

REVIEW ARTICLE

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A glycaemic index compendium of non-western foods

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Abstract

Current international tables published on the glycaemic index (GI) of foods represent valuable resources for researchers and clinicians. However, the vast majority of published GI values are of Western origin, notably European, Australian and North American. Since these tables focus on Western foods with minimal inclusion of other foods from non-Western countries, their application is of limited global use. The objective of this review is to provide the GI values for a variety of foods that are consumed in non-Western countries. Our review extends and expands on the current GI tables in an attempt to widen its application in many other regions of the world.

Introduction

In many non-Western countries, cereal-based carbohydrates provide ~60% of total energy intake¹ compared with 42% for Caucasians². The consumption of such high-carbohydrate diets yield high glucose and insulin response, thus contributing to insulin resistance. Nonetheless, the quality of carbohydrate consumed is as important as the quantity. Poor quality carbohydrates are quickly digested and absorbed, thereby giving rise to high blood glucose and insulin 'spikes'. Observational studies have shown that the consumption of low glycaemic index (GI) foods is associated with a lower risk of type 2 diabetes mellitus (T2DM)³, significantly less insulin resistance and a lower prevalence of the metabolic syndrome⁴. However, the vast majority of these published GI values are of European, Australian and North America origin.

Glycaemic index

The GI is defined as a numerical figure used to represent the ability of a carbohydrate food to raise blood

glucose levels. It is expressed as a percentage of the incremental area under the glycaemic response curve (AUC) elicited by a portion of food containing 50 g available carbohydrate in comparison with the AUC elicited by a standard reference food of 50 g glucose or white bread in the same participant⁵. The principle is that the slower the rate of carbohydrate absorption into the bloodstream, the lower the rise of blood glucose level and the lower the GI value. A GI value of ≥ 70 is considered high, a GI value 56–69 inclusive is medium and a GI value ≤ 55 is low, where glucose = 100.

Following the approach of these authors, we are for the first time providing a compendium of GI values of non-Western foods⁶. Since many of these GI values were published in uncommon journals or located in various sources, it is not surprising that many previous authors may have found it a challenge to access and retrieve such information.

With a global pandemic of T2DM escalating, especially in emerging countries⁷, it is now recognised that the GI food-based intervention is an important tool in the management and prevention of T2DM⁸. Ironically, in regions of the world where there is a pandemic of T2DM, there is a shortage of a taxonomy of GI data of non-Western foods (e.g. Middle East, South Asia, Indian sub-continent) in contrast to the current international GI tables^{6,9}.

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In 1997, the FAO/WHO Expert Consultation suggested that the concept of GI might provide a useful means of helping to select the most appropriate carbohydrate-containing foods for the maintenance of health and the treatment of several diseases¹⁰. A meta-analysis by Brand-Miller et al¹¹, demonstrated that choosing low GI foods in place of conventional or high GI foods exhibited a small but clinically important effect on medium-term glycaemic control in patients with diabetes. Low GI foods have been shown to reduce insulin demand and lipid concentrations, improve blood glucose control and reduce body weight, thus preventing diabetes-related cardiovascular events^{12–15}.

A typical non-Western diet, such as in South Asia, is high in carbohydrates with cereals such as polished rice, white flour, finger millet, semolina and wheat providing the bulk of the energy¹⁶. Furthermore, it has been shown that a unique metabolic feature of South Asians, for an identical carbohydrate load, elicits postprandial glucose peaks that are 2–3 times larger than Caucasians^{17–19}. Hence, a compilation of the GI of non-Western foods is necessary for proper selection and modifications that may be of particular benefit to not only these groups of people but to a wider audience.

The objective of this review is, therefore, to consolidate the GI values for a variety of foods that are consumed in non-Western countries. This is in order to capture and encapsulate all the data available on GI that have not been reported in the general literature. Given that the largest preponderance of type 2 diabetes is in Asia, the Middle East, South America and parts of Africa, it is imperative that the database on GI is expanded in order for it to have global utility. With this in mind, papers were critically evaluated based on a strict criterion. The emphasis of this review has inevitably been to record and document the GI of various foods.

Research design and method

We conducted a comprehensive literature search for relevant, original articles published from January 2000 through May 2020. Since 2000 marked the exponential growth in GI testing in non-Western countries, we have decided to take this as the year of data analysis. Briefly, the following string of search terms was used in PubMed and Google Scholar, with no language or other restrictions: (glycaemic index) AND (foods) AND ('country'). The electronic search was supplemented by manual searches through the reference sections of selected publications, as well as with linked articles that were found to have cited these particular publications. Non-Western countries included in this search were as follows: Singapore, Malaysia, Indonesia, Brunei, Cambodia, Thailand, Japan, Korea, China, Taiwan, Hong Kong, Nepal, India, Myanmar,

Vietnam, Sri Lanka, Philippines, United Arab Emirates, Yemen, Oman, Saudi, Qatar, Kuwait, Lebanon, Egypt, Pakistan and Bangladesh. The compiled GI studies in our article have utilised the recommended GI testing method^{10,20} and fulfilled the minimum requirements for the following inclusion criteria for GI testing studies: minimum 10 participants (healthy/T2DM), instruments such as Yellow Spring Instruments (YSIs) and the use of handheld glucometers such as HemoCue® and other similar devices widely used in clinical studies for GI testing, amount of available carbohydrate and reference food (glucose/white bread/white rice). In the table, most of the foods are based on 50 g available carbohydrate. However, for foods with low to moderate carbohydrate density, it is justified by Brouns et al.²⁰ to use a lower amount of carbohydrate to prevent consumption of an excessively large amount of food. Finally, the GI of non-Western foods were grouped according to the countries. The food list was arranged according to the country of origin so as to allow individuals who are keener on knowing the GI variability of foods from their own country to retrieve this information conveniently.

