       27.8         Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time       68       180       52.4       35.6		69	-	-	-
Fanta®, orange soft drink  Cranberry juice cocktail, Ocean Spray®  KLR8  Light rye bread  Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  Sustain™ breakfast cereal  Vita-Brits™ breakfast cereal, wheat biscuits  Good Start™ breakfast cereal, muesli wheat biscuits  Cornmeal, boiled in salted water 2 min  Corn grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  Ice cream, chocolate flavored  68  Corn Spray®  68  Corn Gells  Corn G	Upittu	69			
Cranberry juice cocktail, Ocean Spray®       68       -       -       -         XLR8       68       30       13.5       9.2         Light rye bread       68       -       -       -         Helga's™ Classic Seed Loaf bread boiled 2.5 min       68       250       20.3       13.8         Wholemeal barley flour porridge       68       30       21.1       14.3         Sustain™ breakfast cereal       68       30       18.5       12.6         Vita-Brits™ breakfast cereal, wheat biscuits       68       30       19.7       13.4         Good Start™ breakfast cereal, muesli wheat biscuits       68       150       12.9       8.8         Cornmeal, boiled in salted water 2 min       68       50       27.2       18.5         Taco shells, cornmeal-based, baked       68       150       41       27.8         Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time       68       50       9.9       6.7         Ice cream, chocolate flavored       68       180       52.4       35.6	Crispbread enriched with 6% Fibregum	68	262	32.5	22.1
XLR8       68       30       13.5       9.2         Light rye bread       68       -       -       -         Helga's™ Classic Seed Loaf bread boiled 2.5 min       68       250       20.3       13.8         Wholemeal barley flour porridge       68       30       21.1       14.3         Sustain™ breakfast cereal       68       30       18.5       12.6         Vita-Brits™ breakfast cereal, wheat biscuits       68       30       19.7       13.4         Good Start™ breakfast cereal, muesli wheat biscuits       68       150       12.9       8.8         Cornmeal, boiled in salted water 2 min       68       50       27.2       18.5         Taco shells, cornmeal-based, baked       68       150       41       27.8         Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time       68       50       9.9       6.7         Ice cream, chocolate flavored       68       180       52.4       35.6	Fanta®, orange soft drink	68	253	24.8	16.9
Light rye bread  Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  Sustain™ breakfast cereal  Vita-Brits™ breakfast cereal, wheat biscuits  Good Start™ breakfast cereal, muesli wheat biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  Ice cream, chocolate flavored  68	Cranberry juice cocktail, Ocean Spray®	68	-	-	-
Helga's™ Classic Seed Loaf bread boiled 2.5 min  Wholemeal barley flour porridge  Sustain™ breakfast cereal  Vita-Brits™ breakfast cereal, wheat biscuits  Good Start™ breakfast cereal, muesli wheat biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  Ice cream, chocolate flavored  68  250  20.3  13.8  68  30  21.1  14.3  68  30  19.7  13.4  68  150  12.9  8.8  68  50  27.2  18.5  68  50  9.9  6.7	XLR8	68	30	13.5	9.2
minWholemeal barley flour porridge683021.114.3Sustain™ breakfast cereal683018.512.6Vita-Brits™ breakfast cereal, wheat biscuits683019.713.4Good Start™ breakfast cereal, muesli wheat biscuits6815012.98.8Cornmeal, boiled in salted water 2 min685027.218.5Taco shells, cornmeal-based, baked681504127.8Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time68509.96.7Ice cream, chocolate flavored6818052.435.6	Light rye bread	68	-	-	-
Sustain™ breakfast cereal  Vita-Brits™ breakfast cereal, wheat biscuits  Good Start™ breakfast cereal, muesli wheat biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  Ice cream, chocolate flavored  68  30  18.5  12.6  68  30  19.7  13.4  68  50  27.2  18.5  68  50  9.9  6.7  68  50  9.9  6.7	G	68	250	20.3	13.8
Vita-Brits™ breakfast cereal, wheat biscuits683019.713.4Good Start™ breakfast cereal, muesli wheat biscuits6815012.98.8Cornmeal, boiled in salted water 2 min685027.218.5Taco shells, cornmeal-based, baked681504127.8Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time68509.96.7Ice cream, chocolate flavored6818052.435.6	Wholemeal barley flour porridge	68	30	21.1	14.3
Good Start™ breakfast cereal, muesli wheat biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  Ice cream, chocolate flavored  68  150  12.9  8.8  50  27.2  18.5  68  150  41  27.8  68  50  9.9  6.7  68  180  52.4  35.6	Sustain™ breakfast cereal	68	30	18.5	12.6
biscuits  Cornmeal, boiled in salted water 2 min  Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  Ice cream, chocolate flavored  68  50  9.9  6.7  68  180  52.4  35.6	Vita-Brits™ breakfast cereal, wheat biscuits	68	30	19.7	13.4
Taco shells, cornmeal-based, baked  Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time  Ice cream, chocolate flavored  68  150  41  27.8  68  50  9.9  6.7  68  180  52.4  35.6	,	68	150	12.9	8.8
Long grain rice, parboiled, Uncle Ben's® brand, 10 min cooking time lce cream, chocolate flavored 68 180 52.4 35.6	Cornmeal, boiled in salted water 2 min	68	50	27.2	18.5
10 min cooking time  Ice cream, chocolate flavored  68  180  52.4  35.6	Taco shells, cornmeal-based, baked	68	150	41	27.8
iss sistin, sinessiate naversa		68	50	9.9	6.7
Gnocchi, Latina brand 68	<u> </u>	68	180	52.4	35.6
	Gnocchi, Latina brand	68	-	-	-
Spaghetti, gluten-free, rice and split pea, canned 68 60 37.6 25.5	Spaghetti, gluten-free, rice and split pea, canned	68	60	37.6	25.5

Mars Bar®	in tomato sauce				
Snickers Bar®   68		68	60	32.5	22.1
Mfino/Morogo, wild greens         68         -         -         -           Non-glutaminous rice flour, served warm with chink, dehusked, soaked 12 h, stered moist 24 h, steamed 1 h         68         150         34.8         23.7           Millet/Ragi, pressure cooked 15 lb 12-15 min         68         -         -         -           Varagu raw         68         50         36.8         25           Lowan Gradual energy release honey-toasted breakfast cereal:         68         50 g + 125 mL mlik         36.8         25           Gradual Release honey-toasted breakfast cereal with reduced-fat         68         25         22.4         15.2           Wall and the swoured syrup: Cottee's Foods, Liverpool, NSW, Australia         67         50         27.5         18.4           Angel food cake         67         80         32.5         21.8           Pancakes, prepared from shaker mix         67         80         32.5         21.8           Pancakes, prepared from shaker mix         67         30         -         -           100% barley flour bread         67         -         -         -           Klosterbrot wholemeal rye bread         67         -         -         -           Scalded spelt wheat kernel bread         67         30		68	-	-	-
Non-glutaminous rice flour, served warm with drink, dehusked, soaked 12 h, stored moist 24 h, steamed 1 h   Millet/Ragi, pressure cooked 15 lb 12-15 min   68		68	-	-	-
Steamed 1 h	Non-glutaminous rice flour, served warm with	68	150	34.8	23.7
Varagu raw         68         120         9.6         6.5           Breadfruit         68         50         36.8         25           Lowan Gradual energy release honey-toasted breakfast cereal with reduced-fat         68         50 g + 125 mL milk         36.8         25           Gradual Release honey-toasted breakfast cereal with reduced-fat         68         25         22.4         15.2           Maple flavoured syrup: Cottee's Foods, Liverpool, NSW, Austratia         67         50         27.5         18.4           Angel food cake         67         57         22         14.7           Croissant         67         80         32.5         21.8           Pancakes, prepared from shaker mix         67         30         -         -           100% barley flour bread (80% barley flour and 20% white wheat flour)         67         -         -         -           Wholemeal barley flour bread         67         -         -         -         -           Klosterbrot wholemeal rye bread         67         30         12.5         8.4           White wheat flour bread, high-fiber         67         30         11.4         7.6           Wholemeal flour bread         67         30         12.5         8.4					
Breadfruit   Care	Millet/Ragi, pressure cooked 15 lb 12-15 min	68	-	-	-
Lowan Gradual energy release honey-toasted breakfast cereal:  Gradual Release honey-toasted breakfast cereal with reduced-fat  Maple flavoured syrup: Cottee's Foods, Liverpool, NSW, Australia  Angel food cake  Croissant  Pancakes, prepared from shaker mix  100% barley flour bread (80% barley flour and 20% white wheat flour)  Wholemeal barley flour bread  White wheat flour bread  White wheat flour bread, high-fiber  Wholemeal flour bread  Grapenuts™ breakfast cereal  Shredded Wheat™ breakfast cereal  Grapenuts™ breakfast cereal  Shredded Wheat wheat flour bread  Stoned Wheat Thins, cracker biscuits  Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months  White wholemeal wheat bread with peanut butter  Potato, mashed  Curry rice  Bajira  Chapatti, bajira (roasted semolina and onions, cooked in water)  Upittu  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal breed in water)  Wholemeal breed wheat flour) with lactic acid  Wholemeal pre bread  Grapenuts of the strained and onions, cooked in water)  Upittu  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal breed in very constituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal pre bread  Grapenuts of the strained and onions, cooked in water)  Upittu  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal pre bread  Grapenuts of the strained and onions, cooked in water)  Upittu  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal pre bread	Varagu raw	68	120	9.6	6.5
breakfast cereal:         mL milk           Gradual Release honey-toasted breakfast cereal with reduced-fat         68         25         22.4         15.2           Maple flavoured syrup: Cottee's Foods, Liverpool, NSW, Australia         67         50         27.5         18.4           Angel food cake         67         57         22         14.7           Croissant         67         80         32.5         21.8           Pancakes, prepared from shaker mix         67         30         -         -           100% barley flour bread (80% barley flour and 20% white wheat flour)         67         -         -         -           Wholemeal barley flour bread         67         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -	Breadfruit	68	50	36.8	25
with reduced-fat         Maple flavoured syrup: Cottee's Foods, Liverpool, NSW, Australia         67         50         27.5         18.4           Angel food cake         67         57         22         14.7           Croissant         67         80         32.5         21.8           Pancakes, prepared from shaker mix         67         30         -         -           100% barley flour bread (80% barley flour and 20% white wheat flour)         67         -         -         -           Wholemeal barley flour bread         67         -         -         -         -         -           Klosterbrot wholemeal rye bread         67         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -		68		36.8	25
NSW, Australia Angel food cake Croissant 67		68	25	22.4	15.2
Croissant         67         80         32.5         21.8           Pancakes, prepared from shaker mix         67         30         -         -           100% barley flour bread (80% barley flour and 20% white wheat flour)         67         -         -         -           Wholemeal barley flour bread         67         -         -         -         -           Klosterbrot wholemeal rye bread         67         -         -         -         -           Scalded spell wheat kernel bread         67         30         12.5         8.4           White wheat flour bread, high-fiber         67         30         11.4         7.6           Wholemeal flour bread         67         30         11.4         7.6           Grapenuts™ breakfast cereal         67         30         21.2         14.2           Puffed Wheat breakfast cereal         67         30         21.7         14.6           Shredded Wheat™ breakfast cereal         67         25         17.7         11.8           Bebe Jemne Susenky biscuits         67         25         17.8         11.9           Breton wheat crackers         67         25         17.8         11.9           Stoned Wheat Thins, cracker biscuits		67	50	27.5	18.4
Pancakes, prepared from shaker mix  100% barley flour bread (80% barley flour and 20% white wheat flour)  Wholemeal barley flour bread  Klosterbrot wholemeal rye bread  67  Scalded spelt wheat kernel bread  White wheat flour bread, high-fiber  Wholemeal flour bread, high-fiber  Wholemeal flour bread  Grapenuts™ breakfast cereal  Puffed Wheat breakfast cereal  Fredded Wheat™ breakfast cereal  Shredded Wheat™ breakfast cereal  Beb Jemne Susenky biscuits  For 25 17.8 11.9  Breton wheat crackers  Stoned Wheat Thins, cracker biscuits  Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months  White/wholemeal wheat bread with peanut butter  Potato, mashed  Curry rice  Bajra  Chapatti, bajra (roasted semolina and onions, cooked in water)  Upittu  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal barley flour bread  66 30 13.3 8.8  Wholemeal rye bread	Angel food cake	67	57	22	14.7
100% barley flour bread (80% barley flour and 20% white wheat flour)  Wholemeal barley flour bread  Klosterbrot wholemeal rye bread  Scalded spelt wheat kernel bread  White wheat flour bread, high-fiber  Wholemeal flour bread, high-fiber  Wholemeal flour bread  Grapenuts™ breakfast cereal  Puffed Wheat breakfast cereal  Fredded Wheat™ breakfast cereal  Shredded Wheat™ breakfast cereal  Shredded Wheat breakfast cereal  Beb Jemne Susenky biscuits  For 25 17.8 11.9  Breton wheat crackers  Stoned Wheat Thins, cracker biscuits  Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months  White/wholemeal wheat bread with peanut butter  Potato, mashed  Curry rice  Bajra  Chapatti, bajra (roasted semolina and onions, cooked in water)  Upittu  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal barley flour bread  66 30 13.3 8.8  Wholemeal rye bread	Croissant	67	80	32.5	21.8
20% white wheat flour) Wholemeal barley flour bread Klosterbrot wholemeal rye bread 67 Scalded spelt wheat kernel bread 67 30 12.5 8.4 White wheat flour bread, high-fiber 67 30 11.4 7.6 Wholemeal flour bread 67 30 11.4 7.6 Grapenuts™ breakfast cereal 67 30 21.2 14.2 Puffed Wheat breakfast cereal 67 30 21.7 14.6 Shredded Wheat™ breakfast cereal 67 30 21.7 14.6 Shredded Wheat the breakfast cereal 67 30 21.7 14.6 Shredded Wheat the breakfast cereal 67 25 17.7 11.8 Bebe Jemne Susenky biscuits 67 25 17.8 11.9 Breton wheat crackers 67 25 17.8 11.9 Stoned Wheat Thins, cracker biscuits 67 25 17.8 11.9 Stoned Wheat Thins, cracker biscuits 67 120 10.6 7.1 Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months White/wholemeal wheat bread with peanut butter Potato, mashed 67 150 18.5 12.4 Potato, mashed 67 150 23.3 15.6 Chapatti, bajra (roasted semolina and onions, cooked in water) Upittu 66 259 27.2 17.9 Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid Wholemeal barley flour bread 66 30 13.3 8.8 Wholemeal rye bread	Pancakes, prepared from shaker mix	67	30	-	-
Klosterbrot wholemeal rye bread Scalded spelt wheat kernel bread 67 30 12.5 8.4 White wheat flour bread, high-fiber 67 30 11.4 7.6 Wholemeal flour bread 67 30 11.4 7.6 Grapenuts™ breakfast cereal 67 30 21.2 14.2 Puffed Wheat breakfast cereal 67 30 21.7 14.6 Shredded Wheat™ breakfast cereal 67 30 21.7 14.6 Shredded Wheat™ breakfast cereal 67 25 17.7 11.8 Bebe Jemne Susenky biscuits 67 25 17.8 11.9 Breton wheat crackers 67 25 17.8 11.9 Stoned Wheat Thins, cracker biscuits 67 25 17.8 11.9 Stoned Wheat Thins, cracker biscuits 67 120 10.6 7.1 Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months White/wholemeal wheat bread with peanut butter Potato, mashed 67 150 18.5 12.4 Potato, mashed 67 150 Curry rice 67 30 14.7 9.9 Bajra 67 60 23.3 15.6 Chapatti, bajra (roasted semolina and onions, cooked in water) Upittu 66 259 27.2 17.9 Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid Wholemeal barley flour bread 66 30 13.3 8.8 Wholemeal rye bread		67	-	-	-
Scalded spelt wheat kernel bread       67       30       12.5       8.4         White wheat flour bread, high-fiber       67       30       11.4       7.6         Wholemeal flour bread       67       30       11.4       7.6         Grapenuts™ breakfast cereal       67       30       21.2       14.2         Puffed Wheat breakfast cereal       67       30       21.7       14.6         Shredded Wheat™ breakfast cereal       67       25       17.7       11.8         Beb Jemne Susenky biscuits       67       25       17.8       11.9         Breton wheat crackers       67       25       17.8       11.9         Breton wheat price of Susenty biscuits       67       25       17.8       11.9         Stoned Wheat Thins, cracker biscuits       67       120       10.6       7.1         Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months       67       150       18.5       12.4         Potato, mashed       67       150       18.5       12.4         Potato, mashed       67       30       14.7       9.9         Bajra       67       60       23.3       15.6         Chapatti, bajra (roasted semolina and onions, cooked in w	Wholemeal barley flour bread	67	-	-	-
White wheat flour bread, high-fiber       67       30       11.4       7.6         Wholemeal flour bread       67       30       11.4       7.6         Grapenuts™ breakfast cereal       67       30       21.2       14.2         Puffed Wheat breakfast cereal       67       30       21.7       14.6         Shredded Wheat™ breakfast cereal       67       25       17.7       11.8         Bebe Jemne Susenky biscuits       67       25       17.8       11.9         Breton wheat crackers       67       25       17.8       11.9         Stoned Wheat Thins, cracker biscuits       67       120       10.6       7.1         Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months       67       120       10.6       7.1         White/wholemeal wheat bread with peanut butter       67       150       18.5       12.4         Potato, mashed       67       150       -       -         Curry rice       67       30       14.7       9.9         Bajra       67       60       23.3       15.6         Chapatti, bajra (roasted semolina and onions, cooked in water)       66       259       27.2       17.9         Cordial, orange, reconstit	Klosterbrot wholemeal rye bread	67	-	-	-
Wholemeal flour bread       67       30       11.4       7.6         Grapenuts™ breakfast cereal       67       30       21.2       14.2         Puffed Wheat breakfast cereal       67       30       21.7       14.6         Shredded Wheat™ breakfast cereal       67       25       17.7       11.8         Bebe Jemne Susenky biscuits       67       25       17.8       11.9         Breton wheat crackers       67       25       17.8       11.9         Stoned Wheat Thins, cracker biscuits       67       120       10.6       7.1         Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months       67       120       10.6       7.1         White/wholemeal wheat bread with peanut butter       67       150       18.5       12.4         Potato, mashed       67       150       -       -         Curry rice       67       30       14.7       9.9         Bajra       67       60       23.3       15.6         Chapatti, bajra (roasted semolina and onions, cooked in water)       67       -       -       -         Upittu       66       259       27.2       17.9         Cordial, orange, reconstituted (80% barley flour and 20% whit	Scalded spelt wheat kernel bread	67	30	12.5	8.4
Grapenuts™ breakfast cereal       67       30       21.2       14.2         Puffed Wheat breakfast cereal       67       30       21.7       14.6         Shredded Wheat™ breakfast cereal       67       25       17.7       11.8         Bebe Jemne Susenky biscuits       67       25       17.8       11.9         Breton wheat crackers       67       25       17.8       11.9         Stoned Wheat Thins, cracker biscuits       67       120       10.6       7.1         Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months       67       120       10.6       7.1         Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months       67       150       18.5       12.4         Potato, mashed       67       150       18.5       12.4         Potato, mashed       67       150       -       -         Curry rice       67       30       14.7       9.9         Bajra       67       60       23.3       15.6         Chapatti, bajra (roasted semolina and onions, cooked in water)       67       -       -       -         Upittu       66       259       27.2       17.9         Cordial, orange, reconstituted (80% b	White wheat flour bread, high-fiber	67	30	11.4	7.6
Puffed Wheat breakfast cereal 67 30 21.7 14.6 Shredded Wheat™ breakfast cereal 67 25 17.7 11.8 Bebe Jemne Susenky biscuits 67 25 17.8 11.9 Breton wheat crackers 67 25 17.8 11.9 Stoned Wheat Thins, cracker biscuits 67 120 10.6 7.1 Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months White/wholemeal wheat bread with peanut butter 67 150 18.5 12.4 Potato, mashed 67 150 Curry rice 67 30 14.7 9.9 Bajra 67 60 23.3 15.6 Chapatti, bajra (roasted semolina and onions, cooked in water) Upittu 66 259 27.2 17.9 Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid Wholemeal barley flour bread 66 30 13.3 8.8 Wholemeal rye bread	Wholemeal flour bread	67	30	11.4	7.6
Shredded Wheat™ breakfast cereal       67       25       17.7       11.8         Bebe Jemne Susenky biscuits       67       25       17.8       11.9         Breton wheat crackers       67       25       17.8       11.9         Stoned Wheat Thins, cracker biscuits       67       120       10.6       7.1         Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months       67       -       -       -         White/wholemeal wheat bread with peanut butter       67       150       18.5       12.4         Potato, mashed       67       150       -       -         Curry rice       67       30       14.7       9.9         Bajra       67       60       23.3       15.6         Chapatti, bajra (roasted semolina and onions, cooked in water)       67       -       -       -         Upittu       66       259       27.2       17.9         Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid       66       30       13.3       8.8         Wholemeal barley flour bread       66       30       16.2       10.7	Grapenuts™ breakfast cereal	67	30	21.2	14.2
Bebe Jemne Susenky biscuits   67   25   17.8   11.9	Puffed Wheat breakfast cereal	67	30	21.7	14.6
Breton wheat crackers   67   25   17.8   11.9	Shredded Wheat™ breakfast cereal	67	25	17.7	11.8
Stoned Wheat Thins, cracker biscuits       67       120       10.6       7.1         Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months       67       -       -       -         White/wholemeal wheat bread with peanut butter       67       150       18.5       12.4         Potato, mashed       67       150       -       -         Curry rice       67       30       14.7       9.9         Bajra       67       60       23.3       15.6         Chapatti, bajra (roasted semolina and onions, cooked in water)       67       -       -       -         Upittu       66       259       27.2       17.9         Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid       66       -       -       -         Wholemeal barley flour bread       66       30       13.3       8.8         Wholemeal rye bread       66       30       16.2       10.7	Bebe Jemne Susenky biscuits	67	25	17.8	11.9
Chicken and noodles with vegetables, strained, Heinz for Baby from 4 months  White/wholemeal wheat bread with peanut butter Potato, mashed  Curry rice  Bajra  Chapatti, bajra (roasted semolina and onions, cooked in water)  Upittu  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal barley flour bread  Chicken and noodles with vegetables, strained, and for a company of the	Breton wheat crackers	67	25	17.8	11.9
Heinz for Baby from 4 months       White/wholemeal wheat bread with peanut butter       67       150       18.5       12.4         Potato, mashed       67       150       -       -         Curry rice       67       30       14.7       9.9         Bajra       67       60       23.3       15.6         Chapatti, bajra (roasted semolina and onions, cooked in water)       67       -       -       -         Upittu       66       259       27.2       17.9         Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid       66       30       13.3       8.8         Wholemeal barley flour bread       66       30       13.3       8.8         Wholemeal rye bread       66       30       16.2       10.7	Stoned Wheat Thins, cracker biscuits	67	120	10.6	7.1
Potato, mashed       67       150       -       -         Curry rice       67       30       14.7       9.9         Bajra       67       60       23.3       15.6         Chapatti, bajra (roasted semolina and onions, cooked in water)       67       -       -       -         Upittu       66       259       27.2       17.9         Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid       66       30       13.3       8.8         Wholemeal barley flour bread       66       30       16.2       10.7		67	-	-	-
Curry rice       67       30       14.7       9.9         Bajra       67       60       23.3       15.6         Chapatti, bajra (roasted semolina and onions, cooked in water)       67       -       -       -         Upittu       66       259       27.2       17.9         Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid       66       -       -       -         Wholemeal barley flour bread       66       30       13.3       8.8         Wholemeal rye bread       66       30       16.2       10.7	White/wholemeal wheat bread with peanut butter	67	150	18.5	12.4
Bajra 67 60 23.3 15.6  Chapatti, bajra (roasted semolina and onions, cooked in water)  Upittu 66 259 27.2 17.9  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal barley flour bread 66 30 13.3 8.8  Wholemeal rye bread 66 30 16.2 10.7	Potato, mashed	67	150	-	-
Chapatti, bajra (roasted semolina and onions, cooked in water)  Upittu  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal barley flour bread  Wholemeal rye bread  67	Curry rice	67	30	14.7	9.9
cooked in water) Upittu 66 259 27.2 17.9  Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal barley flour bread 66 30 13.3 8.8  Wholemeal rye bread 66 30 16.2 10.7	Bajra	67	60	23.3	15.6
Cordial, orange, reconstituted (80% barley flour and 20% white wheat flour) with lactic acid  Wholemeal barley flour bread  Wholemeal rye bread  66  30  13.3  8.8  Wholemeal rye bread  66  30  16.2		67	-	-	-
and 20% white wheat flour) with lactic acid  Wholemeal barley flour bread  Wholemeal rye bread  66  30  13.3  8.8  Wholemeal rye bread  66  30  16.2  10.7	Upittu	66	259	27.2	17.9
Wholemeal barley flour bread         66         30         13.3         8.8           Wholemeal rye bread         66         30         16.2         10.7		66	-	-	-
This is the same	·	66	30	13.3	8.8
	•	66	30	16.2	10.7
	Wheat flour flatbread, unleavened composite flour	66	-	-	-

