
THE GLYCEMIC INDEX GUIDE

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WellnessWatchersMD™ 
The Medical Doctor's Program to Support your Healthy Changes.

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	-	-	-

Chapatti, wheat flour, thin, with green gram	81	60	23.3	18.9
Arepa, made from ordinary dehulled dent corn flour	81	100	23.1	18.7
Gluten-free white bread, sliced	80	-	-	-
Wonderwhite™, white wheat flour bread enriched with resistant starch	80	30	12.5	10
Cornflakes™ 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
Sunbrow 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
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
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	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
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

min				
Potato, new, unpeeled and boiled 20 min	78	150	19.5	15.2
Sweet potato, kumara, boiled	78	150	20.7	16.1
Green gram dhal with varagu	78	-	-	-
Corn tortilla, fried, with mashed potato, fresh tomato and lettuce	78	100	-	-
Fibre White™, white wheat flour bread enriched with resistant starch	77	30	12.5	9.6
Wholemeal	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	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	-	-	-
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)	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	-	-	-
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	-	-	-

Banana,	70	120	23.9	16.7
Fruit Leather	70	-	-	-
Rockmelon/cantalope, raw without seeds	70	165	7.8	5.5
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
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
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	50	9.9	6.7
Ice cream, chocolate flavored	68	180	52.4	35.6
Gnocchi, Latina brand	68	-	-	-
Spaghetti, gluten-free, rice and split pea, canned	68	60	37.6	25.5

in tomato sauce				
Mars Bar®	68	60	32.5	22.1
Snickers Bar®	68	-	-	-
M'fino/Morogo, wild greens	68	-	-	-
Non-glutaminous rice flour, served warm with drink, dehusked, soaked 12 h, stored 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	120	9.6	6.5
Breadfruit	68	50	36.8	25
Lowan Gradual energy release honey-toasted breakfast cereal:	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, 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	-	-	-
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
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	-	-	-
Wholemeal barley flour bread	66	30	13.3	8.8
Wholemeal rye bread	66	30	16.2	10.7
Wheat flour flatbread, unleavened composite flour	66	-	-	-

flatbread, unleaved				
Amaranth : wheat	66	30	-	-
Cream of Wheat™ breakfast cereal	66	-	-	-
Healthwise™ for bowel health breakfast cereal	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	-	-	-
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, 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	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 in 0.7% salted water for 16.5 min	65	10	10	6.5
Sucrose	65	10	10	6.5
Potato, new, canned, Mint Tiny Taters™ brand,	65	150	19.2	12.5

heated in microwave 3 min				
Potato, peeled, steamed 1 h	65	-	-	-
Glutaminous rice flour, instant, served warm with roasted ground soybean	65	60	33	21.5
Naytura Premium Muesli, untoasted, with nuts, sold at Woolworths supermarkets, Australia	65			
Crispbread enriched with 11% Fibregum	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	64	-	-	-
Semolina Bread	64	150	42	26.9
Long grain rice, white, Star brand, boiled 7 min	64	150	41	26.2
Parboiled rice, cooked 20 min, Uncle Ben's Natur-reis® brand	64	-	-	-
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	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	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	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, Richlands, Qld, Australia	62	57	27.7	17.2

Carrot muffin	62	-	-	-
Cytomax®, orange	62	-	-	-
French baguette	62	30	13.4	8.3
Pumpernickel 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

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™ 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

White bread with butter

Spaghetti, white, durum wheat semolina, boiled in 0.7% salted water for 11 min

Sucrose

Sweet corn

Sweet potato, peeled, cubed, boiled in salted water 15 min

White rice and non-sugar yoghurt

Chapatti, maize,

Melawach + 15 g maize cob fiber

Raw rolled oats, uncooked: Lowan's Whole Foods, Box Hill, Vic, Australia

Solo™, lemon squash, soft drink

Cracked wheat kernel 50% bread

Bran Buds™ high-fibre breakfast cereal

Bran Chex™ breakfast cereal

Mini Wheats™ breakfast cereal, whole wheat

Porridge made from raw rolled oats

Porridge made from raw rolled oats

Long grain rice, boiled 15 min

Mexican Fast and Fancy rice, Uncle Ben's®

Basmati rice, white, boiled

Digestive biscuits, gluten-free with maize starch

Banana, raw

Banana, raw

Kiwi fruit

Peach, canned in heavy syrup

Met-Rx® meal replacement drink, vanilla

Rice vermicelli, Kongmoon

Spaghetti, white, durum wheat, boiled 10 min in salty water

Spaghetti, white, durum wheat, boiled 20 min

Power Bar®, chocolate

Pure Capilano honey

Sucrose

Potato, Ontario, white, peeled, cut into cubes, boiled in salted water 15 min

Moroccan Couscous (stew of semolina, chickpeas, vegetable

White rice and non-sugar yoghurt eaten together

Vogel's ® Soyтана ®

Sunflower and barley bread

Wholemeal barley flour bread (80% barley flour

59	-	-	-
59	180	44.3	26.1
59	10	10	5.9
59	80	16.2	9.5
59	150	26	15.3
59	-	-	-
59	60	23.3	13.7
59	-	-	-
59	95	58.7	34.4
58	262	32.5	18.8
58	30	12.8	7.4
58	30	18.4	10.7
58	30	18.4	10.7
58	30	20.9	12.1
58	250	20.3	11.7
58	250	20.3	11.7
58	150	42	24.4
58	150	42	24.4
58	150	42	24.4
58	25	17.7	10.2
58	120	23.9	13.9
58	120	23.9	13.9
58	-	-	-
58	120	9.7	5.6
58	-	-	-
58	180	38.5	22.3
58	180	44.3	25.7
58	180	44.3	25.7
58	-	-	-
58	25	20.5	11.9
58	10	10	5.8
58	10	10	5.8
58	-	-	-
58	-	-	-
58	45	25.2	14.6
57	30	-	-
57	-	-	-
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
Pumpernickel bread, cocktail, sliced	55	30	13.3	7.3
Bürger™ 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, Eby 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, Ebyl 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, breakfast 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
Grapes, raw	49	100	23.6	11.6