Results

Table 1 lists 940 food items, citing 159 separate studies, representing reliable data derived from healthy subjects or individuals with type 2 diabetes. Figure 1 shows a flow diagram indicating a number of studies screened, excluded and included in this article. Non-Western countries included in this compilation were as follows: Singapore, Malaysia, Thailand, Indonesia, Philippines, Japan, Korea, China, Taiwan, Hong Kong, India, Sri Lanka, Emirates, Oman, Saudi and Lebanon. These countries were chosen based on published studies on GI from these locations, with validated methodologies used and the papers followed the inclusion criteria as described in our paper. The GI of non-Western foods was firstly arranged according to the country it was derived from. This was followed by the food item, the GI, serving size (if any), available carbohydrate portion, subject type and number, and lastly the reference food with time period of GI testing. An important feature of our paper is to encourage readers to interpret the data in a way that will enable them to select healthy foods from the GI range of foods available. Therefore, using the data generated from our GI tables, the illustrative example presented below are simple methods that may be adapted to reduce the GI values of carbohydrate-rich staples (Fig. 2).

Conclusion

We believe that the inclusion of the additional GI values of foods from non-Western countries will enhance the use

Table 1 GI values of non-Western foods.

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
1 ²¹	Singapore	Malay-style fried rice	99	7	377	50	11 Healthy participants	Glucose/2 h
2 ²¹	Singapore	Nasi lemak	100	14	210	50	11 Healthy participants	Glucose/2 h
3 ²¹	Singapore	Mee goreng	91	9	309	50	11 Healthy participants	Glucose/2 h
4 ²¹	Singapore	Mee siam	88	11	655	50	11 Healthy participants	Glucose/2 h
5 ²¹	Singapore	Loi mai kai	94	9	149	50	11 Healthy participants	Glucose/2 h
6 ²¹	Singapore	Red bean pau	91	6	67	50	11 Healthy participants	Glucose/2 h
7 ²¹	Singapore	Chicken Curry Puff	92	8	71	50	11 Healthy participants	Glucose/2 h
8 ²¹	Singapore	Cheese bun	95	9	52	50	11 Healthy participants	Glucose/2 h
9 ²²	Singapore	White rice	96	6.6	194 g cooked rice	50	12 Healthy participants	Glucose/2 h
10 ²²	Singapore	White rice cooked with oil	68	4.3	194 g cooked white rice 30 g ground nut oil	50	12 Healthy participants	Glucose/2 h
11 ²²	Singapore	White rice served with chicken breast without skin	73	4.1	194 g cooked white rice 100 g chicken breast	50	12 Healthy participants	Glucose/2 h
12 ²²	Singapore	White rice served with leaf vegetables	82	5.8	194 g cooked rice 120 g vegetables	50	12 Healthy participants	Glucose/2 h
13 ²²	Singapore	White rice cooked with oil, served with chicken breast and leafy vegetables	50	4.0	194 g cooked rice 30 g ground nut oil 100 g chicken breast 120 g vegetables	50	12 Healthy participants	Glucose/2 h
14 ²³	Singapore	Jasmine rice	C: 91.2 M: 92.0 I: 90.2	C: 19.2 M: 20.0 I: 23.4	63.6 g raw (cooked with 130 ml water)	50	75 Healthy participants	Glucose/2 h
15 ²³	Singapore	Basmati rice	C: 55.7 M: 62.6 I: 59.5	C: 13.3 M: 13.1 I: 18.1	66.5 g raw (cooked with 170 ml water)	50	75 Healthy participants	Glucose/2 h
16 ²⁴	Singapore	Ice green tea	50	5	833 (ml)	50	13 Healthy participants	Glucose/2 h
17 ²⁴	Singapore	Ice lemon tea	74	7	500 (ml)	50	14 Healthy participants	Glucose/2 h
18 ²⁴	Singapore	Barley drink	62	6	658 (ml)	50	11 Healthy participants	Glucose/2 h
19 ²⁴	Singapore	Chinese carrot cake	77	8	316.9	50	10 Healthy participants	Glucose/2 h
20 ²⁴	Singapore	Beehoon	35	3	61.9	50	11 Healthy participants	Glucose/2 h
21 ²⁴	Singapore	Chinese yam cake	86	11	391.5	50	10 Healthy participants	Glucose/2 h