Amaranth : wheat Cream of Wheat™ breakfast cereal Healthwise™ for bowel health breakfast cereal Healthwise™ for bowel health breakfast cereal Life™ breakfast cereal Muesli, unspecified Multigrain™ breakfast cereal Multigrain™ breakfast cereal Multigrain™ breakfast cereal Muesli, unspecified Muesli, unspe	flatbread, unleaved				
Cream of Wheat™ breakfast cereal Healthwise™ for bowel health breakfast cereal		66	30	-	-
Healthwise™ for bowel health breakfast cereal Life™ breakfast cereal 66 30 17 11.2  Muesli, unspecified 66 30 20.9 13.8  Nutrigrain™ breakfast cereal 66 30 20.9 13.8  Nutrigrain™ breakfast cereal 66 250 20.3 13.4  One Minute Oats, instant porridge 66 150 31.7 20.9  Barley, rolled Brown rice, boiled 66 150 47.7 31.5  Brown rice, boiled 66 150 47.7 31.5  Brown rice, brown, high amylose 66 25  Evergreen met Krenten biscuits 66 120 9.6 6.3  Pineapple, raw Sirloin chop with mixed vegetables and mashed potato, home made Soup, green pea, canned Yam composite flour, served with bottle gourd and tomato curry Chapatti, amaranth-wheat Chapatti, wheat, served with bottle gourd and tomato curry Chapatti, flour from malted wheat, moth bean Flan cake Banana, oat and honey mufflin, made from packet mix Poweraid®, orange Wholemeal barley flour bread Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour White wheat flour bread with 15 g psyllium fiber Wholemeal (wholewheat) flour bread Barley porridge made from steamed thick dehulled barley flakes Quick Oats, instant porridge September 125 120 5.6 3.7  Suthana Goldies™ breakfast cereal Suthana Goldies™ breakfast cereal, wheat biscuits with suthanas Cream Cracker biscuits Coarse and raisins) Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min		66	-	-	-
Life ™ breakfast cereal         66         30         17         11.2           Muesli, unspecified         66         30         20.9         13.8           Nutrigrain ™ breakfast cereal         66         250         20.3         13.4           One Minute Oats, instant porridge         66         150         31.7         20.9           Barley, rolled         66         150         47.7         31.5           Brown rice, boiled         66         150         47.7         31.5           Doongara rice, brown, high amylose         66         25         -         -           Evergreen met Krenten biscuits         66         120         9.6         6.3           Pineapple, raw         66         20         9.6         6.3           Sirloin chop with mixed vegetables and mashed potato, home made         66         260         9.6         6.3           Soup, green pea, canned         66         260         9.6         6.3           Yam composite flour, served with bottle gourd and tomato curry         66         60         23.3         15.4           Chapatti, wheat, served with bottle gourd and tomato curry         66         60         23.3         15.4           Chapatti, flour from malted wheat, mot		66	-	-	-
Muesli, unspecified         66         30         20.9         13.8           Nutrigrain™ breakfast cereal         66         250         20.3         13.4           One Minute Oats, instant porridge         66         150         31.7         20.9           Barley, rolled         66         150         47.7         31.5           Brown rice, boiled         66         150         47.7         31.5           Doongara rice, brown, high amylose         66         25         -         -           Evergreen met Krenten biscuits         66         120         9.6         6.3           Pineapple, raw         66         -         -         -           Sirloin chop with mixed vegetables and mashed potato, home made         66         -         -         -           Sirloin chop with mixed vegetables and mashed potato, home made         66         -         -         -           Surjour green pea, canned         66         -         -         -         -           Yam composite flour, served with bottle gourd and tomato curry         66         60         23.3         15.4           Chapatti, wheat, served with bottle gourd and tomato curry         66         60         23.3         15.4		66	30	17	11.2
Nutrigrain™ breakfast cereal One Minute Oats, instant porridge Barley, rolled Boongara rice, brown, high amylose Beckergreen met Krenten biscuits Beckergreen met Krenten biscuits Birloin chop with mixed vegetables and mashed potato, home made Soup, green pea, canned Soup, green pea, gre		66	30	20.9	13.8
One Minute Oats, instant porridge         66         150         31.7         20.9           Barley, rolled         66         150         47.7         31.5           Brown rice, boiled         66         150         47.7         31.5           Doongara rice, brown, high amylose         66         25         -           Evergreen met Krenten biscuits         66         120         9.6         6.3           Pineapple, raw         66         -         -         -           Sirloin chop with mixed vegetables and mashed potato, home made         66         260         9.6         6.3           Soup, green pea, canned         66         -         -         -         -           Yam composite flour, served with bottle gourd and tomato curry         66         60         23.3         15.4           Chapatti, wheat, served with bottle gourd and tomato curry         66         60         -         -           Chapatti, wheat, served with bottle gourd and tomato curry         65         50         23.3         15.4           Chapatti, wheat, served with bottle gourd and tomato curry         65         50         23.3         15.4           Whatti, wheat flour bread         65         50         23.6         15.3      <	·	66	250	20.3	13.4
Barley, rolled  Brown rice, boiled  Dongara rice, brown, high amylose  Evergreen met Krenten biscuits  Fineapple, raw  Sirloin chop with mixed vegetables and mashed potato, home made  Soup, green pea, canned  Yam composite flour, served with bottle gourd and tomato curry  Chapatti, amaranth-wheat  Chapatti, wheat, served with bottle gourd and tomato curry  Chapatti, flour from malted wheat, moth bean  Flan cake  Banana, oat and honey muffin, made from packet mix  Poweraid®, orange  Wholemeal barley flour bread  Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour White wheat flour Wholemeal (wholewheat) flour bread  Barley, portinge made from steamed thick dehulled barley flakes  Quick Oats, instant porridge  Thank Goodness™ breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Fowering in the surface of the four the surface and raisins)  Spaghetti, white, durum wheat semolina, boiled in 7.% salted water for 16.5 min  Sucrose  Brown, rice, believed  66	C .	66	150	31.7	20.9
Doongara rice, brown, high amylose   66   25   -   -		66	150	47.7	31.5
Evergreen met Krenten biscuits Pineapple, raw 66	Brown rice, boiled	66	150	47.7	31.5
Evergreen met Krenten biscuits Pineapple, raw 66	Doongara rice, brown, high amylose	66	25	-	-
Sirloin chop with mixed vegetables and mashed potato, home made  Soup, green pea, canned  Yam composite flour, served with bottle gourd and tomato curry  Chapatti, amaranth-wheat  Chapatti, wheat, served with bottle gourd and tomato curry  Chapatti, flour from malted wheat, moth bean  Flan cake  Banana, oat and honey muffin, made from packet mix  Poweraid®, orange  Wholemeal barley flour bread  Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour  White wheat flour bread dehulled barley plakes  Quick Oats, instant porridge  Thank Goodness™ breakfast cereal  Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Sirloin depuid and for a served with soft and mashed potato and mashed potato, nor made for 16.5 min  Sucrose  66  66  60  23.3  15.4  66  60  23.3  15.4  66  60  23.3  15.4  65  5  7  7  7  7  7  7  7  7  7  7  7  7	c .	66	120	9.6	6.3
Sirloin chop with mixed vegetables and mashed potato, home made  Soup, green pea, canned  Yam composite flour, served with bottle gourd and tomato curry  Chapatti, amaranth-wheat  Chapatti, wheat, served with bottle gourd and tomato curry  Chapatti, flour from malted wheat, moth bean  Flan cake  Banana, oat and honey muffin, made from packet mix  Poweraid®, orange  Wholemeal barley flour bread  Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour  White wheat flour bread dehulled barley plakes  Quick Oats, instant porridge  Thank Goodness™ breakfast cereal  Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Sirloin depuid and for a served with soft and mashed potato and mashed potato, nor made for 16.5 min  Sucrose  66  66  60  23.3  15.4  66  60  23.3  15.4  66  60  23.3  15.4  65  5  7  7  7  7  7  7  7  7  7  7  7  7	Pineapple, raw	66	-	-	-
Yam composite flour, served with bottle gourd and tomato curry       66       60       23.3       15.4         Chapatti, amaranth-wheat       66       60       -       -         Chapatti, wheat, served with bottle gourd and tomato curry       66       60       23.3       15.4         Chapatti, flour from malted wheat, moth bean       65       -       -       -         Flan cake       65       50       23.6       15.3         Banana, oat and honey muffin, made from packet mix       65       -       -       -         Poweraid®, orange       65       -       -       -       -         Wholemeal barley flour bread       65       30       12.8       8.3         Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour       65       -       -       -         White wheat flour bread with 15 g psyllium fiber       65       30       11.4       7.4         Wholemeal (wholewheat) flour bread       65       250       -       -         Barley porridge made from steamed thick dehulled barley flakes       65       250       20.3       13.2         Quick Oats, instant porridge       65       -       -       -         Thank Goodness™ breakfast cereal, wheat biscuits with sultan		66	260	9.6	6.3
and tomato curry Chapatti, amaranth-wheat Chapatti, wheat, served with bottle gourd and tomato curry Chapatti, wheat, served with bottle gourd and tomato curry Chapatti, flour from malted wheat, moth bean Flan cake  Banana, oat and honey muffin, made from packet mix Poweraid®, orange  65  Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour White wheat flour bread  Wholemeal (wholewheat) flour bread  Barley porridge made from steamed thick dehulled barley flakes Quick Oats, instant porridge  Chapatti, wheat flour bread with 15 g psyllium fiber  Wholemeal (wholewheat) flour bread  Barley porridge made from steamed thick debulled barley flakes Quick Oats, instant porridge  Thank Goodness™ breakfast cereal  Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Cream Cracker biscuits  Rockmelon, Cantaloupe, raw  Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65  Caush God	Soup, green pea, canned	66	-	-	-
Chapatti, wheat, served with bottle gourd and tomato curry Chapatti, flour from malted wheat, moth bean Flan cake Banana, oat and honey muffin, made from packet mix Poweraid®, orange  Wholemeal barley flour bread Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour White wheat flour bread with 15 g psyllium fiber Wholemeal (wholewheat) flour bread Barley porridge made from steamed thick dehulled barley flakes Quick Oats, instant porridge Thank Goodness™ breakfast cereal Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas Cream Cracker biscuits Cream Cracker biscuits Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min Sucrose  65  65  65  65  65  65  65  65  65  6	•	66	60	23.3	15.4
tomato curry Chapatti, flour from malted wheat, moth bean Flan cake  65 50 23.6 15.3  Banana, oat and honey muffin, made from packet mix Poweraid®, orange  65  Wholemeal barley flour bread Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour White wheat flour bread with 15 g psyllium fiber Wholemeal (wholewheat) flour bread 65 30 11.4 7.4  Wholemeal (wholewheat) flour bread 65 250  Barley porridge made from steamed thick dehulled barley flakes Quick Oats, instant porridge Thank Goodness™ breakfast cereal Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas Cream Cracker biscuits Flour bread Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour White wheat flour bread with 15 g psyllium fiber Floor coarse oat kernel bread with 15 g psyllium fiber Floor coarse oat kernel bread with 15 g psyllium fiber Floor coarse oat kernel flour bread flour Floor coarse oat kernel bread with 80% intact oat kernels flour bread flour Floor coarse oat kernel bread with 80% intact oat kernels flour Floor coarse oat kernel bread with 80% intact oat kernels flour Floor coarse oat kernel bread with 80% intact oat kernels flour Floor coarse oat kernel bread with 80% intact oat kernels flour Floor coarse oat kernel bread with 80% intact oat kernels flour Floor coarse oat kernel bread with 80% intact oat kernels flour Floor coarse oat kernel bread with 80% intact oat kernels flour Floor coarse oat kernels flour bread flour Floor coarse oat kernel flour Floor coarse oat kernels flour coarse floor coarse	Chapatti, amaranth-wheat	66	60	-	-
Flan cake   65   50   23.6   15.3		66	60	23.3	15.4
Banana, oat and honey muffin, made from packet mix  Poweraid®, orange  65  Wholemeal barley flour bread  Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour  White wheat flour bread with 15 g psyllium fiber  65 30 11.4 7.4  Wholemeal (wholewheat) flour bread  Barley porridge made from steamed thick dehulled barley flakes  Quick Oats, instant porridge  Thank Goodness™ breakfast cereal  Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Rockmelon, Cantaloupe, raw  Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose	Chapatti, flour from malted wheat, moth bean	65	-	-	-
mix       Poweraid®, orange       65       -       -       -         Wholemeal barley flour bread       65       30       12.8       8.3         Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour       65       -       -       -         White wheat flour bread with 15 g psyllium fiber       65       30       11.4       7.4         Wholemeal (wholewheat) flour bread       65       250       -       -         Barley porridge made from steamed thick dehulled barley flakes       65       250       20.3       13.2         Quick Oats, instant porridge       65       -       -       -         Thank Goodness™ breakfast cereal       65       -       -       -         Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas       65       25       16       10.4         Cream Cracker biscuits       65       120       5.6       3.7         Rockmelon, Cantaloupe, raw       65       -       -       -         Sweetcorn and rice, Heinz for Baby from 4 months       65       -       -       -         Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)       65       180       44.3       28.8         Spaghetti, white, durum wheat semolina, boiled i	Flan cake	65	50	23.6	15.3
Wholemeal barley flour bread Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour White wheat flour bread with 15 g psyllium fiber Wholemeal (wholewheat) flour bread Barley porridge made from steamed thick dehulled barley flakes Quick Oats, instant porridge Thank Goodness™ breakfast cereal Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas Cream Cracker biscuits Cream Cracker biscuits  Sweetcorn and rice, Heinz for Baby from 4 months Kugel (Polish dish containing egg noodles, sugar, cheese and raisins) Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min Sucrose  65  30  11.4  7.4  8.3  12.8  8.3  12.8  8.3  12.8  8.3  12.8  8.3  12.8  8.3  11.4  7.4  7.4  7.4  7.4  7.4  7.4  7.	·	65	-	-	-
Coarse oat kernel bread with 80% intact oat kernels and 20% white wheat flour  White wheat flour bread with 15 g psyllium fiber  Wholemeal (wholewheat) flour bread  Barley porridge made from steamed thick dehulled barley flakes  Quick Oats, instant porridge  Gistarra Goldies™ breakfast cereal  Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Cream Cracker biscuits  Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65  Gistarra Goldies To	Poweraid®, orange	65	-	-	-
kernels and 20% white wheat flourWhite wheat flour bread with 15 g psyllium fiber653011.47.4Wholemeal (wholewheat) flour bread65250Barley porridge made from steamed thick dehulled barley flakes6525020.313.2Quick Oats, instant porridge65Thank Goodness™ breakfast cereal65Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas65251610.4Cream Cracker biscuits651205.63.7Rockmelon, Cantaloupe, raw65Sweetcorn and rice, Heinz for Baby from 4 months65Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)6518044.328.8Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min6510106.5Sucrose6510106.5	Wholemeal barley flour bread	65	30	12.8	8.3
Wholemeal (wholewheat) flour bread  Barley porridge made from steamed thick dehulled barley flakes  Quick Oats, instant porridge  Thank Goodness™ breakfast cereal  Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Cream Cracker biscuits  Rockmelon, Cantaloupe, raw  Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65  250  20.3  13.2  65		65	-	-	-
Barley porridge made from steamed thick dehulled barley flakes  Quick Oats, instant porridge  Thank Goodness™ breakfast cereal  Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Cream Cracker biscuits  Rockmelon, Cantaloupe, raw  Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  Saltana Goldies™ breakfast cereal  65	White wheat flour bread with 15 g psyllium fiber	65	30	11.4	7.4
dehulled barley flakesGuick Oats, instant porridge65Thank Goodness™ breakfast cereal65Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas65251610.4Cream Cracker biscuits651205.63.7Rockmelon, Cantaloupe, raw65Sweetcorn and rice, Heinz for Baby from 4 months65Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)6518044.328.8Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min6510106.5Sucrose6510106.5	,	65	250	-	-
Thank Goodness™ breakfast cereal  Sultana Goldies™ breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Rockmelon, Cantaloupe, raw  Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65		65	250	20.3	13.2
Sultana Goldies <sup>TM</sup> breakfast cereal, wheat biscuits with sultanas  Cream Cracker biscuits  Rockmelon, Cantaloupe, raw  Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65  25  16  10.4  10.4  10.4  10.4  10.4  10.5  65  120  5.6  3.7  65   65  180  44.3  28.8  65  10  10  6.5  10  6.5		65	-	-	-
biscuits with sultanas  Cream Cracker biscuits  Rockmelon, Cantaloupe, raw  Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65  120  5.6  3.7			-	-	-
Rockmelon, Cantaloupe, raw  Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65	biscuits with sultanas	65	25	16	10.4
Sweetcorn and rice, Heinz for Baby from 4 months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65			120	5.6	3.7
months  Kugel (Polish dish containing egg noodles, sugar, cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65  180  44.3  28.8  65  10  65  10  65  10  65  10  65  10  65  10  65  10  10  10  10  10  10  10  10  10  1	•		-	-	-
cheese and raisins)  Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 16.5 min  Sucrose  65 10 10 6.5 10 6.5	months			-	-
0.7% salted water for 16.5 min         Sucrose       65       10       10       6.5	cheese and raisins)				
		65	10	10	6.5
Potato, new, canned, Mint Tiny Taters™ brand, 65 150 19.2 12.5	Sucrose	65	10	10	6.5
	Potato, new, canned, Mint Tiny Taters™ brand,	65	150	19.2	12.5