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 Lactobacillus 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	-	-	-
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Pineapple juice, unsweetened	46	65	11.2	5.1
Yakult®, fermented milk drink with Lactobacillus 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 dente 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 kernel bread with 80% intact kernels and 20% white wheat flour	41	30	13.4	5.5
Pumpernickel bread	41	30	13.3	5.4
Wholemeal rye bread	41	-	-	-
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	41	150	42	17.2
Long grain rice, boiled 5 min	41	-	-	-
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
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, Ebyl 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	-	-	-
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
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	28.2	11.3
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, 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 macadamia	39	-	-	-
Soy milk drink, Xpress™, chocolate	39	120	14.6	5.7
Apple, Golden Delicious, raw	39	243	24.5	9.6
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	39	-	-	-
Mung bean noodles, dried, boiled	39	180	38.3	15
Ravioli, durum wheat flour, meat filled, boiled	39	-	-	-
Ironman PR bar®, chocolate	39	260	13	5.1
Soup, minestrone, Traditional, Country Ladle™	39	80	6.3	2.5
Pea, green, frozen, boiled	39	100	-	-
Corn tortilla, served with refried mashed pinto beans and tomato sauce	39	100	27.4	10.7
Sucrose-free gelati, vanilla flavour : Alba Foods, Newton, SA, Australia	38	111	57.9	22
Chocolate cake made from packet mix with chocolate frosting	38	257	8.5	3.2
Tomato juice, canned, no added sugar	38	-	-	-
Permax™ bread	38	30	18.4	7
All-Bran™, high-fibre, extruded wheat bran breakfast cereal	38	150	42	16
Converted rice, white, boiled 20-30 min, Uncle Ben's® brand	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

from powdered mix			
Spaghetti, white, boiled	33	-	-
M & M's®, peanut	33	20	11.5
Nutella®, chocolate hazelnut spread	33	200	30.8
Yoplait Low-fat, sugar-sweetened strawberry yoghurt	33	354 mL bottle	11
Campbell's ® tomato juice	33	325 mL can	38.7
Slim-Fast® Strawberry Supreme RTD shake	33		
Revival® Chocolate Daydream™ Shake - fructose sweetened	33	40 grams	11.5
ExtendBar Apple Cinnamon Delight Bar	32	150	41
Bangladeshi rice, variety BR16, traditionally parboiled	32	259	13
Skim milk	32	50	13.2
Mousse prepared from powdered mix with water, Strawberry, 2.3% fat	32	120	14.6
Apple, Braeburn, raw	32	60	24.9
Apricots, dried	32	150	24
Chickpeas, dried, boiled	32	150	14.9
Lentils, red, dried, boiled	32	150	17
Lima beans, baby, frozen, reheated in microwave oven	32	150	11
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
Fettucine, egg, boiled	32	180	44.3
Spaghetti, white, boiled 5 min	32	180	44.3
Spaghetti, white, boiled 15 min	32	180	44.3
Spaghetti, wholemeal, boiled	32	30	22.3
Nougat, Jijona	32	25	20.5
Locust honey	32	100	17.8
Vaalia ® Low-fat Heavenly Honey yoghurt	32	100	16.6
Vaalia ® Low-fat Passionfruit yoghurt	32	40g (2 scoops) powder + 200mL water	19.4
Juice Plus+® Complete French Vanilla Palatinose™	32		
	32	48 grams	2.2
Nestle Chocolate & Vanilla Carb Smart Ice Cream	32	300 ml	32.4
Masters Mocha Flavoured Milk	32	40 grams	13.3
ExtendBar Peanut Delight Bar	31	30	12.2
Bürgen® Oat Bran & Honey bread with barley	31	258	12.1
Full-fat cow's milk, fresh	31	50	8.8
Mousse prepared from powdered mix with water,	31	200	33

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 Vaalia™, mixed berry	25	120	5.8	1.4
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, unspecified 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 kedgereee	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 kedgereee (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

Caramel Flavor Nutrition Bar			
Soya beans, dried, boiled	15	50 grams (1.76 oz)	20 3
Hershey's SMARTZONE Crunchy Blueberry Flavor Nutrition Bar	14	200	11.6 1.6
Yoghurt, low-fat, fruit, with aspartame, Ski™	14	150	4.4 0.6
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	14	50 grams (1.76 oz)	20 2.8
Hershey's SMARTZONE Crunchy Key Lime Flavor Nutrition Bar	13	150	24 3.1
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	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	12.2 1.2
ReduceXS™ Chocolate Deluxe formulated meal replacement	8	-	- -
Xylitol C	8	50	- -
Acacia aneura, mulga seed, roasted, wet ground to paste	8	50	8 0.6
Castanospermum australe, blackbean seed, sliced, soaked 1 wk, pounded and baked	7	50	4.5 0.3
Peanuts, crushed	7	-	- -
Litesse II, bulking agent with polydextrose and sorbitol	7	-	- -
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			