22 ²⁴	Singapore	Pandan waffle	46	6	148.3	50	11 Healthy participants	Glucose/2 h
23 ²⁴	Singapore	Chee cheong fun	81	7	277.4	50	10 Healthy participants	Glucose/2 h
24 ²⁴	Singapore	Lo mai gai	106	12	176.6	50	12 Healthy participants	Glucose/2 h
25 ²⁴	Singapore	Pink rice cake	97	12	184.8	50	11 Healthy participants	Glucose/2 h
26 ²⁴	Singapore	Curry puff	41	4	129.6	50	11 Healthy participants	Glucose/2 h
27 ²⁴	Singapore	Char siew (pork) pau	66	7	154.7	50	10 Healthy participants	Glucose/2 h
28 ²⁴	Singapore	Youtiao	55	4	109.6	50	11 Healthy participants	Glucose/2 h
29 ²⁴	Singapore	Kaya butter toast	49	4	108.7	50	11 Healthy participants	Glucose/2 h
30 ²⁴	Singapore	Nasi lemak	66	5	179.2	50	12 Healthy participants	Glucose/2 h
31 ²⁵	Singapore	White bread—Gardenia Brand	83	8.8	91.4	50	10 Healthy participants	Glucose/2 h
32 ²⁵	Singapore	White bread—Gardenia brand with essence of chicken (Cerebos Pacific Ltd, Singapore, Singapore)	56.9	7.5	91.4	50	10 Healthy participants	Glucose/2 h
33 ²⁶	Singapore	Wheat flour muffin	74.4	8.1	126.1	50	12 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
34 ²⁶	Singapore	Rice flour muffin	79.1	6.3	119.4	50	12 Healthy participants	Glucose/2 h
35 ²⁶	Singapore	Corn flour muffin	74.4	5.4	136.9	50	12 Healthy participants	Glucose/2 h
36 ²⁶	Singapore	Oat flour muffin	53.6	4.8	146.8	50	12 Healthy participants	Glucose/2 h
37 ²⁶	Singapore	Barley flour muffin	55.4	4.6	139.7	50	12 Healthy participants	Glucose/2 h
38 ²⁷	Singapore	White bread + soy milk	77.2	7.1	58 g White bread 322 ml Soy milk	50	12 Healthy participants	Glucose/2 h
39 ²⁷	Singapore	White bread + dairy milk	74.3	6.7	58 g White bread 322 ml Dairy milk	50	12 Healthy participants	Glucose/2 h
40 ²⁸	Singapore	Guava bites	28	7	NA	25	10 Healthy participants	Glucose/2 h
41 ²⁸	Singapore	Guava puree	45	6	NA	25	10 Healthy participants	Glucose/2 h
42 ²⁸	Singapore	Papaya bites	38	4	NA	25	10 Healthy participants	Glucose/2 h
43 ²⁸	Singapore	Papaya puree	40	6	NA	25	10 Healthy participants	Glucose/2 h
44 ²⁹	Singapore	Chinese steamed white bun	58	3	88	50	19 Healthy participants	Glucose/2 h
45 ²⁹	Singapore	White bun filled with red bean paste	58	4	106	50	19 Healthy participants	Glucose/2 h
46 ²⁹	Singapore	Rice idli	85	4	162	50	19 healthy participants	Glucose/2 h
47 ²⁹	Singapore	Rice dosa	76	5	193	50	19 Healthy participants	Glucose/2 h
48 ²⁹	Singapore	Upma	71	6	310	50	19 Healthy participants	Glucose/2 h
49 ²⁹	Singapore	Whole-grain biscuit	54	5	82	50	19 Healthy participants	Glucose/2 h
50 ²⁹	Singapore	Whole-grain biscuit filled with peanut butter	44	3	102	50	19 Healthy participants	Glucose/2 h
51 ²⁹	Singapore	Whole-grain oat muesli	55	4	84	50	19 Healthy participants	Glucose/2 h
52 ²⁹	Singapore	Whole-grain oat protein granola	51	4	87	50	19 Healthy participants	Glucose/2 h
53 ²⁹	Singapore	Whole-grain protein cereal	49	3	99	50	19 Healthy participants	Glucose/2 h
54 ³⁰	Singapore	White bread + rice bran soy milk (RBS)	83.1	7.7	89.5 bread + 195 (ml) RBS	50	17 Healthy participants	White bread/ 2 h
55 ³⁰	Singapore	White bread + sugar-free soy milk (SFS)	77.5	10.1	91.4 bread + 195 (ml) SFS	50	17 Healthy participants	White bread/ 2 h
56 ³⁰	Singapore	White bread	100	NA	95.8 bread + 195 (ml) water	50	17 Healthy participants	White Bread/ 2 h
57 ³¹	Singapore	Basmati rice (Dreamrice™, Singapore)	55	15 (SD)	66.5 g (with 170 ml water)	50	75 Healthy participants	Glucose/2 h
58 ³¹	Singapore	Jasmine rice (Double FP Thai Hom Mali premium quality fragrant rice, Thailand)	91	21 (SD)	63.6 g (with 130 ml water)	50	75 Healthy participants	Glucose/2 h
59 ³²	Malaysia	Multi-grains bread	56	6.2	57.9	25	12 Healthy participants	Glucose/2 h
60 ³²	Malaysia	Wholemeal bread with oatmeal	67	6.9	56.3	25	12 Healthy participants	Glucose/2 h
61 ³²	Malaysia	Wholemeal bread	85	5.9	89.0	25	12 Healthy participants	Glucose/2 h