Potato, peeled, steamed 1 h Glutaminous rice flour, instant, served warm with roasted ground soybean Naytura Premium Muesli, untoasted, with nuts, sold at Woolworths supermarkets, Australia Crispbread enriched with 11% Fibregum Guik™, strawberry drinking powder, dissolved in water  Quik™, strawberry drinking powder, dissolved in water Wholemeal (wholewheat) flour bread Holomeal (wholewheat) flour bread Ploughman's™ Wholemeal bread, smooth milled Semolina Bread Long grain rice, white, Star brand, boiled 7 min Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand Oro biscuits Apricots, canned in light syrup Raisins Apricots, boxed Spaghetti, white, durum wheat, boiled 20 min Soup, black bean Sourose Apricots Beetroot Chapatti, maize,  Carb Options pasta Coca Cola®, soda Pain au lait Happiness™ cinnamon, raisin, and pecan bread Wholemeal rye bread Wholemeal spelt wheat flour bread All appiness™ cinnamon, raisin, and pecan bread Wholemeal spelt wheat flour bread Rice Bubble Treat™ bar Buckwheat Arrowroot biscuits Apricots, canned Island, peeled, cubed, boiled in salted water 15 min White rice with pickled vinegar and cucumber Cherries, dark, raw, pitted Golden syrup, Smith's Premium brand: Smith's, Golden syrup,	heated in microwave 3 min				
Glutaminous rice flour, instant, served warm with roasted ground soybean Naytura Premium Muesli, untoasted, with nuts, sold at Woolworths supermarkets, Australia Crispbread enriched with 11% Fibregum		65	-	-	-
roasted ground soybean Naytura Premium Muesli, untoasted, with nuts, sold at Woolworths supermarkets, Australia Crispbread enriched with 11% Fibregum Quik™, strawberry drinking powder, dissolved in water Wholemeal (wholewheat) flour bread Ploughman's™ Wholemeal bread, smooth milled Semolina Bread Long grain rice, white, Star brand, boiled 7 min Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand Oro biscuits 64 150 41 26.2  Shortbread biscuits 64 25 15.5 9.9  Shortbread biscuits 64 120 13.6 8.7  Apricots, canned in light syrup Raisins Macaroni and Cheese, boxed Spaghetti, white, durum wheat, boiled 20 min Soup, black bean Salvation Jane honey Sucrose 64 80 6.7 4.3  Beetroot Chapatti, maize,  Carb Options pasta Coca Cola®, soda Pain au lait Happiness™ cinnamon, raisin, and pecan bread Wholemeal spel wheat flour bread Rice Bubble Treat™ bar Buckwheat Rye crispbread Rye crispbread Rye crispbread Rye crispbread Rye crispbread, Ryvita brand Whole rice, white, of can be seed to the rice with pickled vinegar and cucumber Cherries, dark, raw, pitted Golden syrup, Smith's Premium brand: Smith's,  62 57 2.7, 17.2	•	65	60	33	21.5
sold at Woolworths supermarkets, Australia         64         -         -         -           Quik™, strawberry drinking powder, dissolved in water         64         30         11.4         7.3           Wholemeal (wholewheat) flour bread         64         30         11.4         7.3           Ploughman's™ Wholemeal bread, smooth milled Semolina Bread         64         150         42         26.9           Long grain rice, white, Star brand, boiled 7 min Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         150         41         26.2           Phorbread biscuits         64         25         15.5         9.9           Shortbread biscuits         64         120         13.6         8.7           Apricots, canned in light syrup         64         60         42.7         27.3           Raisins         64         120         13.6         8.7           Apricots, canned in light syrup         64         60         42.7         27.3           Raisins         64         120         13.6         8.7           Apricots, canned in light syrup         64         180         44.3         28.3           Spaghetti, white, durum wheat, boiled 20 min         64         258         12.9         8.3 <td></td> <td></td> <td></td> <td></td> <td></td>					
Crispbread enriched with 11% Fibregum Quik™, strawberry drinking powder, dissolved in water         64         30         11.4         7.3           Wholemeal (wholewheat) flour bread         64         30         11.4         7.3           Ploughman's™ Wholemeal bread, smooth milled Semolina Bread         64         150         42         26.9           Long grain rice, white, Star brand, boiled 7 min Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         150         41         26.2           Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         150         41         26.2           Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         150         41         26.2           Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         150         41         26.2           Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         120         13.6         8.7           Apricots, canned in light syrup         64         60         42.7         27.3           Raisins         64         120         13.6         8.7           Macaroni and Cheese, boxed         64         180         44.3         28.3           Soup, black bean         64         25s         12.9         8.3<		65			
Quik™, strawberry drinking powder, dissolved in water         64         30         11.4         7.3           Wholemeal (wholewheat) flour bread         64         30         11.4         7.3           Ploughman's™ Wholemeal bread, smooth milled Semolina Bread         64         150         42         26.9           Long grain rice, white, Star brand, boiled 7 min Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         150         41         26.2           Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         150         41         26.2           Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         25         15.5         9.9           Shortbread biscuits         64         25         15.5         9.9           Shortbread biscuits         64         120         13.6         8.7           Apricots, canned in light syrup         64         60         42.7         27.3           Raisins         64         120         13.6         8.7           Apricots, canned in light syrup         64         64         1.0         10         64         25         20.5         13.1         33         28.3         Spaghetti, white, durum wheat, boiled 20 min         64         25         20.5	·	C 4			
water         Wholemeal (wholewheat) flour bread         64         30         11.4         7.3           Ploughman's™ Wholemeal bread, smooth milled Semolina Bread         64         150         42         26.9           Long grain rice, white, Star brand, boiled 7 min Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         150         41         26.2           Porbiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         25         15.5         9.9           Shortbread biscuits         64         120         13.6         8.7           Apricots, canned in light syrup         64         60         42.7         27.3           Raisins         64         -         -         -           Macaroni and Cheese, boxed         64         180         44.3         28.3           Soup, black bean         64         258         12.9         8.3           Soup, black bean         64         25         12.9         8.3           Sucrose         64         80         6.7         4.3           Beetroot         64         80         6.7         4.3           Beetroot         64         60         23.3         14.9           Carb Options pasta         63			-	-	-
Ploughman's™ Wholemeal bread, smooth milled Semolina Bread  Long grain rice, white, Star brand, boiled 7 min Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand Oro biscuits  64 25 15.5 9.9 Shortbread biscuits 64 120 13.6 8.7 Apricots, canned in light syrup 64 60 42.7 27.3 Raisins Macaroni and Cheese, boxed 64 180 44.3 28.3 Spaghetti, white, durum wheat, boiled 20 min Soup, black bean Soup, black bean Salvation Jane honey 64 10 10 6.4 Sucrose 64 80 6.7 4.3 Beetroot Chapatti, maize, 64 50g (1 cup) dry pasta  Carb Options pasta Coca Cola®, soda Pain au lait Happiness™ cinnamon, raisin, and pecan bread Wholemeal rye bread Wholemeal spelt wheat flour bread Rice Bubble Treat™ bar Buckwheat Rye crispbread Rye crispbread, Ryvita brand White rice with pickled vinegar and cucumber Cherries, dark, raw, pitted Golden syrup, Smith's Premium brand: Smith's, Farson Farson Farson Golden syrup, Smith's Premium brand: Smith's, Farson Golden syrup, Smith's Premium brand: Smith's, Farson Fa		64	30	11.4	7.3
Semolina Bread         64         150         42         26.9           Long grain rice, white, Star brand, boiled 7 min Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand         64         150         41         26.2           Natur-reis® brand Orro biscuits         64         25         15.5         9.9           Shortbread biscuits         64         120         13.6         8.7           Apricots, canned in light syrup         64         60         42.7         27.3           Raisins         64         -         -         -           Macaroni and Cheese, boxed         64         180         44.3         28.3           Spaghetti, white, durum wheat, boiled 20 min         64         258         12.9         8.3           Soup, black bean         64         258         12.9         8.3           Sucrose         64         10         10         6.4           Sucrose         64         80         6.7         4.3           Beetroot         64         80         6.7         4.3           Beetroot Options pasta         63         261         27.1         17.1           Carb Options pasta         63         261         27.1         17.1	Wholemeal (wholewheat) flour bread	64	30	11.4	7.3
Long grain rice, white, Star brand, boiled 7 min Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand Oro biscuits	Ploughman's™ Wholemeal bread, smooth milled	64	-	-	-
Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand Oro biscuits Shortbread biscuits Apricots, canned in light syrup Raisins Acaroni and Cheese, boxed Apaghetti, white, durum wheat, boiled 20 min Soup, black bean Soup, black bean Soup, black bean Soup, black bean Seletroot Chapatti, maize,  Carb Options pasta Coca Cola®, soda Pain au lait Happiness™ cinnamon, raisin, and pecan bread Wholemeal rye bread Wholemeal spelt wheat flour bread Rice Bubble Treat™ bar Buckwheat Arrowroot biscuits Apricota Age and Sugar and cucumber Cherries, dark, raw, pitted Golden syrup, Smith's Premium brand: Smith's, Formal and in the syrup Golden syrup, Smith's Premium brand: Smith's, Formal Ada 25	Semolina Bread	64	150	42	26.9
Natur-reis® brand Oro biscuits Shortbread biscuits Apricots, canned in light syrup Raisins 64 120 13.6 8.7 Apricots, canned in light syrup Raisins 64 Macaroni and Cheese, boxed 64 180 44.3 28.3 Spaghetti, white, durum wheat, boiled 20 min Soup, black bean Soup, black bean Salvation Jane honey 64 10 10 6.4 Sucrose 64 80 6.7 4.3 Beetroot Chapatti, maize, 64 50g (1 cup) dry pasta Carb Options pasta Coca Cola®, soda Pain au lait Happiness™ cinnamon, raisin, and pecan bread Wholemeal rye bread Wholemeal spelt wheat flour bread Rice Bubble Treat™ bar Buckwheat Rice Bubble Treat™ bar Buckwheat Arrowroot biscuits Rye crispbread, Ryvita brand Water crackers, plain Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min White rice with pickled vinegar and cucumber Cherries, dark, raw, pitted Golden syrup, Smith's Premium brand: Smith's,	Long grain rice, white, Star brand, boiled 7 min	64	150	41	26.2
Shortbread biscuits		64	-	-	-
Apricots, canned in light syrup Raisins 64 64 60 42.7 27.3 Raisins 64 64 60 42.7 27.3 Raisins 64 64 60 42.7 27.3 Raisins 64 64 65 64 67 68 83 83 Spaghetti, white, durum wheat, boiled 20 min Soup, black bean 64 25 20.5 13.1 Salvation Jane honey 64 10 10 6.4 Sucrose 64 80 6.7 4.3 Beetroot 64 60 23.3 14.9 Chapatti, maize, 64 50g (1 cup) dry pasta 63 63 63 63 7 7 89 Pain au lait 63 63 63 7 7 84 Happiness™ cinnamon, raisin, and pecan bread Wholemeal rye bread 63 Wholemeal spelt wheat flour bread Rice Bubble Treat™ bar Buckwheat 63 80 818.1 Buckwheat 63 825 17.7 11.1 Arrowroot biscuits 63 825 17.7 11.1 Arrowroot biscuits 63 825 17.7 11.1 Arrowroot biscuits 63 825 17.7 9.9 Rye crispbread Ryvita brand 63 83 63 63 63 63 63 63 63 63 63 63 63 63 63	Oro biscuits	64	25	15.5	9.9
Raisins  Macaroni and Cheese, boxed  Spaghetti, white, durum wheat, boiled 20 min  Soup, black bean  Soup, black bean  Solvation Jane honey  64  10  10  64  25  20.5  13.1  Salvation Jane honey  64  10  10  64  Sucrose  64  80  67  4.3  Beetroot  Chapatti, maize,  64  65  64  60  63  64  60  63  63  63  63  63  63  63  63  63	Shortbread biscuits	64	120	13.6	8.7
Macaroni and Cheese, boxed       64       180       44.3       28.3         Spaghetti, white, durum wheat, boiled 20 min       64       258       12.9       8.3         Soup, black bean       64       25       20.5       13.1         Salvation Jane honey       64       10       10       6.4         Sucrose       64       80       6.7       4.3         Beetroot       64       60       23.3       14.9         Chapatti, maize,       64       60       23.3       14.9         Chapatti, maize,       64       50g (1 cup) dry pasta       23.7       15.2         Carb Options pasta       63       261       27.1       17.1         Coca Cola®, soda       63       -       -       -         Pain au lait       63       -       -       -         Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       2	Apricots, canned in light syrup	64	60	42.7	27.3
Spaghetti, white, durum wheat, boiled 20 min       64       258       12.9       8.3         Soup, black bean       64       25       20.5       13.1         Salvation Jane honey       64       10       10       6.4         Sucrose       64       80       6.7       4.3         Beetroot       64       60       23.3       14.9         Chapatti, maize,       64       50g (1 cup) dry pasta       23.7       15.2         Carb Options pasta       63       261       27.1       17.1         Coca Cola®, soda       63       -       -       -         Pain au lait       63       -       -       -         Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63 <td< td=""><td>Raisins</td><td>64</td><td>-</td><td>-</td><td>-</td></td<>	Raisins	64	-	-	-
Soup, black bean       64       25       20.5       13.1         Salvation Jane honey       64       10       10       6.4         Sucrose       64       80       6.7       4.3         Beetroot       64       60       23.3       14.9         Chapatti, maize,       64       50g (1 cup) dry pasta       23.7       15.2         Carb Options pasta       63       261       27.1       17.1         Coca Cola®, soda       63       -       -       -         Pain au lait       63       -       -       -         Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8	Macaroni and Cheese, boxed	64	180	44.3	28.3
Salvation Jane honey       64       10       10       6.4         Sucrose       64       80       6.7       4.3         Beetroot       64       60       23.3       14.9         Chapatti, maize,       64       50g (1 cup) dry pasta       23.7       15.2         Carb Options pasta       63       261       27.1       17.1         Coca Cola®, soda       63       -       -       -         Pain au lait       63       -       -       -         Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       50       19.5 <td>Spaghetti, white, durum wheat, boiled 20 min</td> <td>64</td> <td>258</td> <td>12.9</td> <td>8.3</td>	Spaghetti, white, durum wheat, boiled 20 min	64	258	12.9	8.3
Sucrose       64       80       6.7       4.3         Beetroot       64       60       23.3       14.9         Chapatti, maize,       64       50g (1 cup) dry pasta       23.7       15.2         Carb Options pasta       63       261       27.1       17.1         Coca Cola®, soda       63       -       -       -         Pain au lait       63       -       -       -         Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min<	Soup, black bean	64	25	20.5	13.1
Beetroot       64       60       23.3       14.9         Chapatti, maize,       64       50g (1 cup) dry pasta       23.7       15.2         Carb Options pasta       63       261       27.1       17.1         Coca Cola®, soda       63       -       -       -         Pain au lait       63       -       -       -         Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       50       5.9       3.7         Cherries	Salvation Jane honey	64	10	10	6.4
Chapatti, maize,       64       50g (1 cup) dry pasta       23.7       15.2         Carb Options pasta       63       261       27.1       17.1         Coca Cola®, soda       63       -       -       -         Pain au lait       63       -       -       -         Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       50       5.9       3.7         Cherries, dark, raw, pitted       63       15       12.5       7.9	Sucrose	64	80	6.7	4.3
Carb Options pasta Coca Cola®, soda Pain au lait Happiness™ cinnamon, raisin, and pecan bread Wholemeal rye bread Wholemeal spelt wheat flour bread Rice Bubble Treat™ bar Buckwheat Buck	Beetroot	64	60	23.3	14.9
Coca Cola®, soda       63       -       -       -         Pain au lait       63       -       -       -         Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       50       5.9       3.7         Cherries, dark, raw, pitted       63       15       12.5       7.9         Golden syrup, Smith's Premium brand: Smith's,       62       57       27.7       17.2 <td>Chapatti, maize,</td> <td>64</td> <td></td> <td>23.7</td> <td>15.2</td>	Chapatti, maize,	64		23.7	15.2
Coca Cola®, soda       63       -       -       -         Pain au lait       63       -       -       -         Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       -       -       -         White rice with pickled vinegar and cucumber       63       50       5.9       3.7         Cherries, dark, raw, pitted       63       15       12.5       7.9         Golden syrup, Smith's Premium brand: Smith's,       62       57       27.7       1	Carb Options pasta	63	261	27.1	17.1
Happiness™ cinnamon, raisin, and pecan bread       63       30       13.3       8.4         Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       -       -       -         White rice with pickled vinegar and cucumber       63       50       5.9       3.7         Cherries, dark, raw, pitted       63       15       12.5       7.9         Golden syrup, Smith's Premium brand: Smith's,       62       57       27.7       17.2	·	63	-	-	-
Wholemeal rye bread       63       -       -       -         Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       -       -       -         White rice with pickled vinegar and cucumber       63       50       5.9       3.7         Cherries, dark, raw, pitted       63       15       12.5       7.9         Golden syrup, Smith's Premium brand: Smith's,       62       57       27.7       17.2	Pain au lait	63	-	-	-
Wholemeal spelt wheat flour bread       63       -       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       -       -       -         White rice with pickled vinegar and cucumber       63       50       5.9       3.7         Cherries, dark, raw, pitted       63       15       12.5       7.9         Golden syrup, Smith's Premium brand: Smith's,       62       57       27.7       17.2	Happiness™ cinnamon, raisin, and pecan bread	63	30	13.3	8.4
Wholemeal spelt wheat flour bread       63       -       -         Rice Bubble Treat™ bar       63       150       28.8       18.1         Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       -       -       -         White rice with pickled vinegar and cucumber       63       50       5.9       3.7         Cherries, dark, raw, pitted       63       15       12.5       7.9         Golden syrup, Smith's Premium brand: Smith's,       62       57       27.7       17.2	Wholemeal rye bread	63	-	-	-
Buckwheat       63       25       17.7       11.1         Arrowroot biscuits       63       25       15.7       9.9         Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       -       -       -         White rice with pickled vinegar and cucumber       63       50       5.9       3.7         Cherries, dark, raw, pitted       63       15       12.5       7.9         Golden syrup, Smith's Premium brand: Smith's,       62       57       27.7       17.2		63	-	-	-
Arrowroot biscuits  Rye crispbread  Rye crispbread, Ryvita brand  63 25 15.7 9.9  Rye crispbread, Ryvita brand  63 25 17.8 11.2  Water crackers, plain  Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min  White rice with pickled vinegar and cucumber  Cherries, dark, raw, pitted  Golden syrup, Smith's Premium brand: Smith's,  63 25 15.7 9.9  64 15.7 9.9  65 15.7 9.9  66 25 15.7 9.9  67 17.2	Rice Bubble Treat™ bar	63	150	28.8	18.1
Rye crispbread       63       25       15.7       9.9         Rye crispbread, Ryvita brand       63       25       17.8       11.2         Water crackers, plain       63       150       19.5       12.3         Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min       63       -       -       -         White rice with pickled vinegar and cucumber       63       50       5.9       3.7         Cherries, dark, raw, pitted       63       15       12.5       7.9         Golden syrup, Smith's Premium brand: Smith's,       62       57       27.7       17.2	Buckwheat	63	25	17.7	11.1
Rye crispbread, Ryvita brand  63 25 17.8 11.2  Water crackers, plain  Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min  White rice with pickled vinegar and cucumber  Cherries, dark, raw, pitted  Golden syrup, Smith's Premium brand: Smith's,	Arrowroot biscuits	63	25	15.7	9.9
Water crackers, plain  Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min  White rice with pickled vinegar and cucumber  Cherries, dark, raw, pitted  Golden syrup, Smith's Premium brand: Smith's,	Rye crispbread	63	25	15.7	9.9
Potato, Prince Edward Island, peeled, cubed, boiled in salted water 15 min  White rice with pickled vinegar and cucumber Cherries, dark, raw, pitted Golden syrup, Smith's Premium brand: Smith's,  63	Rye crispbread, Ryvita brand	63	25	17.8	11.2
boiled in salted water 15 min  White rice with pickled vinegar and cucumber  Cherries, dark, raw, pitted  Golden syrup, Smith's Premium brand: Smith's,  63  50  5.9  3.7  63  15  12.5  7.9  7.9  7.9	Water crackers, plain	63	150	19.5	12.3
Cherries, dark, raw, pitted 63 15 12.5 7.9  Golden syrup, Smith's Premium brand: Smith's, 62 57 27.7 17.2		63	-	-	-
Golden syrup, Smith's Premium brand: Smith's, 62 57 27.7 17.2	White rice with pickled vinegar and cucumber	63	50	5.9	3.7
	Cherries, dark, raw, pitted	63	15	12.5	7.9
Normando, Qia, Mudifulia	Golden syrup, Smith's Premium brand: Smith's, Richlands, Qld, Australia	62	57	27.7	17.2

Carrot muffin	62	-	-	-
Cytomax®, orange	62	-	-	-
French baguette	62	30	13.4	8.3
Pumperknickel bread, cocktail, sliced	62	30	13.3	8.2
Wholemeal rye bread	62	-	-	-
Healthy Choice™ Hearty 100% Whole Grain bread	62	250	-	-
Barley porridge made from steamed thin dehulled barley flakes	62	30	19.5	12.1
Just Right Just Grains™ breakfast cereal	62	250	20.3	12.6
Porridge made from raw rolled oats	62	80	16.2	10
Sweet corn	62	25	17.7	10.9
Arrowroot plus biscuits	62	25	17.7	10.9
Digestive biscuits, Peak Freans	62	-	-	-
Grany Rush Apricot biscuits	62	25	16.8	10.4
Shredded Wheatmeal™ biscuits	62	50	9.9	6.1
Ice cream	62	120	14.6	9.1
Peach, canned in reduced-sugar syrup, SPC Lite	62	-	-	-
White bread with butter and skim milk cheese	62	180	44.3	27.5
Udon noodles, plain, reheated 5 min	62	-	-	-
Kudos Whole Grain Bars, chocolate chip	62	60	37.6	23.3
Mars Bar®	62	10	-	-
50 g Glucose + 14.5 g guar gum	62	25	20.5	12.7
Commercial blended honey, WA blend, Capilano brand	62	-	-	-
Semolina with fermented green gram dhal	61	30	17.7	10.8
Hamburger bun, white	61	-	-	-
Rice bread with high-amylose Doongara rice	61	30	19.7	12
Fruitful Lite™ breakfast cereal	61	30	18.3	11.1
Raisin Bran™ breakfast cereal, wheat bran flakes with raisins	61	30	15.8	9.6
Hi-Bran Weet-Bix™ breakfast cereal, wheat biscuits with extra wheat bran	61	150	14.3	8.7
Couscous, boiled 5 min	61	150	42	25.6
Long grain, parboiled, boiled 10 min	61	25	18.5	11.3
Puffed rice cakes, Doongara white rice	61	325	179.7	109.6
Milk, condensed, sweetened	61	30	16.7	10.2
Banana, processed fruit fingers, Heinz Kidz™	61	60	32.7	19.9
Figs, dried, tenderised, Dessert Maid brand	61	-	-	-
Enercal Plus™, made from powder	61	180	44.3	27
Linguine, thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min	61	180	38.5	23.5
Rice noodles, dried, boiled	61	30	16.7	10.2
Heinz Kidz™ Fruit Fingers, banana	61	30	19.3	11.7
Muesli bar containing dried fruit, Uncle Toby's brand	61	150	17.4	10.6
Diana				

Potato, Prince Edward Island, canned, heated in microwave	61	-	-	-
Kibbeh saynieh	61	-	-	-
White rice with instant miso soup	61	-	-	-
White rice with pickled vinegar and cucumber	61	-	-	-
Melawach (dough made from white wheat flour and butter, fried)	60	50	23.6	14.1
Apricot, coconut and honey muffin, made from packet mix	60	57	20.9	12.5
Bran muffin	60	30	19.5	11.7
Just Right™ breakfast cereal	60	30	16	9.6
Muesli, No Name	60	30	21.1	12.7
Soy Tasty <sup>™</sup> breakfast cereal (flaked grains, soy nuts, dried fruit)	60	150	42	25.2
Gem long grain rice, boiled	60	150	42	25.2
Gem long grain rice, boiled	60	150	42	25.2
Quick cooking white basmati, cooked 10 min, Uncle Ben's® Superior	60	120	15.1	9.1
Mango, ripe	60	120	8.3	5
Papaya	60	100	34.6	20.8
Pizza, cheese	60	260	9.6	5.8
Soup, split pea	60	10	10	6
Sucrose	60	10	10	6
Sweet corn, boiled	60	80	16.2	9.7
Sweet corn, boiled	60	150	20.3	12.2
Potato, Ontario, white, baked in skin	60	60	23.3	14
Chapatti, flour from roller dried wheat, moth bean and bengal gram	60	-	-	-
Idli (parboiled and raw rice + black dhal, soaked, ground, fermented, steamed) with chutney	59	57	27.7	16.3
Blueberry muffin	59	57	24.9	14.7
Pastry	59	-	-	-
Wholemeal barley flour bread (80% barley flour and 20% white wheat flour) with calcium lactate	59	30	13.3	7.8
Roggenbrot rye bread, Vogel's brand	59	-	-	-
Hunger Filler™, whole grain bread	59	30	12.8	7.5
Nutty Natural™ whole grain bread	59	10	5	3
Oat bran, raw	59	50	-	-
Maize flour made into chapatti	59	80	16.2	9.5
Sweet corn	59	25	17.7	10.4
Digestive biscuits	59	25	15.7	9.2
High-fiber rye crispbread	59	120	17.9	10.5
Grapes, black, Waltham Cross	59	50	7.4	4.3
Vitari, wild berry, non-dairy, frozen fruit dessert	59	75	-	-
Creamed porridge, Robinsons First Tastes from 4 months	59	-	-	-
Rice pudding, Robinsons First Tastes from 4	59	150	19.8	11.7

months       Haricot/Navy beans, pressure cooked at 15 psi for 25 min       59       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -        -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       -       - <t< th=""></t<>
Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 11 min       59       10       10       5.9         Sucrose       59       80       16.2       9.5         Sweet corn       59       150       26       15.3         Sweet potato, peeled, cubed, boiled in salted water 15 min       59       -       -       -         White rice and non-sugar yoghurt       59       60       23.3       13.7         Chapatti, maize,       59       -       -       -         Melawach + 15 g maize cob fiber       59       95       58.7       34.4
0.7% salted water for 11 min       59       80       16.2       9.5         Sweet corn       59       150       26       15.3         Sweet potato, peeled, cubed, boiled in salted water 15 min       59       -       -       -         White rice and non-sugar yoghurt       59       60       23.3       13.7         Chapatti, maize,       59       -       -       -         Melawach + 15 g maize cob fiber       59       95       58.7       34.4
Sweet corn       59       150       26       15.3         Sweet potato, peeled, cubed, boiled in salted water 15 min       59       -       -       -         White rice and non-sugar yoghurt       59       60       23.3       13.7         Chapatti, maize,       59       -       -       -         Melawach + 15 g maize cob fiber       59       95       58.7       34.4
Sweet potato, peeled, cubed, boiled in salted water 15 min  White rice and non-sugar yoghurt  Chapatti, maize,  Melawach + 15 g maize cob fiber  59
water 15 min       59       60       23.3       13.7         White rice and non-sugar yoghurt       59       60       23.3       13.7         Chapatti, maize,       59       -       -       -         Melawach + 15 g maize cob fiber       59       95       58.7       34.4
Chapatti, maize,       59       -       -       -         Melawach + 15 g maize cob fiber       59       95       58.7       34.4
Melawach + 15 g maize cob fiber         59         95         58.7         34.4
Raw rolled pats, uncooked: Lowan's Whole 58 262 32.5 18.8
Foods, Box Hill, Vic, Australia
Solo™, lemon squash, soft drink 58 30 12.8 7.4
Cracked wheat kernel 50% bread         58         30         18.4         10.7
Bran Buds™ high-fibre breakfast cereal 58 30 18.4 10.7
Bran Chex™ breakfast cereal 58 30 20.9 12.1
Mini Wheats™ breakfast cereal, whole wheat 58 250 20.3 11.7
Porridge made from raw rolled oats 58 250 20.3 11.7
Porridge made from raw rolled oats 58 150 42 24.4
Long grain rice, boiled 15 min         58         150         42         24.4
Mexican Fast and Fancy rice, Uncle Ben's® 58 150 42 24.4
Basmati rice, white, boiled 58 25 17.7 10.2
Digestive biscuits, gluten-free with maize starch 58 120 23.9 13.9
Banana, raw 58 120 23.9 13.9
Banana, raw 58
Kiwi fruit 58 120 9.7 5.6
Peach, canned in heavy syrup 58
Met-Rx® meal replacement drink, vanilla 58 180 38.5 22.3
Rice vermicelli, Kongmoon 58 180 44.3 25.7
Spaghetti, white, durum wheat, boiled 10 min in salty water 58 180 44.3 25.7
Spaghetti, white, durum wheat, boiled 20 min 58
Power Bar®, chocolate 58 25 20.5 11.9
Pure Capilano honey 58 10 10 5.8
Sucrose 58 10 10 5.8
Potato, Ontario, white, peeled, cut into cubes, 58 boiled in salted water 15 min
Moroccan Couscous (stew of semolina, 58 chickpeas, vegetable
White rice and non-sugar yoghurt eaten together 58 45 25.2 14.6
Vogel's ® Soytana ® 57 30
Sunflower and barley bread 57
Wholemeal barley flour bread (80% barley flour 57 30 13.5 7.7

and 20% white wheat flour) with higher dose				
sodium propiona				
Sourdough rye	57	30	16.2	9.2
Pita bread, white, unleavened	57	30	16	9.1
Muesli, Natural	57	30	15.8	9
Hi-Bran Weet-Bix™ wheat biscuits with soy and linseed	57	-	-	-
Oat bran Weet-Bix™, wheat biscuits with oat bran	57	-	-	-
Sustain™ breakfast cereal bar	57	150	42	23.9
Gem long grain rice, boiled	57	150	29.1	16.6
Saskatchewan wild rice	57	150	42	23.9
Precooked basmati rice in pouch, white, reheated in microwave, Uncle Ben's Express® brand	57	50	32.7	18.6
Bebe Dobre Rano Chocolate biscuits	57	-	-	-
Highland Oatcakes	57	-	-	-
Nutrigrain Fruits des bois biscuits	57	-	-	-
Sablé des Flandres biscuits	57	50	-	-
Ice cream (half vanilla, half chocolate)	57	120	8.6	4.9
Apricots, raw,	57	264	21.1	12
Orange juice, reconstituted from frozen concentrate	57	50	23.8	13.6
Potato crisps, plain, salted	57	10	-	-
50 g Glucose + 14.5 g oat gum	57	-	-	-
30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter	57	-	-	-
White rice, dried sea algae and milk, eaten together	57	-	-	-
Green gram, whole with varagu pressure cooked	57	-	-	-
Poori with potato palya	56	253	24.8	13.9
Cranberry juice drink, Ocean Spray®	56	-	-	-
Volkornbrot, wholemeal rye bread	56	30	16	9
Muesli, Swiss Formula, natural	56	-	-	-
Fruity-Bix™ bar, fruit and nut, wheat biscuit cereal with dried fruit and nuts and yoghurt coating	56	150	42	23.5
White rice, type not specified, boiled	56	150	42	23.5
Long grain rice, white, Uncle Ben's brand, boiled	56	150	42	23.5
Long grain rice, boiled 25 min	56	150	42	23.5
Doongara rice, white, boiled	56	120	8.3	4.6
Paw paw	56	120	7.4	4.2
Peach, raw	56	60	45	25.2
Sultanas	56	4	3	1.7
Apple, apricot and banana cereal, Robinsons First Tastes from 4 months	56	150	16.8	9.4
Baked Beans, canned haricot/navy beans in tomato sauce	56	150	21.8	12.2
Potato, Russet Burbank, baked without fat	56	150	19.5	10.9