62 ³²	Malaysia	White bread	83	6.5	51.9	25	12 Healthy participants	Glucose/2 h
63 ³³	Malaysia	Banana (<i>Musa paradisiaca</i>)	55	12	211	50	12 Healthy participants	White bread/ 2 h
64 ³³	Malaysia	Sweet potato (<i>Ipomoea batatas</i>)	77	12	162	50	12 Healthy participants	White bread/ 2 h
65 ³³	Malaysia	Rice noodles/kuay teow (<i>Oryza sativa</i>)	85	15	157	50	12 Healthy participants	White bread/ 2 h
66 ³³	Malaysia	White rice (<i>Oryza Sativa</i>)	90	12	64	50	12 Healthy participants	White bread/ 2 h
67 ³⁴	Malaysia	Watermelon (<i>Citrullus vulgaris</i> —red variety)	55	3	893	50	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
68 ³⁵	Malaysia	Brown rice	51	8	NA	50	10 Healthy participants	Glucose/2 h
69 ³⁵	Malaysia	Polished brown rice	86	14	NA	50	10 Healthy participants	Glucose/2 h
70 ³⁵	Malaysia	White rice	79	14	NA	50	10 Healthy participants	Glucose/2 h
71 ³⁶	Malaysia	Rice	48	6	32	25	10 T2DM participants	Glucose/2 h
72 ³⁶	Malaysia	Lacy panckaes	49	6	35	25	10 T2DM participants	Glucose/2 h
73 ³⁶	Malaysia	Flatbread	71	2	54	25	10 T2DM participants	Glucose/2 h
74 ³⁶	Malaysia	Noodles	60	6	67	25	10 T2DM participants	Glucose/2 h
75 ³⁶	Malaysia	Coconut milk rice	49	7	NA	33	10 T2DM participants	Glucose/2 h
76 ³⁶	Malaysia	Lacy pancake with chicken curry	81	10	NA	32	10 T2DM participants	Glucose/2 h
77 ³⁶	Malaysia	Flatbread with dhal curry	69	7	NA	33	10 T2DM participants	Glucose/2 h
78 ³⁶	Malaysia	Fried noodles with chicken and prawns	55	8	NA	28	10 T2DM participants	Glucose/2 h
79 ³⁷	Malaysia	Chiffon cake	60	6	~122	25	11 Healthy participants	Glucose/2 h
80 ³⁷	Malaysia	Chiffon cake with 10% wheat flour replaced by young corn ear	49	4	~116	25	11 Healthy participants	Glucose/2 h
81 ³⁸	Malaysia	Bario celum rice	60.9	7.2	50	50	12 Healthy participants	Glucose/2 h
82 ³⁸	Malaysia	Bario tuan rice	62.2	8.9	50	50	12 Healthy participants	Glucose/2 h
83 ³⁸	Malaysia	Adan halus	72.1	9.5	50	50	12 Healthy participants	Glucose/2 h
84 ³⁸	Malaysia	Beras merah (red rice)	78.3	9.9	50	50	12 Healthy participants	Glucose/2 h
85 ³⁹	Malaysia	White rice (5% broken)	87.3	14.4	90.85	25	11 Healthy participants	Glucose/2 h
86 ³⁹	Malaysia	Fragrant white rice	124.2	16.4	102.87	25	11 Healthy participants	Glucose/2 h
87 ⁴⁰	Malaysia	Biscuit	61	13	37	25	11 Healthy participants	Glucose/2 h
88 ⁴⁰	Malaysia	Biscuit with 10% cornllete powder	46	11	39	25	11 Healthy participants	Glucose/2 h
89 ⁴⁰	Malaysia	Muffin	58	6	49	25	11 Healthy participants	Glucose/2 h
90 ⁴⁰	Malaysia	Muffin with 10% cornllete powder	57	9	63	25	11 Healthy participants	Glucose/2 h
91 ⁴¹	Malaysia	Flatbread	63	4	71.4	50	10 Healthy participants	Glucose/2 h
92 ⁴¹	Malaysia	Flatbread with 10% fenugreek	43	5	72	50	10 Healthy participants	Glucose/2 h
93 ⁴¹	Malaysia	Bun	82	5	74	50	10 Healthy participants	Glucose/2 h
94 ⁴¹	Malaysia	Bun with 10% fenugreek	138	51	91.1	50	10 Healthy participants	Glucose/2 h
95 ⁴²	Malaysia	Thai red	55	8.6	174.2	50	12 Healthy participants	Glucose/2 h
96 ⁴²	Malaysia	Basmati	50	5.8	188.3	50	12 Healthy participants	Glucose/2 h
97 ⁴²	Malaysia	Jasmine	78.7	11.6	180.3	50	12 Healthy participants	Glucose/2 h
98 ⁴³	Malaysia	Control biscuits without <i>Pleurotus sajor-caju</i> powder	57.2	4.8	76	25	11 Healthy participants	Glucose/2 h
99 ⁴³	Malaysia	Biscuits made with 4% <i>Pleurotus sajor-caju</i> powder	52	6.2	81	25	11 Healthy participants	Glucose/2 h
100 ⁴³	Malaysia	Biscuits made with 8% <i>Pleurotus sajor-caju</i> powder	49	6.5	85	25	11 Healthy participants	Glucose/2 h
101 ⁴³	Malaysia	Biscuits made with 12% <i>Pleurotus sajor-caju</i> powder	47.4	4.4	88	25	11 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
102 ⁴⁴	Malaysia	Fragrant white rice (Super fragrant AAA, Thailand)	67	7	77	25	11 Healthy participants	Glucose/2 h