Potato, Pontiac, peeled, boiled whole for 30 min	56	150	19.5	10.9
Potato, boiled	56	150	35.1	19.7
Taro, peeled, boiled	56	-	-	-
Gari, roasted cassava dough	56	-	-	-
White rice, dried sea algae and milk	56	-	-	-
White rice with fermented soybean	56	-	-	-
White rice with roasted ground soybean	55	80	31.9	17.6
Banana cake, made without sugar	55	-	-	-
Milo™ Energy Food drink dissolved in water	55	30	13.4	7.4
Pumpernickel bread	55	30	13.4	7.4
Pumperknickel bread, cocktail, sliced	55	30	13.3	7.3
Bürgen™ dark Swiss rye bread	55	-	-	-
Linseed rye bread	55	-	-	-
Healthy Choice™ Hearty 7 Grain bread	55	-	-	-
Honey & Oats bread, Vogel's brand	55	-	-	-
Wholemeal high-fibre barley flour porridge	55	30	26.2	14.4
Frosties™ breakfast cereal, sugar-coated cornflakes	55	30	17.1	9.4
Alpen Muesli	55	250	20.3	11.1
Oat porridge made from thick dehulled oat flakes	55	150	42	23.1
Gem long grain rice, boiled	55	-	-	-
Garden Style rice, Uncle Ben's®	55	150	13.1	7.2
Semolina, roasted at 105 °C then gelatinised with water	55	25	17.7	9.7
Digestive biscuits	55	-	-	-
Grany en-cas Abricot biscuits	55	25	15.8	8.7
Highland Oatmeal™ biscuits	55	-	-	-
Rich Tea biscuits	55	25	15.2	8.3
Jatz™, plain salted craker biscuits	55	25	17.1	9.4
Vita-Weat™, original crispbread, cracker biscuits	55	30	9.4	5.2
Apricot fruit spread, reduced sugar	55	120	13.2	7.3
Fruit Cocktail, canned	55	-	-	-
Infant formula, Infasoy™, soy-based, milk-free	55	100	21.8	12
Sushi, roasted sea algae, vinegar and rice	55	-	-	-
White wheat flour bread, butter, cheese, regular cow's milk and fresh cucumber	55	-	-	-
White bread with skim milk cheese	55	20	6.4	3.5
Popcorn, plain, cooked in microwave oven, Green's brand	55	-	-	-
30 g glucose with 150 g grilled beefburger, 30 g cheese, 10 g butter	55	150	-	-
Curry rice with cheese	55	-	-	-
White rice, dried sea algae and milk	55	30	14.7	8.1
Bajra ,eaten as roasted bread made from bajra flour	55	150	-	-
Dosai (parboiled and raw rice, soaked, ground,	55	150	13.1	7.2

fermented and fried) with chutney				
Semolina steamed	55	25	17.1	9.4
Vita Weat crispbread, Original: Arnott's Biscuits Ltd., Homebush, NSW, Australia	55	60 (dry)	34.8	19.3
Multigrain porridge cooked with water (contains rolled oats, wheat, triticale, rye, barley and rice))	55	45g cereal + 1/2 cup reduced fat milk	25	13.8
Carb Options Apple & Cinnamon Cereal + reduced fat milk	55	45g cereal + 1/2 cup reduced fat milk	24.7	13.6
Carb Options Vanilla Nut Cereal + reduced fat milk	55	48 grams	14.9	8.2
Nestle Peters Light and Creamy Raspberry Ripple Ice Cream	54	53	24.9	13.4
Pound cake	54	50	23.6	12.7
Apple, oat and sultana muffin, made from packet mix	54	30	15.8	8.6
Fruit and Spice Loaf, thick sliced, toasting bread	54	-	-	-
Muesli bread, made from packet mix in bread making machine	54	-	-	-
Spelt wheat flour multigrain bread	54	30	12.8	6.9
Multigrain Loaf, spelt wheat flour	54	30	13.4	7.3
Sourdough wheat bread	54	30	16	8.7
Muesli, Lite	54	30	20.8	11.2
Special K™ breakfast cereal	54	-	-	-
Long Grain and Wild rice, Uncle Ben's®	54	-	-	-
Quick cooking wheat kernels	54	150	13.1	7
Semolina, steamed and gelatinised	54	25	15.8	8.5
Oatmeal cookies	54	262	25.7	13.9
Apple and mandarin juice, no added sugar, no preservatives	54	120	19	10.2
Custard apple, raw, flesh only	54	150	-	-
Butter beans, dried, boiled with 15g sucrose	54	-	-	-
Resource™ thickened orange juice, nectar consistency	54	-	-	-
Gluten-free pasta, maize starch, boiled 8 min	54	25	16.8	9.1
Maple syrup, pure Canadian, Queen brand	54	80	6	3.2
Pea, green	54	150	19.5	10.5
Potato, white, boiled	54	150	19.5	10.5
Potato, New	54	150	35.1	19
Taro peeled, boiled	54	-	-	-
Semolina with fermented bengal gram dhal	54	24	17.6	9.5
Pure canadian maple syrup	54	26	17.2	9.29

Slim-Fast® Snack bar, chocolate caramel	54	115g prepared product	16	8.6
Carb Options Creamy Bacon Carbonara Past & Sauce	53	50	22.9	12.1
Chocolate butterscotch muffin, made from packet mix	53	261	27.1	14.4
Coca Cola®, soft drink	53	263	18.7	9.9
Orange juice, Quelch®, unsweetened, reconstituted from concentrate	53	254	17	9
Allsport®, orange	53	-	-	-
Quik™, chocolate drinking powder, dissolved in water	53	-	-	-
Wholemeal barley flour bread (80% barley flour and 20% white wheat flour) with sourdough	53	250	20.3	10.7
Oat porridge made from steamed thick dehulled oat flakes	53	150	42	22.3
White rice, type not specified, boiled in salted water, refrigerated 16-20h, reheated	53	150	-	-
Cracked wheat boiled 20 min	53	263	18.7	9.9
Orange juice, unsweetened, reconstituted concentrate, Quelch brand	53	120	7.8	4.1
Plum, raw	53	150	17	9
Mung bean, fried	53	180	46.1	24.4
Linguine, thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min	53	180	44.3	23.5
Spaghetti, white, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min	53	-	-	-
Power Bar®, chocolate	53	1 pasta sachet (28 g) + 1 sauce sachet (43 g) + 200 g water	35.9	19.03
Slim-Fast® Pasta Florentina meal replacement	53	2 slices (100g)	41.4	21.9
Golden Hearth Organic Heavy Wholegrain bread	52	253	24.8	12.9
Cranberry juice cocktail, Ocean Spray®	52	-	-	-
Milo™ Energy Food drink dissolved in water	52	30	12.8	6.6
Coarse wheat kernel bread with 80% intact kernels and 20% white wheat flour	52	30	11.4	5.9
Wholemeal (wholewheat) flour bread	52	150	42	21.8
White rice, type not specified, boiled	52	150	41	21.3
Long grain rice, white, pre-cooked (Uncle Ben's® Express rice, plain), microwaved 2 min	52	150	-	-
Durum wheat, precooked, cooked 20 min, Ebly brand	52	-	-	-
Prince fourré chocolat biscuits	52	30	21.3	11.1
High-calcium cracker biscuits	52	120	23.9	12.4

Banana, over-ripe	52	120	14.6	7.6
Peach, canned in light syrup	52	150	21.6	11.2
Kidney beans, canned	52	150	10.7	5.5
Lentils, green, canned in brine	52	-	-	-
Spaghetti bolognaise, home made	52	25	20.5	10.7
Yapunya honey	52	150	43.7	22.7
Potato dumplings	52	50	20.7	10.7
Corn tortilla	52	35	24.8	12.9
Wild berry fruit bites: Arnott's Biscuits Ltd., Homebush, NSW, Australia	52	60 (dry)	33	17.2
Porridge made from steel-cut oats, cooked in water	52	20	15.7	8.2
Grape Nectar: Chateau Barrosa, Lyndoch, SA, Australia	52	1 cup (250 mL)	28	14.6
Campbell's ® condensed tomato soup prepared with water	52	50	28.8	15
Vogel's ® Oven-crisp muesli: Specialty Cereals, Mt Kuring-gai, NSW, Australia	52	45	21.2	11
Vogel's ® Vita-Pro ® (gluten-free): Specialty Cereals	52	180g	33.1	17.2
Yoplait Le Rice® Classic Vanilla	52	120g prepared product	14	7.3
Carb Options Sour Cream & Chives Pasta & Sauce	52	115g prepared product	15.9	8.3
Carb Options Alfredo Pasta & Sauce	52	115g prepared product	15.4	8
Carb Options Four Cheeses Pasta & Sauce	52			
Revival® Peanut Butter Chocolate Pal™ Bar	51	30	22.9	11.7
Complete Hot Chocolate mix made with hot water	51	30	11.5	5.9
100% Whole Grain™ bread	51	250	20.3	10.3
Traditional porridge oats	51	-	-	-
Fruity-Bix™ bar, wild berry, wheat biscuit cereal with dried fruit and yoghurt coating	51	150	28.8	14.7
Buckwheat	51	150	42	21.4
White rice, type not specified, boiled	51	150	42	21.4
Cajun Style rice, Uncle Ben's®	51	150	41	20.9
Bangladeshi rice, variety BR2, parboiled	51	50	35.3	18
Bebe Dobre Rano Honey and Hazelnut biscuits	51	-	-	-
Petit LU Normand biscuits	51	-	-	-
Véritable Petit Beurre biscuits, LU brand	51	120	23.9	12.2
Banana, ripe	51	120	15.1	7.7
Mango	51	120	9.2	4.7
Orange, raw	51	120	9.6	4.9
Pineapple raw	51	30	19.8	10.1
Strawberry jam	51	50	23.8	12.1

Potato crisps, plain, salted	51	80	6.3	3.2
Pea, green, frozen, boiled	51	-	-	-
Yam	51	-	-	-
Horse gram, soaked 12 h, stored moist 24 h, steamed 1 h	50	-	-	-
Wholemeal barley bread, flat, thin, soft	50	-	-	-
Oat bran bread with 50% wheat flour	50	-	-	-
White wheat flour bread with 200 mg of acarbose	50	-	-	-
Soy & Linseed bread	50	30	18.4	9.2
All-Bran™, high-fibre, extruded wheat bran breakfast cereal	50	10	5	2.5
Oat bran, raw	50	250	20.3	10.1
Oat porridge made from roasted thick dehulled oat flakes	50	150	31.7	15.8
Barley, cracked, boiled	50	150	42	21
Long grain rice, white, unconverted, Mahatma brand, boiled 15 min	50	150	47.7	23.9
Brown rice, steamed	50	150	47.7	23.9
Brown rice boiled	50	150	42	21
Converted rice, white, long grain, boiled 20-30 min, Uncle Ben's® brand	50	150	41	20.5
Parboiled rice, Doongara, high-amylose boiled	50	150	-	-
Durum wheat, precooked, cooked 10 min, Ebly brand	50	-	-	-
Grany en-cas Fruits des bois biscuits	50	-	-	-
Maltmeal wafer biscuits	50	50	9.5	4.8
Ice cream, low-fat, vanilla, 'Peter's Light'	50	-	-	-
Soy yoghurt, peach and mango, 2% fat, with sugar	50	150	21.5	10.7
Blackeyed beans/peas boiled	50	-	-	-
Ensure™	50	180	44.3	22.1
Spaghetti, white, boiled	50	180	26.6	13.3
Tortellini, cheese	50	50	30.1	15.1
Apricot filled fruit bar	50	35	26.5	13.3
Snack Right fruit slice, Mixed berry: Arnott's Biscuits Ltd., Homebush, NSW, Australia	49	57	-	-
Corn muffin, high-amylose	49	-	-	-
Wholemeal Turkish bread, wheat flour	49	250	20.3	9.9
Porridge made from raw rolled oats	49	-	-	-
Red River Cereal, breakfat cereal	49	-	-	-
Soytana™ breakfast cereal, Vogel's brand, soy and linseed bran crunch with sultanas	49	150	28.8	14.1
Buckwheat	49	-	-	-
LU P'tit Déjeuner Miel et Pépites Chocolat biscuits	49	-	-	-
Prince Meganana Chocolate biscuits	49	120	18	8.8

Pizza, Vegetarian Supreme, thin and crispy , Pizza Hut	49	180	44.3	21.7
Linguine, thin, durum wheat	49	180	44.3	21.7
Spaghetti, white, boiled, Vetta brand	49	50	31	15.2
Chocolate, milk, plain	49	-	-	-
Turkish bread, whole wheat	49	30	14.7	7.2
Bajra	49	60	23.3	11.4
Chapatti, bajra	49	35	26.3	12.9
Snack Right fruit slice, Mango and passionfruit: Arnott's Biscuits Ltd., Homebush, NSW, Australia	49	26 g bar	16.8	8.2
Slim-Fast® Chocolate Muesli snack bar	49	30		
Bürgen® Honey & Oat Bran bread	48	60	24.5	11.8
Apple muffin, made without sugar, home made	48	261	15.7	7.5
Grapefruit juice, unsweetened	48	30	12.8	6.1
Barley kernel bread with 50% kibbled barley	48	30	13.5	6.5
Sourdough rye	48	30	12.8	6.1
Cracked wheat kernel 75% bread	48	-	-	-
White wheat flour bread roll with 3 mg trestatin	48	-	-	-
White wheat flour bread eaten with powdered dried seaweed	48	30	20.7	9.9
Komplete™ breakfast cereal, toasted muesli mix	48	50	10.1	4.8
Sweet corn, on the cob, boiled 20 min	48	150	42	20.2
White rice, type not specified, boiled	48	-	-	-
Koshikari rice, white, short-grain, boiled 15 min then steamed 10 min	48	150	41	19.7
Parboiled rice	48	-	-	-
Wheat, whole kernels, boiled	48	-	-	-
Petit LU Roussillon biscuits	48	120	23.9	11.5
Banana, over-ripe	48	30	19.8	9.5
Marmalade, orange	48	120	9.2	4.4
Orange, raw	48	120	9.2	4.4
Orange, raw, Sunkist	48	100	21.8	10.5
Sushi, salmon	48	-	-	-
Ensure™, vanilla	48	-	-	-
Jevity™	48	-	-	-
Instant 'two-minute' noodles, Maggi®	48	180	44.3	21.3
Linguine, thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min	48	180	44.3	21.3
Macaroni, plain, boiled	48	180	44.3	21.3
Spaghetti, white, boiled	48	25	20.5	9.9
Iron Bark honey (34% fructos	48	-	-	-
Lactose	48	150	26	12.5
Sweet potato	48	-	-	-
Glutinous rice ball with cut glutinous cake	48	-	-	-
Udon noodles, instant, with sauce and fried bean curd	48	150	31.7	15.2

Barley	48	60	23.3	11.2
Chapatti, barley	48	35	25.8	12.4
Snack Right fruit slice, Original sultana: Arnott's Biscuits Ltd., Homebush, NSW, Australia	48	1 cup (250 mL)	38	18.2
Campbell's ® classics condensed minestrone soup	47	80	35.9	16.9
Banana cake, made with sugar	47	30	12.8	6
Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour	47	30	15.9	7.5
Continental fruit loaf, wheat bread with dried fruit	47	30	11.5	5.4
Ploughman's™ Wholegrain bread, original recipe	47	30	18.4	8.6
Bran Buds™ high-fibre breakfast cereal with psyllium fibre	47	150	42	19.7
White rice, type not specified, boiled	47	150	41	19.2
Long grain, parboiled, boiled 15 min	47	50	9.5	4.5
Ice-cream, low-fat Prestige Light rich vanilla	47	100	41	19.3
Pudding, instant, chocolate, made from powder and whole milk	47	-	-	-
Kiwi fruit, Hayward	47	-	-	-
Marrowfat peas, dried, boiled	47	-	-	-
Ultra pure-protein™ shake, Cappuccino	47	-	-	-
Resource™ thickened orange juice, honey consistency	47	180	46.1	21.7
Fettucine, egg, boiled	47	-	-	-
Instant noodles	47	180	44.3	20.8
Spaghetti, white, durum wheat flour, boiled 12 min	47	80	16.2	7.6
Sweet corn, frozen, heated in microwave	47	150	19.5	9.2
Potato, New	47	-	-	-
Araucaria bidwillii, bunya tree nut, soaked, baked 10 min	47	1 cup (240 mL)	27	12.7
V8 Splash ® tropical blend fruit juice drink: Campbell soup company, Camden, NJ, USA	47			
Revival® Soy Pasta - Thin Spaghetti	47			
Revival® Chocolate Raspberry Zing™ Bar	47	150 grams	33.1	15.6
Toffee Apple Fruche on Fruit	47	32 grams	19.5	9.2
Nestle Citrus Flavour Mousse Dessert Mix	46	63	36.6	16.8
Sponge cake, plain	46	-	-	-
Up & Go, original malt flavor [soy milk, rice cereal liquid breakfast]	46	264	21.1	9.7
Orange Juice, Canada	46	263	27.1	12.5
Pineapple juice, unsweetened	46	65	11.2	5.1
Yakult®, fermented milk drink with Lactobacilus casei	46	30	13.4	6.2
Wholegrain pumpernickel bread	46	80	14.9	6.8
Sweet corn, whole kernel, canned, diet-pack, drained	46	150	42	19.3

Instant rice, white, boiled 1 min	46	150	41	18.8
Parboiled rice, boiled 12 min	46	150	41	18.8
Long grain, parboiled, boiled 25 min	46	150	25.8	11.9
Cracked wheat, boiled	46	150	25.8	11.9
Soy milk breakfast drink, Up & Go™, original malt flavor	46	120	23.9	11
Banana, raw	46	-	-	-
Romano beans	46	100	14.7	6.8
Chicken nuggets, frozen, reheated in microwave oven 5 min	47			
Revival® Chocolate Raspberry Zing™ Bar	47	150 grams	33.1	15.6
Toffee Apple Fruche on Fruit	47	32 grams	19.5	9.2
Nestle Citrus Flavour Mousse Dessert Mix	46	63	36.6	16.8
Sponge cake, plain	46	-	-	-
Up & Go, original malt flavor [soy milk, rice cereal liquid breakfast]	46	264	21.1	9.7
Orange Juice, Canada	46	263	27.1	12.5
Pineapple juice, unsweetened	46	65	11.2	5.1
Yakult®, fermented milk drink with Lactobacilus casei	46	30	13.4	6.2
Wholegrain pumpernickel bread	46	80	14.9	6.8
Sweet corn, whole kernel, canned, diet-pack, drained	46	150	42	19.3
Instant rice, white, boiled 1 min	46	150	41	18.8
Parboiled rice, boiled 12 min	46	150	41	18.8
Long grain, parboiled, boiled 25 min	46	150	25.8	11.9
Cracked wheat boiled 20	46	150	25.8	11.9
Soy milk breakfast drink, Up & Go™, original malt flavor	46	120	23.9	11
Banana, raw	46	-	-	-
Romano beans	46	100	14.7	6.8
Chicken nuggets, frozen, reheated in microwave oven 5 min	45	180	46.1	20.7
Linguine, thin, fresh, durum wheat with 39% w/w egg,	45	180	44.3	19.9
Macaroni, plain, boiled 5 min	45	50	31	14
Chocolate, milk, Dove®	45	150	-	-
Cheela, green gram	45	-	-	-
Pongal	45	250	48.8	22
Proform Hi-protein powder - neutral flavour, in no- fat milk: Meiji - MGC Dairy Co. Pty. Ltd., Melbourne, Vic, Australia	45	35	24.4	11
Snack Right fruit slice, Sultana and chocolate: Arnott's Biscuits Ltd., Homebush, NSW, Australia	45	35	24.7	11.1
Snack Right fruit roll, Spicy apple and sultana: Arnott's Biscuits Ltd., Homebush, NSW, Australia	45	35	24.7	11.1
Apple and sultana fruit bites: Arnott's Biscuits	45	250 ml	10	4.5

Ltd., Homebush, NSW, Australia				
Vitasoy Light Original Soy milk	44	60	24.5	10.8
Apple muffin, made with sugar, home made	44	262	26.5	11.6
Apple juice, pure, clear, unsweetened	44	30	15.3	6.7
Bürgen™ Fruit bread	44	-	-	-
Oat bran bread	44	-	-	-
Wheat, whole kernels, pressure cooked	44	-	-	-
Soy milk, full-fat	44	-	-	-
Soy milk, reduced-fat	44	120	14.6	6.4
Apple, raw	44	262	26.7	11.8
Apple and mango juice, no added sugar, no preservatives	44	120	10.4	4.6
Pear, Bartlett, canned in pear juice	44	150	24	10.6
Kidney beans, dried, boiled	44	180	44.3	19.5
Spaghetti, white, boiled 5 min	44	180	44.3	19.5
Spaghetti, white, boiled 15 min in salted water	44	50	27.3	12
Chocolate, white, Milky Bar®	44	-	-	-
Twix® Cookie Bar, caramel	44	258	12.9	5.7
Soup, lentil, canned	44	25	20.5	9
Stringy Bark honey (52% fructose)	44	-	-	-
Maltidex 100	44	150	26	11.4
Sweet potato boiled	44	200	77.6	34.1
Chapatti, wheat flour, thin, with green gram dahl	44	100	23.1	10.2
Arepa, made from dehulled high-amylose corn flour	44	1 cup (240 mL)	25	11
V8 Splash ® smoothie, banana and strawberry: Campbell soup company, Camden, NJ, USA	44	200 mL	23.6	10.38
Granny Smith apple juice, unsweetened: Ducat's Food Products, Sheparton, Vic, Australia	43	-	-	-
Up & Go, cocoa malt flavor [soy milk, rice cereal liquid breakfast]	43	258	24.8	10.7
Apple and cherry juice, pure, unsweetened	43	249	13.2	5.7
Carrot juice, freshly made in Sydney, Australia	43	258	30.2	13
Sustagen Sport®	43	30	12.8	5.5
Barley kernel bread with 50% kernels	43	-	-	-
Wholemeal barley bread, flat, thin, soft	43	30	12.8	5.5
9-Grain Multi-Grain bread	43	30	12.8	5.5
Multigrain wheat flour bread	43	30	17	7.3
Muesli, toasted	43	150	42	18.1
White rice, type not specified, boiled	43	150	41	17.6
Parboiled rice, boiled 12 min	43	100	20	8.6
Custard, home made from milk, wheat starch, and sugar	43	-	-	-
Soy milk breakfast drink, Up & Go™, cocoa malt flavor	43	120	18	7.7
Grapes, raw	43	120	10.4	4.5