103 ⁴⁴	Malaysia	Red rice (Jasmine Nutri Rice, Thailand)	68	8	84	25	11 Healthy participants	Glucose/2 h
104 ⁴⁴	Malaysia	Parboiled rice (Faiza Basmati, Malaysia)	61	8	110	25	11 Healthy participants	Glucose/2 h
105 ⁴⁴	Malaysia	Fried fragrant white rice (Super fragrant AAA, Thailand),	50	7	129	25	11 Healthy participants	Glucose/2 h
106 ⁴⁴	Malaysia	Fried red rice (Jasmine Nutri Rice, Thailand)	41	4	139	25	11 Healthy participants	Glucose/2 h
107 ⁴⁴	Malaysia	Fried parboiled rice (Faiza Basmati, Malaysia)	41	4	157	25	11 Healthy participants	Glucose/2 h
108 ⁴⁵	Malaysia	Red-fleshed seedless watermelon	51	2	236	25	14 Healthy participants	Glucose/2 h
109 ⁴⁵	Malaysia	Red-fleshed seeded watermelon	48	1	239	25	14 Healthy participants	Glucose/2 h
110 ⁴⁵	Malaysia	Yellow-fleshed watermelon	47	2	233	25	14 Healthy participants	Glucose/2 h
111 ⁴⁵	Malaysia	Red-fleshed seedless watermelon juice	51	1	236	25	14 Healthy participants	Glucose/2 h
112 ⁴⁶	Malaysia	Fried mihun—Terengganu	45.40	7.43	149	50	10 Healthy participants	Glucose/2 h
113 ⁴⁶	Malaysia	Fried kuay teow—Terengganu	79.50	9.34	178	50	10 Healthy participants	Glucose/2 h
114 ⁴⁶	Malaysia	Kuih (apam ayu)	90.56	12.0	106.2	50	10 Healthy participants	Glucose/2 h
115 ⁴⁶	Malaysia	Fish snacks (boiled keropok lekor) + chilli sauce (23 g)	79	9.5	129	50	10 Healthy participants	Glucose/2 h
116 ⁴⁷	Malaysia	Coconut sap sugar	42	4	27.7	25	10 Healthy participants	Glucose/2 h
117 ⁴⁷	Malaysia	Coconut sap syrup	39	4	32	25	10 Healthy participants	Glucose/2 h
118 ⁴⁷	Malaysia	Kaong sugar	43	3	26.4	25	10 Healthy participants	Glucose/2 h
119 ⁴⁷	Malaysia	Sorghum sugar	60	3	27.2	25	10 Healthy participants	Glucose/2 h
120 ⁴⁷	Malaysia	Buri sugar	57	3	29.3	25	10 Healthy participants	Glucose/2 h
121 ⁴⁷	Malaysia	Nipa sugar	58	2	28.8	25	10 Healthy participants	Glucose/2 h
122 ⁴⁷	Malaysia	Sugarcane granules	68	3	25.2	25	10 Healthy participants	Glucose/2 h
123 ⁴⁷	Malaysia	Muscovado sugar	69	3	26.3	25	10 Healthy participants	Glucose/2 h
124 ⁴⁸	Malaysia	Biscuit with durian (~19% w/w)	63.8	NA	6.0	50	10 Healthy participants	Glucose/2 h
125 ⁴⁸	Malaysia	Biscuit with oats (~9% w/w)	71.8	NA	5.5	50	10 Healthy participants	Glucose/2 h
126 ⁴⁸	Malaysia	Biscuit with durian (~17% w/w) and oats (~8% w/w)	59.4	NA	6.0	50	10 Healthy participants	Glucose/2 h
127 ⁴⁹	Malaysia	Beta-glucan drink (oat beta-1,3/1,4 glucan, Zhuhai City, China) with 80% purity	117	98	250 ml	50	10 Healthy participants	Glucose/2 h
128 ⁴⁹	Malaysia	Whey protein drink (Mesotropin Platinum Hydro Whey, Terengganu, Malaysia)	124	98	250 ml	50	10 Healthy participants	Glucose/2 h
129 ⁴⁹	Malaysia	Whey protein beta-glucan drink (4 g of beta-glucan per and 5 g whey protein per 250 ml)	114	97	250 ml	50	10 Healthy participants	Glucose/2 h
130 ⁵⁰	Thailand	Thailand Chiang brown rice—pressure cooked	58	8	92.2	25	10 Healthy participants	Glucose/2 h
131 ⁵⁰	Thailand	Thailand Sungyod brown rice—pressure cooked	81	9	91.3	25	10 Healthy participants	Glucose/2 h
132 ⁵⁰	Thailand	Thailand Lepnok brown rice—pressure cooked	59	6	90.5	25	10 Healthy participants	Glucose/2 h
133 ⁵⁰	Thailand	Malaysian Long grain specialty brown rice-1 (LS1)—pressure cooked	73	11	86.9	25	10 Healthy participants	Glucose/2 h
134 ⁵⁰	Thailand	Malaysian Long grain specialty brown rice-2 (LS2)—pressure cooked	65	6	87.9	25	10 Healthy participants	Glucose/2 h
135 ⁵⁰	Thailand	Thailand Chiang brown rice—cooked in rice cooker	65	7	89.8	25	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
136 ⁵⁰	Thailand	Thailand Sungyod brown rice—cooked in rice cooker	72	10	90.5	25	10 Healthy participants	Glucose/2 h
137 ⁵⁰	Thailand	Thailand Lepnok brown rice—cooked in rice cooker	62	10	89.4	25	10 Healthy participants	Glucose/2 h
138 ⁵⁰	Thailand	Malaysian Long grain specialty brown rice-1 (LS1)—cooked in rice cooker	64	6	88.0	25	10 Healthy participants	Glucose/2 h
139 ⁵⁰	Thailand	Malaysian Long grain specialty brown rice-2 (LS2)—cooked in rice cooker	72	7	85.9	25	10 Healthy participants	Glucose/2 h
140 ⁵¹	Thailand	Big rice noodles from mixed sago palm flour (<i>Metroxylon</i> spp.) and Chiang rice flour	63.1	9.8	176 (fresh wet basis)	50	12 Healthy participants	Glucose/2 h
141 ⁵¹	Thailand	Small rice noodles from mixed sago palm flour (<i>Metroxylon</i> spp.) and Chiang rice flour 60; 40	53.6	8.3	61 g (fresh wet basis)	50	12 Healthy participants	Glucose/2 h
142 ⁵²	Thailand	Wheat bread	77.8	4.6	128.1	50	16 Healthy participants	Glucose/2 h
143 ⁵²	Thailand	Riceberry rice bread	69.3	4.4	128.2	50	16 Healthy participants	Glucose/2 h
144 ⁵²	Thailand	Hom mali bread	130.6	7.9	115.7	50	16 Healthy participants	Glucose/2 h
145 ⁵³	Thailand	Parboiled brown rice (Leuang Awn)	50.10	5.37	167	50	12 Healthy participants	Glucose/2 h
146 ⁵³	Thailand	Germinated parboiled brown rice (Leuang Awn)	60.58	6.48	176	50	12 Healthy participants	Glucose/2 h
147 ⁵³	Thailand	Brown rice (Leuang Awn)	66.21	7.78	176	50	12 Healthy participants	Glucose/2 h
148 ⁵³	Thailand	Polished rice (Leuang Awn)	83.10	5.10	187	50	12 Healthy participants	Glucose/2 h
149 ⁵⁴	Indonesia	Steamed white rice	80	NA	NA	50	11 Healthy participants	White bread/2 h
150 ⁵⁴	Indonesia	Sukun (<i>Artocarpus communis</i> Forst)	90	NA	NA	50	11 Healthy participants	White bread/2 h
151 ⁵⁴	Indonesia	Banana (<i>Musa paradisiaca</i> fa. Typical), Pisang kepok	92	NA	NA	50	11 Healthy participants	White bread/2 h
152 ⁵⁴	Indonesia	Cassava	78	NA	NA	50	11 Healthy participants	White bread/2 h
153 ⁵⁴	Indonesia	Ubi/uwi (<i>Dioscorea alata</i> Linn.)	73	NA	NA	50	11 Healthy participants	White bread/2 h
154 ⁵⁴	Indonesia	Sorghum	160	NA	NA	50	11 Healthy participants	White bread/2 h
155 ⁵⁵	Indonesia	Taro (<i>Xanthosoma violaceum</i> Schott)	95	NA	128	50	10 Healthy participants	White bread/2 h
156 ⁵⁵	Indonesia	Yam (<i>Dioscorea aculeata</i> Linn.)	90	NA	186	50	10 Healthy participants	White bread/2 h
157 ⁵⁵	Indonesia	Edible canna (<i>Canna edulis</i> Ker)	105	NA	224	50	10 Healthy participants	White bread/2 h
158 ⁵⁵	Indonesia	Arrowroot (<i>Maranta arundinacea</i> Linn.)	14	NA	300	25	10 Healthy participants	White bread/2 h
159 ⁵⁵	Indonesia	Sweet potato (<i>Ipomoea batatas</i> Poir)	179	NA	212	50	10 Healthy participants	White bread/2 h
160 ⁵⁶	Indonesia	Red bean (<i>Vigna umbellata</i>)	26	NA	84	25	11 Healthy participants	White bread/2 h
161 ⁵⁶	Indonesia	Mung bean (<i>Phaseolus aureus</i>)	76	NA	95	25	11 Healthy participants	White bread/2 h
162 ⁵⁶	Indonesia	Cowpea (<i>Vigna sinensis</i> Endl.)	35	NA	130	25	11 Healthy participants	White bread/2 h
163 ⁵⁶	Indonesia	Pigeon pea (<i>Cajanus cajan</i> Millspaugh)	51	NA	106	25	11 Healthy participants	White bread/2 h
164 ⁵⁶	Indonesia	Edible podded peas (<i>Pisum sativum</i> Linn.)	30	NA	178	25	11 Healthy participants	White bread/2 h
165 ⁵⁶	Indonesia	Soybean (<i>Glycine max</i> Merr.)	31	NA	138	25	11 Healthy participants	White bread/2 h
166 ⁵⁷	Indonesia	Kacang panjang/snap bean (<i>Phaseolus vulgaris</i>)	86	NA	146.39	25	10 Healthy participants	White bread/2 h
167 ⁵⁷	Indonesia	Buncis/yardlong Bean (<i>Vigna sesquipedalis</i>)	43	NA	105.28	25	10 Healthy participants	White bread/2 h
168 ⁵⁸	Indonesia	Arrowroot oyek	41	NA	65.95	50	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
169 ⁵⁸	Indonesia	Suweg oyek	42	NA	64.61	50	10 Healthy participants	Glucose/2 h
170 ⁵⁸	Indonesia	Cassava oyek	30	NA	61.71	50	10 Healthy participants	Glucose/2 h
171 ⁵⁸	Indonesia	Arrowroot tiwul (Garut)	40	NA	68.58	50	10 Healthy participants	Glucose/2 h
172 ⁵⁸	Indonesia	Suweg tiwul	40	NA	67.72	50	10 Healthy participants	Glucose/2 h