Pear halves, canned in natural juice	43	-	-	-
Pure-protein™ bar, Strawberry shortcake	43	-	-	-
Ensure™ bar, chocolate fudge brownie	43	180	44.3	19
Linguine, thick, durum wheat, white, fresh	43	180	44.3	19
Spirali, durum wheat, white, boiled to al denté texture, Vetta brand	43	-	-	-
Lactose	43	150	3.5	1.5
Black gram, soaked 12 h, stored moist 24 h, steamed 1 h	43	25	20.5	8.8
Bush honey, sugar bag	43	35	24.7	10.6
Snack Right fruit roll, Apple and blackberry: Arnott's Biscuits Ltd., Homebush, NSW, Australia	43	70	10.57	4.6
Dark red kidney beans, canned in brine, drained	43	163 mL can	6	2.6
V8 ® 100% vegetable juice	43	100	19.4	8.3
Vaalia ® Low-fat Lemon Crème yoghurt	42	111	62.4	26.2
Vanilla cake made from packet mix with vanilla frosting	42	-	-	-
White wheat flour bread containing Eurylon® high-amylose maize starch	42	250	20.3	8.5
Porridge made from raw rolled oats	42	-	-	-
Wheat, whole kernels, boiled	42	-	-	-
LU P'tit Déjeuner Chocolat biscuits	42	50	13.2	5.5
Mousse prepared from powdered mix with water, French vanilla, 2.4% fat	42	15	9.8	4.1
Apricot Fruity Bitz™, vitamin and mineral enriched dried fruit snack	42	120	23.9	10
Banana, slightly under-ripe	42	100	20.3	8.5
Mango, low-fat frozen fruit dessert, Frutia™	42	120	11.3	4.7
Pear, raw	42	150	20.6	8.6
Chickpeas, canned in brine	42	150	17.3	7.2
Mung bean, pressure cooked	42	-	-	-
Hazelnut & Apricot bar , Dietworks™	42	-	-	-
Pure-protein™ cookie, Coconut	42	-	-	-
Ultra pure-protein™ shake, Strawberry shortcake	42	180	44.3	18.6
Spaghetti, white, boiled	42	180	44.3	18.6
Spaghetti, wholemeal, boiled	42	50	31	13
Chocolate, milk, plain	42	50	26.1	11
Corn chips, plain, salted, Doritos™ original	42	-	-	-
Fruity Bitz™, apricot, vitamin- and mineral- enriched dried fruit snack	42	150	-	-
Cheela , bengal gram	42	250	50.3	21.1
Proform Hi-protein powder - vanilla flavour, in no- fat milk: Meiji - MGC Dairy Co. Pty. Ltd., Melbourne, Vic, Australia	41	262	26.5	10.8
Apple juice, unsweetened	41	250	-	-
Build-Up™ nutrient-fortified drink, vanilla with fiber	41	-	-	-

Quik™, chocolate drinking powder, dissolved in reduced-fat milk         41         30         13.4         5.5           Coarse rye kemel bread with 80% intact kernels and 20% white wheat flour Pumperknickel bread         41         30         13.4         5.5           Wholemeal rye bread         41         30         13.3         5.4           Wholemeal rye bread         41         30         13.3         5.4           Wholemeal rye bread         41         30         -         -           White wheat flour bread with 15 g psyllium fiber         41         30         -         -           Ultra-bran™b breakfast cereal, Vogel's brand, soy and linseed extruded wheat bran cereal         41         150         42         17.2           Ultra-bran™b breakfast cereal, Vogel's brand, soy and linseed extruded wheat bran cereal         41         120         11.3         4.6           Ultra-bran™b breakfast cereal, Vogel's brand, soy and linseed extruded wheat bran cereal         41         120         15.1         6.2           Undra y Status         41         120         11.3         4.6         17.2           Mango         41         120         11.3         4.6         1.2         1.2         1.2         1.2         1.2         1.2         1.2         1.2					
and 20% white wheat flour Pumperknickel bread Wholemeal rye bread Wholemeal rye bread Wholemeal rye bread White wheat flour bread with 15 g psyllium fiber Ultra-bran™ breakfast cereal, Vogel's brand, soy and linseed extruded wheat bran cereal Long grain rice, boiled 5 min Thé biscuits, LU brand Mango 41 120 15.1 6.2 Mango Pear, Bartlett, raw Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack Chickpeas, curried, canned Spaghetti, white, boiled 15 min Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack Chickpeas, curried, canned Spaghetti, white, boiled 15 min Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack Chickpeas, curried, canned Spaghetti, white, boiled 15 min Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack Snickers Bar® Carrots, peeled, boiled 41 180 44.3 18.2 Strawberries, like wheat flour Muesti, Natural Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand Full-fat cows' milk Apple, raw Chico raw	· · · · · · · · · · · · · · · · · · ·	41	30	13.4	5.5
Pumperknickel bread Wholemeal rye bread Ultra-bran horead with 15 g psyllium fiber Ultra-bran horead with 15 g psyllium fiber Ultra-bran horead with 15 g psyllium fiber Wholemeal rye bread Wholemal rye bread Wholemeal rye bread Wholemal rye bread Wholemal rye bread Wholemal rye bread Whole rye and inseed Whole rye have rye and ry	•	41	30	13.4	5.5
White wheat flour bread with 15 g psyllium fiber         41         30         -         -           Ultra-bran™ breakfast cereal, Vogel's brand, soy and linseed extruded wheat bran cereal Long grain rice, boiled 5 min         41         150         42         17.2           Long grain rice, boiled 5 min         41         -         -         -           Thé biscuits, LU brand         41         120         11.3         4.6           Pear, Bartlett, raw         41         -         -         -           Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack         41         150         20.6         8.4           Chickpeas, curried, canned         41         180         44.3         18.2           Spaghetti, white, boiled 15 min         41         -         -         -           Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack         41         80         46         1.9           Carrots, peeled, boiled         41         150         19.5         8           Carrots, peeled, boiled         41         150         19.5         8           Potato, white, cooked         41         40 grams         13.7         5.6           ExtendBar Chocolate Delight Bar         40         262         26.5		41	30	13.3	5.4
Ultra-bran™ breakfast cereal, Vogel's brand, soy and linseed extruded wheat bran cereal Long grain rice, boiled 5 min  The biscuits, LU brand  Mango  Pear, Bartlett, raw  Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack  Chickpeas, curried, canned  Spaghetti, white, boiled 15 min  Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack  Chickpeas, curried, canned  Spaghetti, white, boiled 15 min  Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack  Snickers Bar®  Carrots, peeled, boiled  Potato, white, cooked  ExtendBar Chocolate Delight Bar  Apple juice, unsweetened, USA  Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour  Muesil, Natural  Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand Full-fat cows' milk  Pudding, instant, vanilla, made from powder and whole milk  Apple, raw  Chico raw  Orange, raw  Greek lentil stew with a bread roll, home made  Ensure Plus™, vanilla  Resource™ fruit beverage, peach flavour  Ultracal™ with fiber  Rice noodles, freshly made, boiled  100 120 33.6 13.4	Wholemeal rye bread	41	-	-	-
Ultra-bran™ breakfast cereal, Vogel's brand, soy and linseed extruded wheat bran cereal Long grain rice, boiled 5 min  The biscuits, LU brand  Mango  Pear, Bartlett, raw  Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack  Chickpeas, curried, canned  Spaghetti, white, boiled 15 min  Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack  Chickpeas, curried, canned  Spaghetti, white, boiled 15 min  Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack  Snickers Bar®  Carrots, peeled, boiled  Potato, white, cooked  ExtendBar Chocolate Delight Bar  Apple juice, unsweetened, USA  Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour  Muesil, Natural  Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand Full-fat cows' milk  Pudding, instant, vanilla, made from powder and whole milk  Apple, raw  Chico raw  Orange, raw  Greek lentil stew with a bread roll, home made  Ensure Plus™, vanilla  Resource™ fruit beverage, peach flavour  Ultracal™ with fiber  Rice noodles, freshly made, boiled  100 120 33.6 13.4	•	41	30	-	-
Thé biscuits, LU brand         41         120         15.1         6.2           Mango         41         120         11.3         4.6           Pear, Bartlett, raw         41         -         -         -           Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack         41         150         20.6         8.4           Chickpeas, curried, canned         41         180         44.3         18.2           Spaghetti, white, boiled 15 min         41         -         -         -           Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack         41         60         32.5         13.3           Snickers Bar®         41         80         4.6         1.9           Carrots, peeled, boiled         41         150         19.5         8           Potato, white, cooked         41         40 grams         13.7         5.6         2           ExtendBar Chocolate Delight Bar         40         262         26.5         10.6         4           Apple juice, unsweetened, USA         40         30         12.8         5.1           Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour         40         30         16         6.4	Ultra-bran™ breakfast cereal, Vogel's brand, soy	41	150	42	17.2
Mango         41         120         11.3         4.6           Pear, Bartlett, raw         41         -         -         -           Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack         41         150         20.6         8.4           Chickpeas, curried, canned         41         180         44.3         18.2           Spaghetti, white, boiled 15 min         41         -         -         -           Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack         41         60         32.5         13.3           Spaghetti, white, boiled 15 min         41         60         32.5         13.3           Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack         41         80         4.6         1.9           Snickers Bart®         41         80         4.6         1.9         8           Carrots, peeled, boiled         41         150         19.5         8           Potato, white, cooked         41         40 grams         13.7         5.6           ExtendBar Chocolate Delight Bar         40         30         12.8         5.1           Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour         40         30         16	Long grain rice, boiled 5 min	41	-	-	-
Pear, Bartlett, raw  Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack Chickpeas, curried, canned Spaghetti, white, boiled 15 min  Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack Spaghetti, white, boiled 15 min  Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack Snickers Bar®  Carrots, peeled, boiled Potato, white, cooked  ExtendBar Chocolate Delight Bar Apple juice, unsweetened, USA Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour Muesli, Natural  Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand Full-fat cows' milk Apple, raw  Chico raw  Orange, raw  Strawberries, fresh, raw Baked Beans, canned Pure-protein™ bar, White chocolate mousse Greek lentil stew with a bread roll, home made Ensure Plus™, vanilla Resource™ fruit boverage, peach flavour Ulttracal™ with fiber Rice noodles, freshly made, boiled Spaghetti, white, vitamin and mineral 41 180 44.3 18.2  41 80 44.3 18.2  41 80 44.6 1.9  42 262 26.5 10.6  40 30 12.8 5.1  40 30 16 6.4  40 30 150  40 258 12.1 4.9  40 150 65.8 26.3  40 100 65.8 26.3  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120 9.2 3.7  5.6  40 120	Thé biscuits, LU brand	41	120	15.1	6.2
Tropical Fruity Bitz™, vitamin and mineral enriched dried fruit snack  Chickpeas, curried, canned  Spaghetti, white, boiled 15 min  Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack  Snickers Bar®  Carrots, peeled, boiled  Potato, white, cooked  ExtendBar Chocolate Delight Bar  Apple juice, unsweetened, USA  Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour  Muesli, Natural  Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand  Full-fat cows' milk  Apple, raw  Chico raw  Orange, raw  Creek lentil stew with a bread roll, home made  Ensure Plus™, vanilla  Resource™ fruit boverage, peach flavour  Ultracal™ with fiber  Rica Mac Sa	Mango	41	120	11.3	4.6
enriched dried fruit snack Chickpeas, curried, canned Spaghetti, white, boiled 15 min Fruity Bitz™, tropical, vitamin- and mineral- enriched dried fruit snack Snickers Bar® 41 80 4.6 1.9 Carrots, peeled, boiled Potato, white, cooked ExtendBar Chocolate Delight Bar Apple juice, unsweetened, USA Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour Muesli, Natural Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand Full-fat cows' milk Apple, raw Chico raw Orange, raw Strawberries, fresh, raw Baked Beans, canned Pure-protein™ bar, White chocolate mousse Greek lentil stew with a bread roll, home made Ensure Plus™, vanilla Resource™ fruit beverage, peach flavour Ultracal™ with fiber Rica Manage from pade and whole of the first with fiber Rica models, freshly made, boiled Spaghetti, white, boiled 5 min Snack bar, Apple Cinnamon  40 180 38.5 18.2 11.3 18.2 18.4 18.0 44.1 18.0 44.1 18.0 44.6 1.9 18.0 32.5 13.3 18.2 18.2 19.3 18.2 19.3 18.2 19.3 19.5 19.5 19.5 19.5 19.5 19.5 19.5 19.5	Pear, Bartlett, raw	41	-	-	-
Spaghetti, white, boiled 15 min         41         -         -           Fruity Bitz™, tropical, vitamin- and mineral-enriched dried fruit snack         41         80         4.6         1.9           Carrots, peeled, boiled         41         150         19.5         8           Potato, white, cooked         41         40 grams         13.7         5.6           ExtendBar Chocolate Delight Bar         40         262         26.5         10.6           Apple juice, unsweetened, USA         40         30         12.8         5.1           Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour         40         30         16         6.4           Muesli, Natural         40         150         -         -         -           Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand         40         150         -         -           Full-fat cows' milk         40         100         65.8         26.3           Pudding, instant, vanilla, made from powder and whole milk         40         120         14.6         5.9           Apple, raw         40         120         9.2         3.7           Orange, raw         40         120         9.2         3.7	·	41	150	20.6	8.4
Fruity Bitz™, tropical, vitamin- and mineral- enriched dried fruit snack Snickers Bar® Carrots, peeled, boiled Potato, white, cooked Potato, white, cooked ExtendBar Chocolate Delight Bar Apple juice, unsweetened, USA Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour Muesli, Natural Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand Full-fat cows' milk Apple, raw Chico raw Chico raw Potato and Strawberries, fresh, raw Baked Beans, canned Pure-protein™ bar, White chocolate mousse Greek lentil stew with a bread roll, home made Ensure Plus™, vanilla Resource™ fruit beverage, peach flavour Ultracal™ with fiber Rice noodles, freshly made, boiled Snick add 120 Scanse Add 1	Chickpeas, curried, canned	41	180	44.3	18.2
enriched dried fruit snack Snickers Bar® Carrots, peeled, boiled Potato, white, cooked Apple juice, unsweetened, USA Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour Muesli, Natural Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand Full-fat cows' milk Apple, raw Chico raw Orange, raw Strawberries, fresh, raw Baked Beans, canned Pure-protein™ bar, White chocolate mousse Greek lentil stew with a bread roll, home made Ensure Plus™, vanilla Resource™ fruit beverage, peach flavour Ultracal™ with fiber Rice noodles, freshly made, boiled Snack bar, Apple Cinnamon  40 40 40 40 40 40 40 40 40 40 40 40 40	Spaghetti, white, boiled 15 min	41	-	-	-
Carrots, peeled, boiled       41       150       19.5       8         Potato, white, cooked       41       40 grams       13.7       5.6         ExtendBar Chocolate Delight Bar       40       262       26.5       10.6         Apple juice, unsweetened, USA       40       30       12.8       5.1         Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour       40       30       16       6.4         Muesli, Natural       40       150       -       -       -         Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand       40       150       -       -         Full-fat cows' milk       40       100       65.8       26.3         Pudding, instant, vanilla, made from powder and whole milk       40       120       14.6       5.9         Pudding, instant, vanilla, made from powder and whole milk       40       120       3.2       3.7         Orange, raw       40       120       9.2       3.7         Orange, raw       40       120       3.2       1.3         Strawberries, fresh, raw       40       150       16.8       6.7         Baked Beans, canned       40       -       -       -		41	60	32.5	13.3
Potato, white, cooked  ExtendBar Chocolate Delight Bar  Apple juice, unsweetened, USA  Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour  Muesli, Natural  Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand  Full-fat cows' milk  Apple, raw  Chico	Snickers Bar®	41	80	4.6	1.9
ExtendBar Chocolate Delight Bar Apple juice, unsweetened, USA Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour Muesli, Natural  Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand Full-fat cows' milk  Pudding, instant, vanilla, made from powder and whole milk  Apple, raw Chico raw Orange, raw Strawberries, fresh, raw Baked Beans, canned Pure-protein™ bar, White chocolate mousse Greek lentil stew with a bread roll, home made Ensure Plus™, vanilla Resource™ fruit beverage, peach flavour Ultracal™ with fiber Rice noodles, freshly made, boiled Spands the solution in t	Carrots, peeled, boiled	41	150	19.5	8
Apple juice, unsweetened, USA  Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour  Muesli, Natural  Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand  Full-fat cows' milk  Pudding, instant, vanilla, made from powder and whole milk  Apple, raw  Chico raw  Orange, raw  Strawberries, fresh, raw  Baked Beans, canned  Greek lentil stew with a bread roll, home made  Ensure Plus™, vanilla  Resource™ fruit beverage, peach flavour  Ultracal™ with fiber  Rice noodles, freshly made, boiled  Spaghetti, white, boiled 5 min  Snack bar, Apple Cinnamon	Potato, white, cooked	41	40 grams	13.7	5.6
Coarse barley kernel bread with 80% intact kernels and 20% white wheat flour  Muesli, Natural  Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand  Full-fat cows' milk  Pudding, instant, vanilla, made from powder and whole milk  Apple, raw  Chico raw  Chico raw  Orange, raw  Strawberries, fresh, raw  Baked Beans, canned  Pure-protein™ bar, White chocolate mousse  Greek lentil stew with a bread roll, home made  Ensure Plus™, vanilla  Resource™ fruit beverage, peach flavour  Ultracal™ with fiber  Rice noodles, freshly made, boiled  Snack bar, Apple Cinnamon  40  150  16.4  6.4  6.4  6.4  6.4  6.4  6.4  6.	ExtendBar Chocolate Delight Bar	40	262	26.5	10.6
kernels and 20% white wheat flour       40       150       -       -         Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand       40       258       12.1       4.9         Full-fat cows' milk       40       100       65.8       26.3         Pudding, instant, vanilla, made from powder and whole milk       40       120       14.6       5.9         Whole milk       40       120       9.2       3.7         Chico raw       40       120       9.2       3.7         Orange, raw       40       120       3.2       1.3         Strawberries, fresh, raw       40       150       16.8       6.7         Baked Beans, canned       40       -       -       -         Pure-protein™ bar, White chocolate mousse       40       -       -       -         Greek lentil stew with a bread roll, home made       40       -       -       -         Ensure Plus™, vanilla       40       -       -       -         Resource™ fruit beverage, peach flavour       40       -       -       -         Ultracal™ with fiber       40       180       38.5       15.4         Rice noodles, freshly made, boiled       40       180	Apple juice, unsweetened, USA	40	30	12.8	5.1
Durum wheat, precooked in pouch, reheated in microwave, Ebly Express brand         40         258         12.1         4.9           Full-fat cows' milk         40         100         65.8         26.3           Pudding, instant, vanilla, made from powder and whole milk         40         120         14.6         5.9           Apple, raw         40         120         9.2         3.7           Chico raw         40         120         9.2         3.7           Orange, raw         40         120         3.2         1.3           Strawberries, fresh, raw         40         150         16.8         6.7           Baked Beans, canned         40         -         -         -           Pure-protein™ bar, White chocolate mousse         40         -         -         -           Greek lentil stew with a bread roll, home made         40         -         -         -           Ensure Plus™, vanilla         40         -         -         -           Resource™ fruit beverage, peach flavour         40         -         -         -           Ultracal™ with fiber         40         180         38.5         15.4           Rice noodles, freshly made, boiled         40         180         4		40	30	16	6.4
microwave, Ebly Express brand       40       100       65.8       26.3         Pudding, instant, vanilla, made from powder and whole milk       40       120       14.6       5.9         Apple, raw       40       -       -       -         Chico raw       40       120       9.2       3.7         Orange, raw       40       120       3.2       1.3         Strawberries, fresh, raw       40       150       16.8       6.7         Baked Beans, canned       40       -       -       -         Pure-protein™ bar, White chocolate mousse       40       -       -       -         Greek lentil stew with a bread roll, home made       40       -       -       -         Ensure Plus™, vanilla       40       -       -       -         Resource™ fruit beverage, peach flavour       40       -       -       -         Ultracal™ with fiber       40       180       38.5       15.4         Rice noodles, freshly made, boiled       40       180       44.3       17.7         Spaghetti, white, boiled 5 min       40       120       33.6       13.4	Muesli, Natural	40	150	-	-
Pudding, instant, vanilla, made from powder and whole milk       40       120       14.6       5.9         Apple, raw       40       -       -       -         Chico raw       40       120       9.2       3.7         Orange, raw       40       120       3.2       1.3         Strawberries, fresh, raw       40       150       16.8       6.7         Baked Beans, canned       40       -       -       -         Pure-protein™ bar, White chocolate mousse       40       -       -       -         Greek lentil stew with a bread roll, home made       40       -       -       -         Ensure Plus™, vanilla       40       -       -       -         Resource™ fruit beverage, peach flavour       40       -       -       -         Ultracal™ with fiber       40       180       38.5       15.4         Rice noodles, freshly made, boiled       40       180       44.3       17.7         Spaghetti, white, boiled 5 min       40       120       33.6       13.4		40	258	12.1	4.9
whole milk       40       -       -       -         Chico raw       40       120       9.2       3.7         Orange, raw       40       120       3.2       1.3         Strawberries, fresh, raw       40       150       16.8       6.7         Baked Beans, canned       40       -       -       -         Pure-protein™ bar, White chocolate mousse       40       -       -       -         Greek lentil stew with a bread roll, home made       40       -       -       -         Ensure Plus™, vanilla       40       -       -       -         Resource™ fruit beverage, peach flavour       40       -       -       -         Ultracal™ with fiber       40       180       38.5       15.4         Rice noodles, freshly made, boiled       40       180       44.3       17.7         Spaghetti, white, boiled 5 min       40       -       -       -         Snack bar, Apple Cinnamon       40       120       33.6       13.4	Full-fat cows' milk	40	100	65.8	26.3
Chico raw       40       120       9.2       3.7         Orange, raw       40       120       3.2       1.3         Strawberries, fresh, raw       40       150       16.8       6.7         Baked Beans, canned       40       -       -       -         Pure-protein™ bar, White chocolate mousse       40       -       -       -         Greek lentil stew with a bread roll, home made       40       -       -       -         Ensure Plus™, vanilla       40       -       -       -         Resource™ fruit beverage, peach flavour       40       -       -       -         Ultracal™ with fiber       40       180       38.5       15.4         Rice noodles, freshly made, boiled       40       180       44.3       17.7         Spaghetti, white, boiled 5 min       40       -       -       -         Snack bar, Apple Cinnamon       40       120       33.6       13.4		40	120	14.6	5.9
Orange, raw       40       120       3.2       1.3         Strawberries, fresh, raw       40       150       16.8       6.7         Baked Beans, canned       40       -       -       -         Pure-protein™ bar, White chocolate mousse       40       -       -       -         Greek lentil stew with a bread roll, home made       40       -       -       -         Ensure Plus™, vanilla       40       -       -       -         Resource™ fruit beverage, peach flavour       40       -       -       -         Ultracal™ with fiber       40       180       38.5       15.4         Rice noodles, freshly made, boiled       40       180       44.3       17.7         Spaghetti, white, boiled 5 min       40       -       -       -         Snack bar, Apple Cinnamon       40       120       33.6       13.4	Apple, raw	40	-	-	-
Strawberries, fresh, raw  Baked Beans, canned  Pure-protein™ bar, White chocolate mousse  Greek lentil stew with a bread roll, home made  Ensure Plus™, vanilla  Resource™ fruit beverage, peach flavour  Ultracal™ with fiber  Rice noodles, freshly made, boiled  Spaghetti, white, boiled 5 min  Snack bar, Apple Cinnamon  40  150  16.8  6.7  40	Chico raw	40	120	9.2	3.7
Baked Beans, canned  Pure-protein™ bar, White chocolate mousse  Greek lentil stew with a bread roll, home made  Ensure Plus™, vanilla  Resource™ fruit beverage, peach flavour  Ultracal™ with fiber  Rice noodles, freshly made, boiled  Spaghetti, white, boiled 5 min  Snack bar, Apple Cinnamon  40      Snack bar, Apple Cinnamon  40	Orange, raw	40	120	3.2	1.3
Pure-protein™ bar, White chocolate mousse  Greek lentil stew with a bread roll, home made  Ensure Plus™, vanilla  Resource™ fruit beverage, peach flavour  Ultracal™ with fiber  Rice noodles, freshly made, boiled  Spaghetti, white, boiled 5 min  Snack bar, Apple Cinnamon  40	Strawberries, fresh, raw	40	150	16.8	6.7
Greek lentil stew with a bread roll, home made Ensure Plus™, vanilla  Resource™ fruit beverage, peach flavour  Ultracal™ with fiber  Rice noodles, freshly made, boiled  Spaghetti, white, boiled 5 min  Snack bar, Apple Cinnamon  40	Baked Beans, canned	40	-	-	-
Ensure Plus™, vanilla       40       -       -       -         Resource™ fruit beverage, peach flavour       40       -       -       -         Ultracal™ with fiber       40       180       38.5       15.4         Rice noodles, freshly made, boiled       40       180       44.3       17.7         Spaghetti, white, boiled 5 min       40       -       -       -         Snack bar, Apple Cinnamon       40       120       33.6       13.4	Pure-protein™ bar, White chocolate mousse	40	-	-	-
Resource™ fruit beverage, peach flavour40Ultracal™ with fiber4018038.515.4Rice noodles, freshly made, boiled4018044.317.7Spaghetti, white, boiled 5 min40Snack bar, Apple Cinnamon4012033.613.4	Greek lentil stew with a bread roll, home made	40	-	-	-
Ultracal™ with fiber       40       180       38.5       15.4         Rice noodles, freshly made, boiled       40       180       44.3       17.7         Spaghetti, white, boiled 5 min       40       -       -       -         Snack bar, Apple Cinnamon       40       120       33.6       13.4	Ensure Plus™, vanilla	40	-	-	-
Rice noodles, freshly made, boiled  40 180 44.3 17.7 Spaghetti, white, boiled 5 min 40 Snack bar, Apple Cinnamon 40 120 33.6 13.4	Resource™ fruit beverage, peach flavour	40	-	-	-
Spaghetti, white, boiled 5 min  Snack bar, Apple Cinnamon  40  -  -  -  -  33.6  13.4	Ultracal™ with fiber	40	180	38.5	15.4
Snack bar, Apple Cinnamon 40 120 33.6 13.4	Rice noodles, freshly made, boiled	40	180	44.3	17.7
	Spaghetti, white, boiled 5 min	40	-	-	-
Unripe plantain         40         60         23.3         9.3	Snack bar, Apple Cinnamon	40	120	33.6	13.4
	Unripe plantain	40	60	23.3	9.3