173 ⁵⁸	Indonesia	Cassava tiwul (Singkong)	29	NA	60.46	50	10 Healthy participants	Glucose/2 h
174 ⁵⁹	Indonesia	Standard cookies	67	NA	73	50	10 Healthy participants	Glucose/2 h
175 ⁵⁹	Indonesia	Cookies with rice bran	31	NA	87	50	10 Healthy participants	Glucose/2 h
176 ⁵⁹	Indonesia	Standard donut	72	NA	120	50	10 Healthy participants	Glucose/2 h
177 ⁵⁹	Indonesia	Donut made with rice bran	39	NA	119	50	10 Healthy participants	Glucose/2 h
178 ⁶⁰	Indonesia	Brown rice	97.28	NA	123	50	21 Healthy participants	White bread/2 h
179 ⁶⁰	Indonesia	White rice (IR 64)	99.26	NA	113	50	21 Healthy participants	White bread/2 h
180 ⁶¹	Indonesia	Bread made from 400 g flour containing 50% w/w annealed purple yam flour	93.19	NA	95	50	10 Healthy participants	White bread/2 h
181 ⁶²	Indonesia	Boiled GEMBILI (<i>Dioscorea esculenta</i>)	85.56	NA	114.7	25	10 Healthy participants	Glucose/2 h
182 ⁶²	Indonesia	Steamed GEMBILI (<i>Dioscorea esculenta</i>)	87.56	NA	86.2	25	10 Healthy participants	Glucose/2 h
183 ⁶²	Indonesia	Fried GEMBILI (<i>Dioscorea esculenta</i>)	83.61	NA	76.2	25	10 Healthy participants	Glucose/2 h
184 ⁶³	Indonesia	Snack bar—red sweet potato	23.56	NA	90.91	50	10 Healthy participants	Glucose/2 h
185 ⁶³	Indonesia	Snack bar—yellow sweet potato	41.08	NA	78.12	50	10 Healthy participants	Glucose/2 h
186 ⁶³	Indonesia	Snack bar—purple sweet potato	21.54	NA	86.21	50	10 Healthy participants	Glucose/2 h
187 ⁶⁴	Indonesia	Wheat flour noodles	69.49	1.37	NA	50	10 Healthy participants	Glucose/2 h
188 ⁶⁴	Indonesia	Wheat flour noodle with 20% of wheat flour replaced with whole-wheat flour (dewata variety)	66.23	6.14	NA	50	10 Healthy participants	Glucose/2 h
189 ⁶⁴	Indonesia	Wheat flour cookies (with 0% whole-wheat flour)	52.11	2.07	NA	50	10 Healthy participants	Glucose/2 h
190 ⁶⁴	Indonesia	Wheat flour cookies with 20% of wheat flour replaced with whole-wheat flour (dewata variety)	49.94	1.90	NA	50	10 Healthy participants	Glucose/2 h
191 ⁶⁵	Indonesia	Standard wheat biscuit (with agar-agar and Diabetasol sweetener)	52.11	NA	NA	NA	10 Healthy participants	Glucose/2 h
192 ⁶⁵	Indonesia	Wheat biscuit substituted with 20% whole-wheat flour	49.94	NA	NA	NA	10 Healthy participants	Glucose/2 h
193 ⁶⁶	Indonesia	Analogue rice (80% mocaf:20% corn flour)	46.06	4.95	77.34	50	10 Healthy participants	White bread/2 h
194 ⁶⁶	Indonesia	Analogue rice (80% mocaf:20% sweet potato flour)	44.01	3.79	70.58	50	10 Healthy participants	White bread/2 h
195 ⁶⁶	Indonesia	Analogue rice (80% mocaf:20% carrot)	42.03	5.59	85.35	50	10 Healthy participants	White bread/2 h
196 ⁶⁷	Indonesia	Arrowroot snack bar with 30% kidney beans	25	NA	42	50	10 Healthy participants	Glucose/2 h
197 ⁶⁸	Indonesia	Optimum rice analogue formulation made from corn, sago, soybean and rice brans	54	NA	NA	50	10 Healthy participants	Glucose/2 h
198 ⁶⁹	Indonesia	Gayam seed (<i>Inocarpus fagifer</i> Forst. Gayam flour without pre-gelatinisation	74	NA	90.40	50	10 Healthy participants	Glucose/2 h
199 ⁶⁹	Indonesia	Pre-geletinised Gayam flour boiled for 15 min	75	NA	79.91	50	10 Healthy participants	Glucose/2 h
200 ⁶⁹	Indonesia	Pre-geletinised Gayam flour boiled for 30 min	61	NA	81.71	50	10 Healthy participants	Glucose/2 h
201 ⁶⁹	Indonesia	Pre-geletinised Gayam flour boiled for 45 min	57	NA	84.43	50	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
202 ⁷⁰	Indonesia	Corn-based rice analogues with 20% cassava starch	34.79	2.11 (SD)	NA	50	10 Healthy participants	Glucose/2 h
203 ⁷⁰	Indonesia	Corn-based rice analogues with 30% cassava starch	37.47	2.16 (SD)	NA	50	10 Healthy participants	Glucose/2 h
204 ⁷⁰	Indonesia	Corn-based rice analogues with 40% cassava starch	40.77	2.12 (SD)	NA	50	10 Healthy participants	Glucose/2 h