Chapatti, flour made from popped wheat, moth bean and bengal gram         40         -         -         -           Macrozamia communis, cycad palm seed, sliced, soaked 1 wk, pounded, baked         40         150         12.9         5.2           Corn hominy         40         15         11.2         4.48           Sunripe school straps         40         200         34.8         13.9           Ski TM no-fat yoghurt, Honey Buzz flavour         40         200         31.2         11.3           Ski TM no-fat yoghurt, Banana flavour         40         200         31.6         12.6           Ski TM no-fat yoghurt, White Raspberry flavour         240         200         30.8         12.3           Ski TM no-fat yoghurt, White Raspberry flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Wanilla Crème flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Wanilla Crème flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Wanilla Crème flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Wanilla Crème flavour         39         243         24.5         9.6           Apple iuice, unreue duffich with fructose!					
Macrozamia communis, cycad palm seed, sliced, soaked 1 wk, pounded, baked         40         150         12.9         5.2           Com hominy         40         15         11.2         4.48           Sunripe school straps         40         200         34.8         13.9           Ski TM no-fat yoghurt, Honey Buzz flavour         40         200         31.2         12.5           Ski TM no-fat yoghurt, Banana flavour         40         200         31.6         12.6           Ski TM no-fat yoghurt, White Raspberry flavour         200         30.8         12.3           Ski TM no-fat yoghurt, Varilla Crème flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Strawberry flavour         39         -         -         -         -           Ski TM no-fat yoghurt, Varilla Crème flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Warilla Crème flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Warilla Crème flavour         40         200         39.2         211.7           Ski TM no-fat yoghurt, Strawberry flavour         39         243         24.5         9.6           Apple juice, unsweetened, reconstituted         39         30 <td></td> <td>40</td> <td>-</td> <td>-</td> <td>-</td>		40	-	-	-
Corn hominy   40   15   11.2   4.48	Macrozamia communis, cycad palm seed, sliced,	40	150	12.9	5.2
Ski TM no-fat yoghurt, Honey Buzz flavour         40         200         28.2         11.3           Ski TM no-fat yoghurt, Peach 'n' mango flavour         40         200         31.2         12.5           Ski TM no-fat yoghurt, White Raspberry flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Vanilla Crème flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Vanilla Crème flavour         40         200         29.2         11.7           Ski TM no-fat yoghurt, Strawberry flavour         39         -         -         -           Xpress, chocolate [soy bean, cereal and legume extract drink with fructose]         39         243         24.5         9.6           Apple juice, pure, unsweetened, reconstituted         39         30         17         6.6           All-Bran Fruit 'n Oats™, extruded wheat bran breakfast cereal with added dried fruit and oats Muesli, gluten-free with reduced-fat milk         39         150         42         16.4           Bangladeshi rice, variety BR16, white, long-grain         39         150         41         16           Rye, whole kernels         39         -         -         -           Ice-cream, reduced-fat Prestige golden macadamia         39         120         14.6	·	40	15	11.2	4.48
Ski TM no-fat yoghurt, Peach 'n' mango flavour         40         200         31.2         12.5           Ski TM no-fat yoghurt, Banana flavour         40         200         31.6         12.6           Ski TM no-fat yoghurt, White Raspberry flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Strawberry flavour         39         -         -         -           Xpress, chocolate [soy bean, cereal and legume extract drink with fructose]         39         243         24.5         9.6           Apple juice, pure, unsweetened, reconstituted         39         30         17         6.6           All-Bran Fruit 'n Oats™, extruded wheat bran breakfast cereal with added dried fruit and oats         39         30         16         6.2           Muesli, gluten-free with reduced-fat milk         39         150         42         16.4           Bangladeshi rice, variety BR16, white, long-grain         39         150         41         16           Parboiled rice, boiled 12 min         39         -         -         -           Rye, whole kernels         39         -         -         -           Ice-cream, reduced-fat Prestige golden macadamia         39         120         14.6         5.7           Apple juice, unsweetened, reco	Sunripe school straps	40	200	34.8	13.9
Ski TM no-fat yoghurt, Banana flavour         40         200         31.6         12.6           Ski TM no-fat yoghurt, White Raspberry flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Vanilla Crème flavour         40         200         29.2         11.7           Ski TM no-fat yoghurt, Strawberry flavour         Xpress, chocolate [soy bean, cereal and legume extract drink with fructose]         39         2-4         2-5         9.6           All-Bran Fruit 'n Oats™, extruded wheat bran breakfast cereal with added dried fruit and oats Muesli, gluten-free with reduced-fat milk         39         30         16         6.2           Bangladeshi rice, variety BR16, white, long-grain Parboiled rice, boiled 12 min         39         150         42         16.4           Bangladeshi rice, variety BR16, white, long-grain Parboiled rice, boiled 12 min         39         -         -         -           Rye, whole kernels         39         -         -         -         -           Ice-cream, reduced-fat Prestige golden macadamia         39         -         -         -           Soy milk drink, Xpress™, chocolate         39         120         14.6         5.7           Apple, Golden Delicious, raw         39         243         24.5         9.6           Apple, Golden	Ski TM no-fat yoghurt, Honey Buzz flavour	40	200	28.2	11.3
Ski TM no-fat yoghurt, White Raspberry flavour         40         200         30.8         12.3           Ski TM no-fat yoghurt, Vanilla Crème flavour         40         200         29.2         11.7           Ski TM no-fat yoghurt, Strawberry flavour         39         -         -         -           Xpress, chocolate [soy bean, cereal and legume extract drink with fructose]         39         243         24.5         9.6           Apple juice, pure, unsweetened, reconstituted         39         30         17         6.6           All-Bran Fruit 'n Oats™, extruded wheat bran breakfast cereal with added dried fruit and oats         39         30         16         6.2           Muesli, gluten-free with reduced-fat milk         39         150         42         16.4           Bangladeshi rice, variety BR16, white, long-grain         39         150         41         16           Parboiled rice, boiled 12 min         39         -         -         -         -           Rye, whole kernels         39         -         -         -         -         -           Ice-cream, reduced-fat Prestige golden         39         -         -         -         -           Mapple juice, unsweetened, reconstituted         39         120         14.6         5.7	Ski TM no-fat yoghurt, Peach 'n' mango flavour	40	200	31.2	12.5
Ski TM no-fat yoghurt, Vanilla Crème flavour         40         200         29.2         11.7           Ski TM no-fat yoghurt, Strawberry flavour         39         -         -           Xpress, chocolate [soy bean, cereal and legume extract drink with fructose]         39         243         24.5         9.6           Apple juice, pure, unsweetened, reconstituted         39         30         17         6.6           All-Bran Fruit 'n Oats™, extruded wheat bran breakfast cereal with added dried fruit and oats Muesli, gluten-free with reduced-fat milk         39         150         42         16.4           Bangladeshi rice, variety BR16, white, long-grain Parboiled rice, boiled 12 min         39         150         41         16           Parboiled rice, boiled 12 min         39         -         -         -           Rye, whole kernels         39         -         -         -           Ice-cream, reduced-fat Prestige golden macadamia         39         -         -         -           Soy milk drink, Xpress™, chocolate         39         120         14.6         5.7           Apple, Golden Delicious, raw         39         243         24.5         9.6           Apple, Golden Delicious, raw         39         150         19.8         7.7           Haricot/Navy beans,	Ski TM no-fat yoghurt, Banana flavour	40	200	31.6	12.6
Ski TM no-fat yoghurt, Strawberry flavour  Xpress, chocolate [soy bean, cereal and legume extract drink with fructose]  Apple juice, pure, unsweetened, reconstituted  All-Bran Fruit 'n Oats™, extruded wheat bran breakfast cereal with added dried fruit and oats  Muesli, gluten-free with reduced-fat milk  Bangladeshi rice, variety BR16, white, long-grain  Parboiled rice, boiled 12 min  Rye, whole kernels  Ice-cream, reduced-fat Prestige golden macadamia  Soy milk drink, Xpress™, chocolate  Apple, Golden Delicious, raw  Apple juice, unsweetened, reconstituted  Apple juice, unsweetened, reconstituted  White wheat flour bread, butter, yoghurt and pickled cucumber  Wung bean noodles, dried, boiled  Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour: Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran ™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39	Ski TM no-fat yoghurt, White Raspberry flavour	40	200	30.8	12.3
Xpress, chocolate [soy bean, cereal and legume extract drink with fructose]  Apple juice, pure, unsweetened, reconstituted All-Bran Fruit 'n Oats™, extruded wheat bran breakfast cereal with added dried fruit and oats Muesli, gluten-free with reduced-fat milk  Bangladeshi rice, variety BR16, white, long-grain Parboiled rice, boiled 12 min  Rye, whole kernels  Ice-cream, reduced-fat Prestige golden macadamia  Soy milk drink, Xpress™, chocolate  Apple, Golden Delicious, raw  Apple juice, unsweetened, reconstituted  Haricot/Navy beans, boiled  White wheat flour bread, butter, yoghurt and pickled cucumber  Mung bean noodles, dried, boiled  Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  243  243  24.5  39  150  41  16  6.2  39  150  42  16.4  16  6.2  39  150  42  16.4  16  6.2  16  6.2  16  6.2  16  6.2  17  6.6  A9  39  150  41  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  17  6.6  6.2  18  6.2  6.2  6.2  6.2  6.2  6.2  6.2  6.	Ski TM no-fat yoghurt, Vanilla Crème flavour	40	200	29.2	11.7
Apple juice, pure, unsweetened, reconstituted  All-Bran Fruit 'n Oats™, extruded wheat bran breakfast cereal with added dried fruit and oats  Muesli, gluten-free with reduced-fat milk  Bangladeshi rice, variety BR16, white, long-grain  Parboiled rice, boiled 12 min  Rye, whole kernels  Ice-cream, reduced-fat Prestige golden macadamia  Soy milk drink, Xpress™, chocolate  Apple, Golden Delicious, raw  Apple juice, unsweetened, reconstituted  Haricot/Navy beans, boiled  White wheat flour bread, butter, yoghurt and pickled cucumber  Mung bean noodles, dried, boiled  Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Com tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour: Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  150  42  16.6  6.2  17  6.6  APP  39  150  42  16.4  16.4  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  6.2  16  16  16  17  18  18  19  10  10  10  10  10  10  10  10  10	Ski TM no-fat yoghurt, Strawberry flavour	39	-	-	-
All-Bran Fruit 'n Oats™, extruded wheat bran breakfast cereal with added dried fruit and oats Muesli, gluten-free with reduced-fat milk  Bangladeshi rice, variety BR16, white, long-grain Parboiled rice, boiled 12 min  Rye, whole kernels  Ice-cream, reduced-fat Prestige golden macadamia  Soy milk drink, Xpress™, chocolate  Apple, Golden Delicious, raw  Apple juice, unsweetened, reconstituted  Haricot/Navy beans, boiled  White wheat flour bread, butter, yoghurt and pickled cucumber  Mung bean noodles, dried, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39 150 141 15.6		39	243	24.5	9.6
breakfast cereal with added dried fruit and oats Muesli, gluten-free with reduced-fat milk  Bangladeshi rice, variety BR16, white, long-grain Parboiled rice, boiled 12 min Rye, whole kernels  Ice-cream, reduced-fat Prestige golden macadamia Soy milk drink, Xpress™, chocolate Apple, Golden Delicious, raw Apple juice, unsweetened, reconstituted Pinto beans, dried, boiled White wheat flour bread, butter, yoghurt and pickled cucumber Mung bean noodles, dried, boiled  Ironman PR bar®, chocolate Soup, minestrone, Traditional, Country Ladle™ Soup, minestrone, Traditional, Country Ladle™ Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia Chocolate cake made from packet mix with chocolate frosting Tomato Juice, canned, no added sugar Performax™ bread All-Bran™, high-fibre, extruded wheat bran breakfast cereal Converted rice, white, boiled 2016 130 150 41 15.6	Apple juice, pure, unsweetened, reconstituted	39	30	17	6.6
Bangladeshi rice, variety BR16, white, long-grain Parboiled rice, boiled 12 min 39		39	30	16	6.2
Parboiled rice, boiled 12 min  Rye, whole kernels  Ice-cream, reduced-fat Prestige golden macadamia  Soy milk drink, Xpress™, chocolate  Apple, Golden Delicious, raw  Apple juice, unsweetened, reconstituted  Haricot/Navy beans, boiled  Pinto beans, dried, boiled  White wheat flour bread, butter, yoghurt and pickled cucumber  Mung bean noodles, dried, boiled  Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour: Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39	Muesli, gluten-free with reduced-fat milk	39	150	42	16.4
Rye, whole kernels   39	Bangladeshi rice, variety BR16, white, long-grain	39	150	41	16
Ice-cream, reduced-fat Prestige golden macadamia  Soy milk drink, Xpress™, chocolate  Apple, Golden Delicious, raw  Apple juice, unsweetened, reconstituted  Apple juice, canned, no added sugar  Apple juice, canned, no	Parboiled rice, boiled 12 min	39	-	-	-
macadamia Soy milk drink, Xpress™, chocolate Apple, Golden Delicious, raw Apple juice, unsweetened, reconstituted Apple juice, unsweetened, as a 150 and 150	Rye, whole kernels	39	-	-	-
Apple, Golden Delicious, raw Apple juice, unsweetened, reconstituted Apple juice, unsweetened, reconstituted 39 150 19.8 7.7 Haricot/Navy beans, boiled 39 - Pinto beans, dried, boiled 39 - White wheat flour bread, butter, yoghurt and pickled cucumber Mung bean noodles, dried, boiled Ravioli, durum wheat flour, meat filled, boiled Ironman PR bar®, chocolate Soup, minestrone, Traditional, Country Ladle™ Soup, minestrone, Traditional, Country Ladle™ Soup, minestrone, Trozen, boiled Corn tortilla, served with refried mashed pinto beans and tomato sauce Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia Chocolate cake made from packet mix with chocolate frosting Tomato juice, canned, no added sugar Performax™ bread All-Bran™, high-fibre, extruded wheat bran breakfast cereal Converted rice, white, boiled 20-30 min, Uncle 39 243 24.5 9.6 19.8 243 24.5 9.6 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7.7 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 19.8 7. 1		39	-	-	-
Apple juice, unsweetened, reconstituted  Haricot/Navy beans, boiled  Pinto beans, dried, boiled  White wheat flour bread, butter, yoghurt and pickled cucumber  Mung bean noodles, dried, boiled  Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour: Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  150  19.8  7.7  19.8  7.7  19.8  7.7  19.8  7.7  19.8  7.7  19.8  7.7  19.8  7.7  19.8  7.7  19.8  7.7  19.8  38.3  18.4  7.7  15.6	Soy milk drink, Xpress™, chocolate	39	120	14.6	5.7
Haricot/Navy beans, boiled  Pinto beans, dried, boiled  White wheat flour bread, butter, yoghurt and pickled cucumber  Mung bean noodles, dried, boiled  Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39	Apple, Golden Delicious, raw	39	243	24.5	9.6
Pinto beans, dried, boiled  White wheat flour bread, butter, yoghurt and pickled cucumber  Mung bean noodles, dried, boiled  Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  180  38.3  15  38.3  15	Apple juice, unsweetened, reconstituted	39	150	19.8	7.7
White wheat flour bread, butter, yoghurt and pickled cucumber  Mung bean noodles, dried, boiled  Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  180  38.3  15  40  180  38.3  15  41  57.9  20  41  15.6	Haricot/Navy beans, boiled	39	-	-	-
Mung bean noodles, dried, boiled  Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  100  27.4  10.7  39  100  27.4  10.7  22  38  111  57.9  22  38  257  8.5  3.2  30  18.4  7  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle	Pinto beans, dried, boiled	39	-	-	-
Ravioli, durum wheat flour, meat filled, boiled  Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  260  13  5.1  Sab 6.3  2.5  Pag 90  39  100  27.4  10.7  22  8.5  38  111  57.9  22  8.5  3.2  100  27.4  10.7  27.4  10.7  20  21  21  22  23  24  25  25  26  27  20  21  21  21  22  23  24  25  26  27  27  20  21  21  22  23  24  25  26  27  27  27  28  29  20  20  20  20  21  21  21  21  21  21		39	-	-	-
Ironman PR bar®, chocolate  Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  260  13  5.1  39  80  6.3  2.5  Page 100  27.4  10.7  22  8.5  3.2  257  8.5  3.2	Mung bean noodles, dried, boiled	39	180	38.3	15
Soup, minestrone, Traditional, Country Ladle™  Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  100  27.4  10.7  39  100  27.4  10.7  22  8.5  3.2  257  8.5  3.2  257  8.5  3.2  257  8.5  3.2  257  8.5  3.2  257  8.5  3.2  257  8.5  3.2  257  8.5  3.2  257  8.5  3.2  257  8.5  3.2  257  257  268  27  28  29  29  20  20  20  20  21  21  21  21  22  23  24  25  26  27  27  28  29  20  20  20  20  20  20  20  20  20	Ravioli, durum wheat flour, meat filled, boiled	39	-	-	-
Pea, green, frozen, boiled  Corn tortilla, served with refried mashed pinto beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  39  100  27.4  10.7  38  111  57.9  22  8.5  3.2	Ironman PR bar®, chocolate	39	260	13	5.1
Corn tortilla, served with refried mashed pinto beans and tomato sauce Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia Chocolate cake made from packet mix with chocolate frosting Tomato juice, canned, no added sugar Performax™ bread All-Bran™, high-fibre, extruded wheat bran breakfast cereal Converted rice, white, boiled 20-30 min, Uncle  39 100 27.4 10.7  85 8.5 3.2  27 8.5 3.2  8.5 3.2  8.5 3.2  18.4 7  18.6	Soup, minestrone, Traditional, Country Ladle™	39	80	6.3	2.5
beans and tomato sauce  Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  38  111  57.9  22  8.5  3.2	Pea, green, frozen, boiled	39	100	-	-
Newton, SA, Australia  Chocolate cake made from packet mix with chocolate frosting  Tomato juice, canned, no added sugar  Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  38  257  8.5  3.2   7  41  15.6	,	39	100	27.4	10.7
chocolate frosting38Tomato juice, canned, no added sugar38Performax™ bread383018.47All-Bran™, high-fibre, extruded wheat bran breakfast cereal381504216Converted rice, white, boiled 20-30 min, Uncle381504115.6		38	111	57.9	22
Performax™ bread  All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle  38  30  18.4  7  42  16  58  150  41  15.6		38	257	8.5	3.2
All-Bran™, high-fibre, extruded wheat bran breakfast cereal  Converted rice, white, boiled 20-30 min, Uncle 38 150 41 15.6	Tomato juice, canned, no added sugar	38	-	-	-
breakfast cereal Converted rice, white, boiled 20-30 min, Uncle 38 150 41 15.6	Performax™ bread	38	30	18.4	7
, , , , , , , , , , , , , , , , , , , ,		38	150	42	16
		38	150	41	15.6

Long grain rice, parboiled, boiled 5 min	38	50	10.3	3.9
Ice cream, premium, Sara Lee French vanilla, 16% fat	38	200	27.6	10.5
Yoghurt drink, reduced-fat, Vaalia™, tropical passionfruit	38	-	-	-
Pure-protein™ bar, Chocolate deluxe	38	100	19.1	7.3
Fish Fingers	38	180	44.3	16.8
Spaghetti, white, boiled	38	180	44.3	16.8
Star Pastina, white, boiled 5 minutes	38	260	7.3	2.8
Soup, tomato	38	150	-	-
Cheela, (thin savoury pancake made from legume batter), green gram, fermented batter	38	-	-	-
Green gram, soaked 12 h, stored moist 24 h, steamed 1 h	38	120	28.6	10.9
Green banana, boiled	38	50	20.7	7.8
Tortilla, corn	38	80	5.2	2
Brown Beans	38	70	10.6	3.9
Chickpeas, canned, drained	37	262	26.5	9.8
Apple juice, pure, cloudy, unsweetened	37	30	20	7.4
Guardian™ breakfast cereal, psyllium fibre- enriched flakes	37	-	-	-
Hot breakfast cereal, apple & cinnamon	37	80	16.2	6
Sweet corn, 'Honey & Pearl' variety	37	150	42	15.5
Bangladeshi rice, variety BR16	37	-	-	-
TRIM™, reduced-fat custard	37	50	9.5	3.5
Ice-cream, low-fat Prestige Light traditional toffee	37	50	10.3	3.8
Ice cream, premium, Sara Lee Ultra chocolate, 15% fat	37	150	14.9	5.5
Lentils, green, dried, boiled	37	-	-	-
Pure-protein™ cookie, Peanut butter	37	-	-	-
Ultra pure-protein™ shake, Frosty chocolate	37	-	-	-
Snack bar, Peanut Butter & Choc-Chip	37	150	31.7	11.7
Barley	37	60	23.3	8.6
Chapatti, barley	37	100	26.9	10
Sucrose-free gelati, chocolate flavour : Alba Foods, Newton, SA, Australia	37	75	12.15	4.5
Four bean mix, canned, drained	37	150 grams	21.3	7.9
Peach Roulade Fruche	37	150 grams	21	7.8
Berry Compote Fruche	36	-	-	-
Hi-Pro energy drink mix, vanilla, containing soy protein and whey powder mixed in reduced-fat milk	36	258	23	8.3
Milo™ Energy Food drink, dissolved in full-fat cow's milk	36	30	12.8	4.6
Bürgen® Soy-Lin bread, kibbled soy and linseed	36	50	9.9	3.6
Ice cream	36	50	13.2	4.7

Mousse prepared from powdered mix with water, Butterscotch, 1.9% fat	36	50	13.2	4.7
Mousse prepared from powdered mix with water, Hazelnut, 2.4% fat	36	50	13.2	4.7
Mousse prepared from powdered mix with water, Mixed berry, 2.2% fat	36	200	9.4	3.4
Yoghurt	36	-	-	-
Soy milk, full-fat So Natural Calciforte™, with 120 mg calcium and maltodextrin	36	-	-	-
Infant formula, S-26™	36	150	19.8	7.1
Beans, unspecified, dried, boiled	36	150	3.5	1.2
Butter beans	36	150	24	8.6
Chickpeas dried, boiled	36	-	-	-
Lean Cuisine™, French style chicken with rice, reheated	36	100	23.3	8.4
Pizza Hut, Super Supreme, pan pizza	36	-	-	-
Ensure Pudding™, old fashioned vanilla	36	180	44.3	15.9
Spaghetti, white, boiled 15 min	36	150	-	-
Cheela (thin savoury pancake made from legume batter), bengal gram, fermented batte	36	-	-	-
Lima beans broth	36	75	12.6	4.5
Red kidney beans, canned, drained	36	75	11.48	4.1
Butter beans, canned, drained	36	37.5 g powder + 260 g skim milk	34.5	12.4
Slim-Fast® Double Chocolate powder - made up with skim milk	36			
Harrod Foods Hi-Pro Vanilla Energy Drink mix powder - made up with reduced fat milk	36	65 ml	9	3.2
Yakult LIGHT, fermented milk drink	36	50 grams (1 scoop)	12.9	4.6
Bulla Light Creamy Low Fat Vanilla Ice Cream	35	258	23	8
Milo™ Energy Food drink, dissolved in full-fat cow's milk	35	-	-	-
Quik™, strawberry flavoured drinking powder, dissolved in reduced-fat milk	35	150	41	14.3
Bangladeshi rice, variety BR16, parboiled	35	100	12.7	4.4
No Bake Egg Custard, prepared from powder with whole milk	35	-	-	-
Wild Berry Fruity Bitz™, vitamin and mineral enriched dried fruit snack	35	-	-	-
Infant formula, Karicare™ gold starter formula with omega plus LCP oils	35	180	45.4	15.9
Vermicelli, white, boiled	35	50	-	-
Chocolate, milk, plain, low-sugar with maltitol	35	-	-	-
Fruity Bitz™, berry, vitamin- and mineral-enriched dried fruit snack	35	25	20.5	7.2
Yellow box honey	35	150	-	-
Yam, peeled, boiled	35	100	-	-

Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	35	35 g powder + 200 mL skim milk	34.4	12
SlimFast® meal replacement powder in skim milk	35	40g (2 scoops) powder + 200mL water	18.8	6.6
Juice Plus+® Complete Dutch Chocolate	35	30 g	13.5	4.7
LEDA Luxury - Gluten free Chocolate Coated Cookie	35	300 ml	29.4	10.3
Masters reduced fat Strawberry Flavoured Milk	35	300 ml	24.6	8.6
Masters reduced fat Chocolate Flavoured Milk	34	255	19.6	6.7
Smoothie drink, soy, chocolate hazelnut	34	30	12.8	4.3
Coarse barley kernel bread with 80% scalded intact kernels and 20% white wheat flour	34	30	12.8	4.3
Bürgen® Mixed Grain bread	34	-	-	-
Rye, whole kernels, pressure cooked	34	258	12.1	4.1
Full-fat cows' milk	34	258	17.5	6
Milk, low-fat, chocolate, with sugar, Lite White™	34	154	18.5	6.3
Soy milk smoothie drink, chocolate hazelnut, 1% fat	34	120	14.6	5
Apple, raw	34	120	11.3	3.8
Pear, Winter Nellis, raw	34	150	24	8.2
Kidney beans	34	-	-	-
Resource Diabetic™, French vanilla	34	180	44.3	15.1
Spaghetti, white, boiled 5 min	34	180	44.3	15.1
Spaghetti, white, durum wheat, boiled	34	50	31	10.5
Chocolate, milk, plain with sucrose	34	150	33.3	11.3
Dioscorea bulbifera, cheeky yam, peeled, sliced, soaked 2 d, baked 15 min	34	150 grams	21.9	7.4
Lemon Sorbetto Fruche	34	150 grams	20.9	7.1
Orange Sorbetto Fruche	34	150 grams	22.2	7.5
Apricot Vanilla Honey Fruche	34	150 grams	22.1	7.5
Duet Peach On Pineapple Fruche	33	154	18	5.9
Smoothie, raspberry	33	30	17	5.6
All-Bran Soy 'n Fibre™ breakfast cereal	33	150	41	13.5
Bangladeshi rice, variety BR4, parboiled	33	50	13.2	4.3
Mousse prepared from powdered mix with water, Mango, 1.8% fat	33	200	33	10.9
Yoghurt, low-fat, fruit, with sugar, Ski™	33	120	9.2	3
Orange, raw	33	120	11.3	3.7
Pear, raw,	33	150	21.5	7.1
Blackeyed beans/peas boiled	33	258	30.2	10
Sustagen™ Hospital with extra fiber, drink made	33	180	44.3	14.6
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Spaghetti, white, boiled         33         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         -         - </th <th>from powdered mix</th> <th></th> <th></th> <th></th> <th></th>	from powdered mix				
M & M's®, peanut       33       20       11.5       3.8         Nutellal®, chocolate hazelnut spread       33       200       30.8       10.2         Yoplait Low-fat, sugar-sweetened strawberry yoghurt       33       354 mL bottle       11       3.6         Campbell's ® tomato juice       33       325 mL can       38.7       12.8         Slim-Fast® Strawberry Supreme RTD shake       33       40 grams       11.5       3.8         Revival® Chocolate Daydream™ Shake - fructose sweetened       33       40 grams       11.5       3.8         ExtendBar Apple Cinnamon Delight Bar       32       150       41       13.1         Bangladeshi rice, variety BR16, traditionally parboiled       32       259       13       4.1         Skim milk       32       50       13.2       4.2         Mousse prepared from powdered mix with water, Strawberry, 2.3% fat       32       120       14.6       4.7         Apple, Braeburn, raw       32       60       24.9       8         Apricots, dried       32       150       14       9         Chickpeas, dried, boiled       32       150       17       5.4         Lima beans, baby, frozen, reheated in microwave oven       32       150       11 <td>·</td> <td>33</td> <td>-</td> <td>-</td> <td>-</td>	·	33	-	-	-
Nutella®, chocolate hazelnut spread Yoplait Low-fat, sugar-sweetened strawberry yoghurt Campbell's ® tomato juice  Slim-Fast® Strawberry Supreme RTD shake Revival® Chocolate Daydream™ Shake - fructose sweetened ExtendBar Apple Cinnamon Delight Bar Bangladeshi rice, variety BR16, traditionally parboiled Skim milk  Mousse prepared from powdered mix with water, Strawberry, 2.3% fat Apple, Braeburn, raw Apricots, dried Chickpeas, dried, boiled Lentils, red, dried, boiled Lentils, red, dried, boiled Lentils, red, spling, frozen, reheated in microwave oven Split peas, yellow, boiled 20 min L.E.A.N Nutribar™, Chocolate Crunch Ultra pure-protein™ shake, Vanilla ice cream flavour Fettucine, egg, boiled Spaghetti, white, boiled 15 min Spaghetti, white, boiled 5 min Spaghetti, white, boiled 15 min Spaghetti, wholemeal, boiled Locust honey Vaalia ® Low-fat Passionfruit yoghurt Vaalia ® Low-fat Passionfruit yoghurt  Mosters Mocha Flavoured Milk  Mosters Mocha Flavoured Milk  A32	, -	33	20	11.5	3.8
Yoplait Low-fat, sugar-sweetened strawberry yoghurt         33         354 mL bottle         11         3.6           Campbell's ® tomato juice         33         325 mL can         38.7         12.8           Slim-Fast® Strawberry Supreme RTD shake Revival® Chocolate Daydream™ Shake - fructose sweetened         33         40 grams         11.5         3.8           ExtendBar Apple Cinnamon Delight Bar Bangladeshi rice, variety BR16, traditionally parboiled         32         150         41         13.1           Skim milk         32         50         13.2         4.2           Mousse prepared from powdered mix with water, Strawberry, 2.3% fat         32         120         14.6         4.7           Apple, Braeburn, raw         32         60         24.9         8           Apricots, dried         32         150         14.9         4.8           Lentils, red, dried, boiled         32         150         17         5.4           Lima beans, baby, frozen, reheated in microwave oven         32         150         17         5.4           Split peas, yellow, boiled 20 min         32         150         11         3.5           LE.A.N Nutribar™, Chocolate Crunch         32         -         -         -           Ultra pure-protein™ shake, Vanilla ce cream flav	•	33	200	30.8	10.2
Slim-Fast® Strawberry Supreme RTD shake   33   325 mL can   38.7   12.8	Yoplait Low-fat, sugar-sweetened strawberry	33		11	3.6
Revival® Chocolate Daydream™ Shake - fructose sweetened		33	325 mL can	38.7	12.8
fructose sweetened         5.4         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         13.1         14.1         13.1         14.1         13.1         14.1         12.1         14.1         12.1         14.1         12.1         14.1         14.1         14.1         14.1         12.2         15.0         14.1         14.2         14.2         14.2         15.0         14.1         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2         14.2 <td>Slim-Fast® Strawberry Supreme RTD shake</td> <td>33</td> <td></td> <td></td> <td></td>	Slim-Fast® Strawberry Supreme RTD shake	33			
Bangladeshi rice, variety BR16, traditionally parboiled Skim milk  Mousse prepared from powdered mix with water, Strawberry, 2.3% fat  Apple, Braeburn, raw  Apricots, dried  Chickpeas, dried, boiled  Lentils, red, dried, boiled  Lima beans, baby, frozen, reheated in microwave oven  Split peas, yellow, boiled 20 min  L.E.A.N Nutribar™, Chocolate Crunch  Ultra pure-protein™ shake, Vanilla ice cream flavour  Fettucine, egg, boiled  Spaghetti, white, boiled 15 min  Spaghetti, white, boiled 15 min  Spaghetti, wholemeal, boiled  Locust honey  Vaalia ® Low-fat Heavenly Honey yoghurt  Valia ® Low-fat Passionfruit yoghurt  Nestle Chocolate & Vanilla Carb Smart Ice Cream  Masters Mocha Flavoured Milk  32	•	33	40 grams	11.5	3.8
Skim milk  32 50 13.2 4.2  Mousse prepared from powdered mix with water, Strawberry, 2.3% fat Apple, Braeburn, raw  32 60 24.9 8  Apricots, dried  32 150 24 7.7  Chickpeas, dried, boiled  Lentils, red, dried, boiled  Lima beans, baby, frozen, reheated in microwave oven  Split peas, yellow, boiled 20 min  L.E.A.N Nutribar™, Chocolate Crunch  Ultra pure-protein™ shake, Vanilla ice cream flavour  Fettucine, egg, boiled  Spaghetti, white, boiled 5 min  Spaghetti, white, boiled 15 min  Spaghetti, wholemeal, boiled  Nougat, Jijona  Locust honey  Vaalia ® Low-fat Heavenly Honey yoghurt  Juice Plus+® Complete French Vanilla  Palatinose™  Nestle Chocolate & Vanilla Carb Smart Ice Cream  Masters Mocha Flavoured Milk  32 60 24.9 8  4.7  120 14.6 4.7  120 14.6 4.7  121 7.7  14.7  14.9  14.9  14.9  15.0  16.0  17.1  18.0  14.1  14.7  14.7  15.4  15.0  11 3.5  15.0  11 3.5  11 3.5  11 3.5  11 3.5  11 3.5  11 3.5  11 3.5  12 10 11 3.5  13 14.7  14.7  14.7  15.4  16.2  17.7  18.8  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.9  18.	ExtendBar Apple Cinnamon Delight Bar	32	150	41	13.1
Mousse prepared from powdered mix with water, Strawberry, 2.3% fat       32       120       14.6       4.7         Apple, Braeburn, raw       32       60       24.9       8         Apricots, dried       32       150       24       7.7         Chickpeas, dried, boiled       32       150       14.9       4.8         Lentils, red, dried, boiled       32       150       17       5.4         Lima beans, baby, frozen, reheated in microwave oven       32       150       11       3.5         Split peas, yellow, boiled 20 min       32       -       -       -       -         LE.A.N Nutribar™, Chocolate Crunch       32       180       46.1       14.7         Ultra pure-protein™ shake, Vanilla ice cream flavour       32       180       44.3       14.2         Spaghetti, white, boiled 5 min       32       180       44.3       14.2         Spa		32	259	13	4.1
Strawberry, 2.3% fat Apple, Braeburn, raw Apricots, dried Appricots, dried Apricots, dried Apricots, dried 32 150 24 7.7 Chickpeas, dried, boiled Lentils, red, dried, boiled Lentils, red, dried, boiled Lima beans, baby, frozen, reheated in microwave oven Split peas, yellow, boiled 20 min  L.E.A.N Nutribar™, Chocolate Crunch Ultra pure-protein™ shake, Vanilla ice cream flavour Fettucine, egg, boiled Spaghetti, white, boiled 5 min Spaghetti, white, boiled 15 min Spaghetti, wholemeal, boiled Spaghetti, who	Skim milk	32	50	13.2	4.2
Apricots, dried Apricots, dried, boiled Lentils, red, dried, boiled Lentils, red, dried, boiled Lima beans, baby, frozen, reheated in microwave oven Split peas, yellow, boiled 20 min  L.E.A.N Nutribar™, Chocolate Crunch Ultra pure-protein™ shake, Vanilla ice cream flavour Fettucine, egg, boiled Spaghetti, white, boiled 15 min Spaghetti, white, boiled 15 min Spaghetti, wholemeal, boiled Spa		32	120	14.6	4.7
Chickpeas, dried, boiled  Lentils, red, dried, boiled  Lima beans, baby, frozen, reheated in microwave oven  Split peas, yellow, boiled 20 min  L.E.A.N Nutribar™, Chocolate Crunch  Ultra pure-protein™ shake, Vanilla ice cream flavour  Fettucine, egg, boiled  Spaghetti, white, boiled 5 min  Spaghetti, wholemeal, boiled 15 min  Spaghetti, wholemeal, boiled  Nougat, Jijona  Locust honey  Vaalia ® Low-fat Heavenly Honey yoghurt  Valia ® Low-fat Passionfruit yoghurt  Petus+® Complete French Vanilla  Palatinose™  Nestle Chocolate & Vanilla Carb Smart Ice Cream  Masters Mocha Flavoured Milk  32 150 11 3.5  150 11 3.5  14.9 4.8  14.9 150 17 5.4  18.0 11 3.5  18.0 4.1 14.7  18.0 46.1 14.7  18.0 46.1 14.7  18.0 44.3 14.2  18.0 44.3 14.2  19.1 18.0 44.3 14.2  19.2 20.5 6.6  10.0 17.8 5.7  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5.3  10.0 16.6 5	Apple, Braeburn, raw	32	60	24.9	8
Lentils, red, dried, boiled       32       150       17       5.4         Lima beans, baby, frozen, reheated in microwave oven       32       150       11       3.5         Split peas, yellow, boiled 20 min       32       -       -       -         L.E.A.N Nutribar™, Chocolate Crunch       32       -       -       -         Ultra pure-protein™ shake, Vanilla ice cream flavour       32       180       46.1       14.7         Fettucine, egg, boiled       32       180       44.3       14.2         Spaghetti, white, boiled 5 min       32       180       44.3       14.2         Spaghetti, white, boiled 15 min       32       180       44.3       14.2         Spaghetti, wholemeal, boiled       32       30       22.3       7.1         Nougat, Jijona       32       25       20.5       6.6         Locust honey       32       100       17.8       5.7         Vaalia ® Low-fat Heavenly Honey yoghurt       32       100       16.6       5.3         Vaalia ® Low-fat Passionfruit yoghurt       32       40 g (2 scoops) powder + 200mL water       200mL water       6.2         Juice Plus+® Complete French Vanilla       32       48 grams       2.2       0.7	Apricots, dried	32	150	24	7.7
Lima beans, baby, frozen, reheated in microwave oven       32       150       11       3.5         Split peas, yellow, boiled 20 min       32       -       -       -         L.E.A.N Nutribar™, Chocolate Crunch       32       -       -       -         Ultra pure-protein™ shake, Vanilla ice cream flavour       32       180       46.1       14.7         Fettucine, egg, boiled       32       180       44.3       14.2         Spaghetti, white, boiled 5 min       32       180       44.3       14.2         Spaghetti, wholemeal, boiled       32       30       22.3       7.1         Nougat, Jijona       32       25       20.5       6.6         Locust honey       32       100       17.8       5.7         Vaalia ® Low-fat Heavenly Honey yoghurt       32       100       16.6       5.3         Vaalia ® Low-fat Passionfruit yoghurt       32       40g (2 scoops) powder + 200mL water       6.2         Juice Plus+® Complete French Vanilla       32       48 grams       2.2       0.7         Nestle Chocolate & Vanilla Carb Smart Ice Cream       32       300 ml       32.4       10.4         Masters Mocha Flavoured Milk       32       40 grams       13.3       4.3 </td <td>Chickpeas, dried, boiled</td> <td>32</td> <td>150</td> <td>14.9</td> <td>4.8</td>	Chickpeas, dried, boiled	32	150	14.9	4.8
oven       Split peas, yellow, boiled 20 min       32       -       -       -         L.E.A.N Nutribar™, Chocolate Crunch       32       -       -       -         Ultra pure-protein™ shake, Vanilla ice cream flavour       32       180       46.1       14.7         Fettucine, egg, boiled       32       180       44.3       14.2         Spaghetti, white, boiled 5 min       32       180       44.3       14.2         Spaghetti, wholemeal, boiled       32       30       22.3       7.1         Nougat, Jijona       32       25       20.5       6.6         Locust honey       32       100       17.8       5.7         Vaalia ® Low-fat Heavenly Honey yoghurt       32       100       16.6       5.3         Vaalia ® Low-fat Passionfruit yoghurt       32       40g (2 scoops) powder + 200mL water       6.2         Juice Plus+® Complete French Vanilla       32       48 grams       2.2       0.7         Nestle Chocolate & Vanilla Carb Smart Ice Cream       32       300 ml       32.4       10.4         Masters Mocha Flavoured Milk       32       40 grams       13.3       4.3	Lentils, red, dried, boiled	32	150	17	5.4
L.E.A.N Nutribar™, Chocolate Crunch  Ultra pure-protein™ shake, Vanilla ice cream flavour  Fettucine, egg, boiled  Spaghetti, white, boiled 5 min  Spaghetti, white, boiled 15 min  Spaghetti, wholemeal, boiled  32  30  22.3  7.1  Nougat, Jijona  Locust honey  Vaalia ® Low-fat Heavenly Honey yoghurt  Vaalia ® Low-fat Passionfruit yoghurt  Juice Plus+® Complete French Vanilla  Palatinose™  Nestle Chocolate & Vanilla Carb Smart Ice Cream  Masters Mocha Flavoured Milk  32  180  44.3  14.2  14.2  14.2  15.7  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  44.3  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  14.2  180  180  180  180  180  180  180  18	·	32	150	11	3.5
Ultra pure-protein™ shake, Vanilla ice cream flavour       32       180       46.1       14.7         Fettucine, egg, boiled       32       180       44.3       14.2         Spaghetti, white, boiled 5 min       32       180       44.3       14.2         Spaghetti, white, boiled 15 min       32       180       44.3       14.2         Spaghetti, wholemeal, boiled       32       30       22.3       7.1         Nougat, Jijona       32       25       20.5       6.6         Locust honey       32       100       17.8       5.7         Vaalia ® Low-fat Heavenly Honey yoghurt       32       100       16.6       5.3         Vaalia ® Low-fat Passionfruit yoghurt       32       40g (2 scoops) powder + 200mL water       6.2         Juice Plus+® Complete French Vanilla       32       48 grams       2.2       0.7         Nestle Chocolate & Vanilla Carb Smart Ice Cream       32       300 ml       32.4       10.4         Masters Mocha Flavoured Milk       32       40 grams       13.3       4.3	Split peas, yellow, boiled 20 min	32	-	-	-
Fettucine, egg, boiled  Spaghetti, white, boiled 5 min  Spaghetti, white, boiled 15 min  Spaghetti, wholemeal, boiled  Spaghe	L.E.A.N Nutribar™, Chocolate Crunch	32	-	-	-
Spaghetti, white, boiled 5 min       32       180       44.3       14.2         Spaghetti, white, boiled 15 min       32       180       44.3       14.2         Spaghetti, wholemeal, boiled       32       30       22.3       7.1         Nougat, Jijona       32       25       20.5       6.6         Locust honey       32       100       17.8       5.7         Vaalia ® Low-fat Heavenly Honey yoghurt       32       100       16.6       5.3         Vaalia ® Low-fat Passionfruit yoghurt       32       40g (2 scoops) powder + 200mL water       6.2         Juice Plus+® Complete French Vanilla       32       48 grams       2.2       0.7         Nestle Chocolate & Vanilla Carb Smart Ice Cream       32       300 ml       32.4       10.4         Masters Mocha Flavoured Milk       32       40 grams       13.3       4.3		32	180	46.1	14.7
Spaghetti, white, boiled 15 min       32       180       44.3       14.2         Spaghetti, wholemeal, boiled       32       30       22.3       7.1         Nougat, Jijona       32       25       20.5       6.6         Locust honey       32       100       17.8       5.7         Vaalia ® Low-fat Heavenly Honey yoghurt       32       100       16.6       5.3         Vaalia ® Low-fat Passionfruit yoghurt       32       40g (2 scoops) powder + 200mL water       6.2         Juice Plus+® Complete French Vanilla       32       48 grams       2.2       0.7         Nestle Chocolate & Vanilla Carb Smart Ice Cream       32       300 ml       32.4       10.4         Masters Mocha Flavoured Milk       32       40 grams       13.3       4.3	Fettucine, egg, boiled	32	180	44.3	14.2
Spaghetti, wholemeal, boiled       32       30       22.3       7.1         Nougat, Jijona       32       25       20.5       6.6         Locust honey       32       100       17.8       5.7         Vaalia ® Low-fat Heavenly Honey yoghurt       32       100       16.6       5.3         Vaalia ® Low-fat Passionfruit yoghurt       32       40g (2 scoops) powder + 200mL water       6.2         Juice Plus+® Complete French Vanilla       32       48 grams       2.2       0.7         Nestle Chocolate & Vanilla Carb Smart Ice Cream       32       300 ml       32.4       10.4         Masters Mocha Flavoured Milk       32       40 grams       13.3       4.3	Spaghetti, white, boiled 5 min	32	180	44.3	14.2
Nougat, Jijona       32       25       20.5       6.6         Locust honey       32       100       17.8       5.7         Vaalia ® Low-fat Heavenly Honey yoghurt       32       100       16.6       5.3         Vaalia ® Low-fat Passionfruit yoghurt       32       40g (2 scoops) powder + 200mL water       6.2         Juice Plus+® Complete French Vanilla       32       48 grams       2.2       0.7         Nestle Chocolate & Vanilla Carb Smart Ice Cream       32       300 ml       32.4       10.4         Masters Mocha Flavoured Milk       32       40 grams       13.3       4.3	Spaghetti, white, boiled 15 min	32	180	44.3	14.2
Locust honey       32       100       17.8       5.7         Vaalia ® Low-fat Heavenly Honey yoghurt       32       100       16.6       5.3         Vaalia ® Low-fat Passionfruit yoghurt       32       40g (2 scoops) powder + 200mL water       19.4       6.2         Juice Plus+® Complete French Vanilla       32       48 grams       2.2       0.7         Nestle Chocolate & Vanilla Carb Smart Ice Cream       32       300 ml       32.4       10.4         Masters Mocha Flavoured Milk       32       40 grams       13.3       4.3	Spaghetti, wholemeal, boiled	32	30	22.3	7.1
Vaalia ® Low-fat Heavenly Honey yoghurt3210016.65.3Vaalia ® Low-fat Passionfruit yoghurt3240g (2 scoops) powder + 200mL water19.46.2Juice Plus+® Complete French Vanilla3248 grams2.20.7Palatinose™3248 grams2.20.7Nestle Chocolate & Vanilla Carb Smart Ice Cream32300 ml32.410.4Masters Mocha Flavoured Milk3240 grams13.34.3	Nougat, Jijona	32	25	20.5	6.6
Vaalia ® Low-fat Passionfruit yoghurt3240g (2 scoops) powder + 200mL water19.46.2Juice Plus+® Complete French Vanilla32—Palatinose™3248 grams2.20.7Nestle Chocolate & Vanilla Carb Smart Ice Cream32300 ml32.410.4Masters Mocha Flavoured Milk3240 grams13.34.3	Locust honey	32	100	17.8	5.7
Scoops) powder + 200mL water  Juice Plus+® Complete French Vanilla  Palatinose™  Nestle Chocolate & Vanilla Carb Smart Ice Cream  Masters Mocha Flavoured Milk  Scoops) powder + 200mL water  32  48 grams  2.2  0.7  32  300 ml 32.4  10.4  10.4	Vaalia ® Low-fat Heavenly Honey yoghurt	32	100	16.6	5.3
Palatinose™ 32 48 grams 2.2 0.7  Nestle Chocolate & Vanilla Carb Smart Ice Cream  Masters Mocha Flavoured Milk 32 40 grams 13.3 4.3	Vaalia ® Low-fat Passionfruit yoghurt	32	scoops) powder + 200mL	19.4	6.2
Nestle Chocolate & Vanilla Carb Smart Ice Cream  Masters Mocha Flavoured Milk  32 300 ml 32.4 10.4 240 grams 13.3 4.3	Juice Plus+® Complete French Vanilla	32			
Cream Masters Mocha Flavoured Milk 32 40 grams 13.3 4.3	Palatinose™	32	48 grams	2.2	0.7
		32	300 ml	32.4	10.4
	Masters Mocha Flavoured Milk	32	40 grams	13.3	4.3
ExtendBar Peanut Delight Bar 31 30 12.2 3.8	ExtendBar Peanut Delight Bar	31	30	12.2	3.8
Bürgen® Oat Bran & Honey bread with barley 31 258 12.1 3.8	Bürgen® Oat Bran & Honey bread with barley	31	258	12.1	3.8
Full-fat cow's milk, fresh 31 50 8.8 2.7	Full-fat cow's milk, fresh	31	50	8.8	2.7
Mousse prepared from powdered mix with water, 31 200 33 10.2	Mousse prepared from powdered mix with water,	31	200	33	10.2

Chocolate, 2% fat				
Yoghurt, low-fat wild strawberry, Ski d'lite™	31	120	9.2	2.9
Orange, raw	31	150	-	-
Butter beans, dried, boiled with 10g sucrose	31	150	19.8	6.1
Haricot/Navy beans, boiled	31	150	14.9	4.6
Lentils, red, dried, boiled	31	-	-	-
Marrowfat peas, dried, boiled	31	150	17.3	5.3
Mung bean, soaked, boiled 20 min	31	-	-	-
Glucerna™, vanilla	31	258	35.6	11
Sustagen™, Dutch Chocolate	31	100	-	-
Dhokla, leavened, fermented, steamed cake; dehusked chickpea and wheat semolina	31	-	-	-
Melawach + 15 g locust bean	31	-	-	-
White teparies broth	31	250	27.2	8.4
Yoplait Bfast Breakfast on the go drink, banana honey malt flavour	31	250 ml	15	4.7
Heavenly Vanilla Malt Rush Flavoured Milk	30	265	22.8	6.8
Smoothie drink, soy, banana	30	30	18.4	5.5
All-Bran™, high-fibre, extruded wheat bran breakfast cereal	30	-	-	-
Wheat, whole kernels	30	154	18.5	5.5
Soy milk smoothie drink, banana, 1% fat	30	60	24.9	7.5
Apricots, dried	30	120	23.9	7.2
Banana, under-ripe	30	120	9.7	2.9
Peach, canned in natural juice	30	-	-	-
Infant formula, Nan-1™ with iron	30	150	-	-
Butter beans, dried, boiled with 5g sucrose	30	150	19.8	5.9
Haricot/Navy beans, dried, boiled	30	150	14.9	4.5
Lentils, green, dried, boiled	30	-	-	-
L.E.A.N Nutribar™, Peanut Crunch	30	65 grams	16.5	5
Bulla Light Real Dairy Low Fat Mango Ice Cream	29	-	-	-
White wheat flour bread roll with 6 mg trestatin	29	150	31.7	9.2
Barley, pearled	29	-	-	-
Rye, whole kernels	29	60	37.2	10.8
Apple, dried	29	60	19.5	5.7
Prunes, pitted	29	150	3.5	1
Butter beans, dried, cooked 1.25 h	29	150	19.8	5.7
Haricot/Navy beans, pressure cooked at 15 psi for 25 min	29	150	24	7
Kidney beans, boiled	29	150	14.9	4.3
Lentils, boiled	29	50	-	-
Burn-it™ bar, Chocolate deluxe	29	-	-	-
Laddu in hot sweet syrup	29	-	-	
Yellow teparies broth	29	100	14.8	4.3
Vaalia ® Low-fat Luscious Berries yoghurt	28	-	-	-

Gran'Dia Banana, Oats and Honey biscuits	28	-	-	-
Full-fat cows' milk with 20g wheat bran	28	200	11.6	3.2
Yoghurt, reduced-fat, Extra-Lite™, strawberry	28	120	14.6	4.1
Apple, raw	28	120	7.4	2.1
Peach, raw	28	150	3.5	1
Butter beans	28	150	14.9	4.2
Lentils, boiled	28	100	5.4	1.5
Sausages, unspecified type	28	-	-	-
Wheat tortilla served with refried pinto beans and tomato sauce	28	100 (dry)	35.2	9.9
Proti pasta boiled in water:	28	100	14.7	4.2
Vaalia ® Low-fat Strawberry yoghurt	28	18 g mixed with 250g water	5.7	1.6
InZone™ nutritious beverage mix	28	18 g mixed with 250 g water	5.7	1.6
Provide™ nutritious beverage mix	28	18 g mixed with 205 g water	5.7	1.6
SICCON D2 nutritious beverage mix	27	30	12.8	3.5
Coarse barley kernel bread with 75% kernels	27	150	31.7	8.5
Barley	27	150	41	11.1
Bangladeshi rice, variety BR16, pressure parboiled	27	-	-	-
White boiled rice, grilled beefburger, cheese, and butter	27	-	-	-
Sustagen™ Instant Pudding, vanilla, made from powdered mix	27	180	44.3	12
Spaghetti, protein enriched, boiled 7 min	27	60	23.3	6.3
Chapatti, baisen	27	78 (2 bars)	36	9.7
Slim-Fast® Chocolate meal replacement bar	27	65 grams	16.7	4.5
Bulla Light Real Dairy Low Fat Chocolate Ice Cream	27	65 grams	16.5	4.5
Bulla Light Real Dairy Low Fat English Toffee Ice Cream	27	200 grams	13.9	3.8
Jalna Passionfruit Fat-Free Yoghourt	27	300 ml	24.6	6.6
Masters Light 99% fat-free Mocha Flavoured Milk	27	300 ml	27	7.3
Masters Light 99% fat-free Chocolate Flavoured Milk	26	-	-	-
Nutrimeal™, meal replacement drink, Dutch Chocolate	26	200	11.6	3
Yoghurt, reduced-fat, Vaalia™, apricot & mango	26	-	-	-
Nutrimeal™, drink powder, Dutch Chocolate	26	-	-	-
Lungkow beanthread noodles	26	250 ml	13.8	3.6
Wicked Latte Rush Flavoured Milk	26	250 ml	13.5	3.5

Ultimate Chocolate Rush Flavoured Milk	26	200 grams	12.8	3.3
Jalna Bush Honey Bio Dynamic Yoghourt	25	-	-	-
Hot breakfast cereal, unflavoured	25	150	31.7	7.9
Barley, pot, boiled in salted water 20 min	25	-	-	
Full-fat cows' milk with 20g wheat bran	25	200	11.6	2.9
Yoghurt, non-fat with no added sugar, Diet	25	120	5.8	1.4
Vaalia™, mixed berry				
Grapefruit, raw	25	120	16.7	4.2
Pear halves, canned in reduced-sugar syrup, SPC Lite	25	150	24	6
Kidney beans , red, soaked 20 min, boiled 70 min	25	150	17.3	4.3
Mung bean, germinated	25	-	-	-
Pure-protein™ cookie, Choc-chip cookie dough	25	10	10	2.5
Fructose	25	-	-	-
Yam, peeled, boiled	25	-	-	-
Mesquite cakes	25			
Revival® Chocolate Daydream™ Shake - sucralose sweetened	24	258	12.1	2.9
Full-fat cows' milk	24	258	16.5	4
Milk, low-fat, chocolate, with aspartame, Lite White™	24	120	7.8	1.9
Plum, raw	24	10	10	2.4
Fructose	24	150	19.5	4.7
Potato, uspecified type	24	80	5.2	1.2
Brown beans	24	-	-	-
Majadra	24	-	-	-
Laddu (popped amaranth, foxtail millet, roasted legume powder, fenugreek seeds) in hot sweet syrup	24	250 ml	14.3	3.4
Intense Coffee Rush Flavoured Milk	24	250 grams	13.1	3.1
Jalna Vitalise Multivitamin Cultured Milk Fruit Drink	23	200	11.6	2.7
Yoghurt, non-fat with no added sugar, Diet Vaalia™, exotic fruits	23	200	11.6	2.7
Yoghurt, non-fat with no added sugar, Diet Vaalia™, mango	23	200	11.6	2.7
Yoghurt, non-fat with no added sugar, Diet Vaalia™, strawberry	23	200	11	2.5
Yoghurt, non-fat with no added sugar, Diet Vaalia™, vanilla	23	150	24	5.5
Kidney beans, boiled	23	150	24	5.5
Kidney beans, dried, boiled	23	50	-	-
Burn-it™ bar, Peanut butter	23	230	-	-
Choicedm™, vanilla	23	50	4.5	1
Peanuts	23	150	19.5	4.5

Potato, boiled in salted water, refrigerated, reheated	23	50 grams (1.76 oz)	18	4.1
Hershey's SMARTZONE Crunchy Chocolate Brownie Flavor Nutrition Bar	22	150	31.7	7
Barley, pearled	22	120	12.5	2.7
Cherries, raw,	22	150	14.9	3.3
Lentils, green, dried, boiled	22	150	11.3	2.5
Peas, dried, boiled	22	150	11.3	2.5
Pigeon Pea, soaked, boiled 45 min	22	-	-	-
Pure-protein™ bar, Peanut butter	22	-	-	-
White boiled rice, grilled beefburger, cheese and butter	22	50	13.2	2.9
Cashew nuts, salted	21	258	12.1	2.5
Full-fat cows' milk	21	150	14.9	3.1
Lentils, red, dried, boiled	21	10	10	2.1
Fructose	20	10	10	2
Fructose	20	-	-	-
Tarhana soup (wheat flour, yoghurt, tomato, green pepper)	20	62.5 g powder + 250 g water	27	5.4
Slim-Fast® Garden vegetable soup with peppers and croutons	19	30	8	1.5
Rice Bran, extruded	19	150	24	4.6
Kidney beans boiled	19	-	-	-
Rajmah	19	-	-	-
Uppuma kedgeree	19	200	12.8	2.4
No-fat yoghurt with low-calorie sweetener and fructose	19	200 grams	7.4	1.4
Jalna Fat-Free Natural Yoghourt	19	250 grams	13.3	2.5
Jalna Wildberry Yoghourt on the Go	18	-	-	-
White wheat flour bread with 200 mg of acarbose	18	150	14.9	2.7
Lentils, red, dried, boiled	18	-	-	-
Uppuma kedgeree (millet, legumes, fenugreek seeds; roasted and cooked in water)	18	250 ml	12.3	2.2
Vitasoy Vitality + Soy milk	18	200 grams	15.1	2.7
Jalna Premium Vanilla Creamy Yoghourt	18	50 grams (1.76 oz)	18	3.2
Hershey's SMARTZONE Peanut Butter Flavor Nutrition Bar	16	-	-	-
Resource Diabetic™, Swiss chocolate	16	80	4.2	0.7
Carrots, raw	16	-	-	-
Acorns, stewed with venison	16	50 grams (1.76 oz)	21	3.4
Hershey's SMARTZONE Chocolate Flavor Nutrition Bar	16	50 grams (1.76 oz)	21	3.4
Hershey's SMARTZONE Crunchy Chocolate	15	150	3.6	0.5

Soya beans, dried, boiled
Flavor Ňutrition Bar Yoghurt, Iow-fat, fruit, with aspartame, Ski™ Soya beans, canned Designer chocolate, sugar-free, Worldwide Sport Nutrition brand Pinto beans, boiled in salted water Soya beans, canned in brine, drained Pinto beans, boiled in salted water Soya beans, canned in brine, drained Pinto beans, boiled in salted water Soya beans, canned in brine, drained Pinto beans, boiled in salted water Soya beans, canned in brine, drained Pinto beans, boiled in salted water Soya beans, canned in brine, drained Pinto beans, boiled in salted water Soya beans, canned in brine, drained Pinto beans, boiled in salted water Soya beans, canned in brine, drained Pinto beans, boiled in salted water Soya beans, canned 14 50 crams 18 2.5 0.4 50 grams (1.76 oz) Peanuts Pilto bean White bean Peanuts Pructose 13 50 4.5 0.6 Peanuts Pructose 12 50 49.8 6 Fructose Ga kenkey, prepared from fermented cornmeal 12 200 grams 8.3 1  Jalna Premium Blend - Greek Style Yoghourt 11 258 12.1 1.3 Fermented cow's milk 11 259 24.9 2.7 fructose Bengal gram dhal, chickpea 11 200 grams 6.8 0.7  Jalna Leben European Style Yoghourt Chickpeas dried, soaked, boiled 35 min Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement Xyllitol C  8 50
Soya beans, canned         14         50         -         -           Designer chocolate, sugar-free, Worldwide Sport Nutrition brand         14         -         -         -           Pinto beans, boiled in salted water         14         70         2.5         0.4           Soya beans, canned in brine, drained         14         50 grams (1.76 oz)         18         2.5           Hershey's SMARTZONE Crunchy Chocolate Peanut Butter Flavor Nutrition Bar Kidney's SMARTZONE Crunchy Key Lime Flavor Nutrition Bar Kidney bean /white bean         13         150         24         3.1           Flavor Nutrition Bar Kidney bean /white bean         13         50         4.5         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.6         0.7         0.6         0.8         0.7         0.6         0.8         0.7         0.2         0.8         0.2
Designer chocolate, sugar-free, Worldwide Sport Nutrition brand         14         -         -         -           Pinto beans, boiled in salted water         14         70         2.5         0.4           Soya beans, canned in brine, drained         14         50 grams (1.76 oz)         18         2.5           Hershey's SMARTZONE Crunchy Chocolate Peanut Butter Flavor Nutrition Bar Hershey's SMARTZONE Crunchy Key Lime Flavor Nutrition Bar Kidney bean /white bean         13         150         24         3.1           Flavor Nutrition Bar Kidney bean /white bean         13         50         4.5         0.6         0.6           Peanuts         12         50         49.8         6         6         Fructose         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         6         7         1         258         12.1         1.3         1         1         1         258         12.1         1.3         1         1         1         1         1
Nutrition brand Pinto beans, boiled in salted water Soya beans, canned in brine, drained Hershey's SMARTZONE Crunchy Chocolate Peanut Butter Flavor Nutrition Bar Hershey's SMARTZONE Crunchy Key Lime Flavor Nutrition Bar Kidney bean /white bean Peanuts Fructose Ga kenkey, prepared from fermented cornmeal  Jalna Premium Blend - Greek Style Yoghourt Full-fat cows' milk Fermented cow's milk Fermented cow's milk Blue Agave cactus nectar, organic, light, 90% fructose Bengal gram dhal, chickpea  PeduceXS™ Chocolate Deluxe formulated meal replacement Xylitol C  Nutrition brand  14 70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.5 0.4  70 2.8  70 3.1  70 4.5 0.6  70 4.5 0.6  70 4.5 0.6  70 4.5 0.6  70 4.5 0.6  70 4.5 0.6  70 4.5 0.6  70 4.5 0.6  71 2.5 0.4  71 2.5 0.4  72 2.8  73 1  74 2.8  75 2.9  76 2.8  77 2.8  78 2.9  78 2.7  78 2.7  78 2.8  78 2.1  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7  79 2.7
Soya beans, canned in brine, drained       14       50 grams (1.76 oz)       18       2.5         Hershey's SMARTZONE Crunchy Chocolate Peanut Butter Flavor Nutrition Bar Hershey's SMARTZONE Crunchy Key Lime Flavor Nutrition Bar Kidney bean /white bean       13       150       24       3.1         Flavor Nutrition Bar Kidney bean /white bean       13       50       4.5       0.6         Peanuts       12       50       49.8       6         Fructose       12       -       -       -         Ga kenkey, prepared from fermented cornmeal       12       200 grams       8.3       1         Jalna Premium Blend - Greek Style Yoghourt       11       258       12.1       1.3         Full-fat cows' milk       11       258       12.1       1.3         Fermented cow's milk       11       25       24.9       2.7         fructose       11       200 grams       6.8       0.7         Jalna Leben European Style Yoghourt       10       150       24       2.4
Hershey's SMARTZONE Crunchy Chocolate Peanut Butter Flavor Nutrition Bar Hershey's SMARTZONE Crunchy Key Lime Flavor Nutrition Bar Kidney bean /White bean Peanuts Fructose Ga kenkey, prepared from fermented cornmeal  Jalna Premium Blend - Greek Style Yoghourt Full-fat cows' milk Fermented cow's milk Flula Agave cactus nectar, organic, light, 90% fructose Bengal gram dhal, chickpea  Jalna Leben European Style Yoghourt Chickpeas dried, soaked, boiled 35 min Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement Xylitol C  11 50 grams 20 2.8  150 qrams 20 2.8  150 quarts 150 Q4 3.1  1
Peanut Butter Flavor Nutrition Bar       (1.76 oz)         Hershey's SMARTZONE Crunchy Key Lime       13       150       24       3.1         Flavor Nutrition Bar       13       50       4.5       0.6         Reanuts       12       50       49.8       6         Fructose       12       -       -       -         Ga kenkey, prepared from fermented cornmeal       12       200 grams       8.3       1         Jalna Premium Blend - Greek Style Yoghourt       11       258       12.1       1.3         Full-fat cows' milk       11       258       12.1       1.3         Fermented cow's milk       11       258       12.1       1.3         Fermented cow's milk       11       258       12.1       1.3         Fermented cow's milk       11       10       -       -         Blue Agave cactus nectar, organic, light, 90%       11       25       24.9       2.7         fructose       11       200 grams       6.8       0.7         Jalna Leben European Style Yoghourt       10       150       24       2.4         Chickpeas dried, soaked, boiled 35 min       10       10       -       -         Blue Agave cactus nectar,
Flavor Nutrition Bar Kidney bean /white bean  Peanuts  12 50 49.8 6 Fructose 12 Ga kenkey, prepared from fermented cornmeal 12 200 grams 8.3 1  Jalna Premium Blend - Greek Style Yoghourt Full-fat cows' milk 11 258 12.1 1.3 Fermented cow's milk 11 258 24.9 2.7 fructose Bengal gram dhal, chickpea 11 200 grams 6.8 0.7  Jalna Leben European Style Yoghourt 10 150 24 2.4 Chickpeas dried, soaked, boiled 35 min Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement Xylitol C  8 50
Peanuts Fructose Ga kenkey, prepared from fermented commeal  Jalna Premium Blend - Greek Style Yoghourt Full-fat cows' milk Fermented cow's milk  11
Fructose       12       -       -         Ga kenkey, prepared from fermented cornmeal       12       200 grams       8.3       1         Jalna Premium Blend - Greek Style Yoghourt       11       258       12.1       1.3         Full-fat cows' milk       11       258       12.1       1.3         Fermented cow's milk       11       258       12.1       1.3         Fermented cow's milk       11       10       -       -         Blue Agave cactus nectar, organic, light, 90% fructose       11       25       24.9       2.7         Fructose       11       200 grams       6.8       0.7         Jalna Leben European Style Yoghourt       10       150       24       2.4         Chickpeas dried, soaked, boiled 35 min       10       10       -       -         Blue Agave cactus nectar, organic, light, 97% fructose       (61g powder) + 350 mL water       1.2       1.2         ReduceXS™ Chocolate Deluxe formulated meal replacement       8       -       -       -         Xylitol C       8       50       -       -
Ga kenkey, prepared from fermented cornmeal       12       200 grams       8.3       1         Jalna Premium Blend - Greek Style Yoghourt       11       258       12.1       1.3         Full-fat cows' milk       11       258       12.1       1.3         Fermented cow's milk       11       258       12.1       1.3         Fermented cow's milk       11       10       -       -         Blue Agave cactus nectar, organic, light, 90% fructose       11       25       24.9       2.7         Fructose       11       200 grams       6.8       0.7         Jalna Leben European Style Yoghourt       10       150       24       2.4         Chickpeas dried, soaked, boiled 35 min       10       10       -       -         Blue Agave cactus nectar, organic, light, 97% fructose       10       2 scoops (61g powder) + 350 mL water       12.2       1.2         ReduceXS™ Chocolate Deluxe formulated meal replacement       8       -       -       -         Xylitol C       8       50       -       -
Jalna Premium Blend - Greek Style Yoghourt       11       258       12.1       1.3         Full-fat cows' milk       11       258       12.1       1.3         Fermented cow's milk       11       258       12.1       1.3         Fermented cow's milk       11       10       -       -         Blue Agave cactus nectar, organic, light, 90% fructose       11       25       24.9       2.7         Bengal gram dhal, chickpea       11       200 grams       6.8       0.7         Jalna Leben European Style Yoghourt       10       150       24       2.4         Chickpeas dried, soaked, boiled 35 min       10       10       -       -         Blue Agave cactus nectar, organic, light, 97% fructose       10       2 scoops (61g powder) + 350 mL water       1.2       1.2         ReduceXS™ Chocolate Deluxe formulated meal replacement       8       -       -       -         Xylitol C       8       50       -       -
Full-fat cows' milk  Fermented cow's milk  11 258 12.1 1.3  Fermented cow's milk  11 10  Blue Agave cactus nectar, organic, light, 90% fructose  Bengal gram dhal, chickpea  11 200 grams  6.8 0.7  Jalna Leben European Style Yoghourt  Chickpeas dried, soaked, boiled 35 min  Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement  Xylitol C  8 50
Fermented cow's milk  Fermented cow's milk  Fermented cow's milk  Blue Agave cactus nectar, organic, light, 90% fructose  Bengal gram dhal, chickpea  Jalna Leben European Style Yoghourt  Chickpeas dried, soaked, boiled 35 min  Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement  Xylitol C  11
Fermented cow's milk  Blue Agave cactus nectar, organic, light, 90% fructose  Bengal gram dhal, chickpea  Jalna Leben European Style Yoghourt  Chickpeas dried, soaked, boiled 35 min  Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement  Xylitol C  11
Blue Agave cactus nectar, organic, light, 90% fructose Bengal gram dhal, chickpea  11 200 grams 6.8 0.7  Jalna Leben European Style Yoghourt Chickpeas dried, soaked, boiled 35 min Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement Xylitol C  11 200 grams 6.8 0.7  10 150 24 2.4  2.4  2.5  10 2 scoops (61g powder) + 350 mL water  8
fructose Bengal gram dhal, chickpea  11 200 grams 6.8 0.7  Jalna Leben European Style Yoghourt 10 150 24 2.4  Chickpeas dried, soaked, boiled 35 min Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement Xylitol C  8 50
Jalna Leben European Style Yoghourt  Chickpeas dried, soaked, boiled 35 min  Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement  Xylitol C  10  150  24  2.4  2.4  10  10  10  -  2 scoops (61g powder) + 350 mL water  8  -  -  -  8  50  -  -
Chickpeas dried, soaked, boiled 35 min  Blue Agave cactus nectar, organic, light, 97% fructose  ReduceXS™ Chocolate Deluxe formulated meal replacement  Xylitol C  10  10  2 scoops (61g powder) + 350 mL water  8  -  -  -  8  50  -  -
Blue Agave cactus nectar, organic, light, 97% fructose 10 2 scoops (61g powder) + 350 mL water ReduceXS™ Chocolate Deluxe formulated meal replacement Xylitol C 8 50
fructose    (61g powder) + 350 mL water
replacement Sylitol C 8 50
7 ymer c
Acacia aneura, mulga seed, roasted, wet ground 8 50 8 0.6 to paste
Castanospermum australe, blackbean seed, 7 50 4.5 0.3 sliced, soaked 1 wk, pounded and baked
Peanuts, crushed 7
Litesse II, bulking agent with polydextrose and 7 sorbitol
Xylitol 7
Nopal 7 48 grams 2.3 0.2
Nestle Vanilla Carb Smart Ice Cream 6 30 3.3 0.2
Hummus 5 50 3.2 0.2

Gram dhal
Litesse III Ultra, bulking agent with polydextrose and sorbitol
Lactitol MC
Gaio® Tagatose sugar replacement

4	-	-	-
3	-	-	-
3	10g		
2			