205 ⁷¹	Indonesia	Millet and bean cookie bar (15% foxtail millet, 15% arrowroot flour and 30% of kidney beans)	37.6	NA	85	25	12 Healthy participants	Glucose/2 h
206 ⁷²	Indonesia	Arenga (<i>Arenga pinata</i>) starch cake	77.72	9.57	53.44	50	12 Healthy participants	Glucose/2 h
207 ⁷²	Indonesia	Arenga (<i>Arenga pinata</i>) starch cake with 4% guava extract	51.84	6.34	53.44	50	12 Healthy participants	Glucose/2 h
208 ⁷²	Indonesia	Arenga (<i>Arenga pinata</i>) starch cookie	47.31	6.22	72	50	12 Healthy participants	Glucose/2 h
209 ⁷²	Indonesia	Arenga (<i>Arenga pinata</i>) starch cookie with 4% guava extract	46.2	7.39	72	50	12 Healthy participants	Glucose/2 h
210 ⁷³	Indonesia	Steamed brownies made with wheat and sweet potato flour (1:1 ratio)	53.76	NA	140	50	10 Healthy participants	White bread/2 h
211 ⁷⁴	Indonesia	Fried noodle snack made with flour, yellow sweet potatoes (<i>Pomoea batatas</i>) and pumpkin (<i>Cucurbita moschata</i>) flour	30.18	NA	35	25	10 Healthy participants	Glucose/2 h
212 ⁷⁵	Indonesia	Pumpkin flour chips	51	NA	88	50	10 Healthy participants	Glucose/2 h
213 ⁷⁵	Indonesia	Pumpkin flour chips with 15% bran flour substitution	87	NA	88	50	10 Healthy participants	Glucose/2 h
214 ⁷⁶	Indonesia	SIKKATO (Sinonggi)	78.42	NA	59.32	50	10 Healthy participants	White bread/2 h
215 ⁷⁶	Indonesia	SIKKATO (Kasuami)	90.36	NA	72.11	50	10 Healthy participants	White bread/2 h
216 ⁷⁶	Indonesia	SIKKATO (Kambuse)	72.04	NA	71.29	50	10 Healthy participants	White bread/2 h
217 ⁷⁶	Indonesia	SIKKATO (Kabuto)	84.54	NA	136.84	50	10 Healthy participants	White bread/2 h
218 ⁷⁷	Indonesia	Pekawai (<i>Durio kutejensis</i> ; <i>Durian</i> species) chips	12	NA	NA	50	10 Healthy participants	Glucose/2 h
219 ⁷⁸	Indonesia	Coleus tuberosus crackers	40.88	6.42	NA	50	10 Healthy participants	Glucose/2 h
220 ⁷⁸	Indonesia	Wheat crackers	78.06	5.36	NA	50	10 Healthy participants	Glucose/2 h
221 ⁷⁹	Indonesia	Cookies made with brown rice flour (<i>Oryza nivara</i>) and winged bean's (<i>Psophocarpus tetragonolobus</i> L.) seed flour	17.39	NA	146	50	10 Healthy participants	Glucose/2 h
222 ⁷⁹	Indonesia	Standard cookies	36.82	NA	92	50	10 Healthy participants	Glucose/2 h
223 ⁸⁰	Indonesia	Chromium-fortified parboiled rice (Cr-PR) coated with cinnamon extracts	29	NA	NA	50	18 Healthy participants	Glucose/2 h
224 ⁸¹	Indonesia	White sweet potato pudding (with agar-agar and Diabetasol sweetener)	37.75	NA	200.24	50	10 Healthy participants	Glucose/2 h
225 ⁸¹	Indonesia	White sweet potato pudding with addition of red dragon fruit 25% (with agar-agar and Diabetasol sweetener)	33.81	NA	233.32	50	10 Healthy participants	Glucose/2 h
226 ⁸¹	Indonesia	White sweet potato pudding with addition of red dragon fruit 50% (with agar-agar and Diabetasol sweetener)	32.81	NA	286.20	50	10 Healthy participants	Glucose/2 h
227 ⁸¹	Indonesia	White sweet potato pudding with addition of red dragon fruit 75%	29.54	NA	349.90	50	10 Healthy participants	Glucose/2 h
228 ⁸²	Indonesia	Mocaf-black rice flakes with black soybean flour	50.19	21.57	63.8	50	10 Healthy participants	Glucose/2 h
229 ⁸²	Indonesia	Mocaf-black rice flakes added with jack bean flour	52.59	22.93	57.4	50	10 Healthy participants	Glucose/2 h
230 ⁸³	Indonesia	Honey tikung	35	NA	69	50	10 Healthy participants	Glucose/2 h
231 ⁸³	Indonesia	Honey kelulut	39	NA	73	50	10 Healthy participants	Glucose/2 h
232 ⁸⁴	Indonesia	Snack bar made from sago flour, tempe and beras hitam	44	23.75 (SD)	92 (2:1 ratio of sago starch and tempe)	50	10 Healthy participants	Glucose/2 h
233 ⁸⁴	Indonesia	Snack bar made from sago flour, tempe and beras hitam	46	18.42 (SD)	108 (1.5:1 ratio of sago starch and tempe)	50	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
234 ⁸⁴	Indonesia	Snack bar made from sago flour, tempe and beras hitam	40	13.62 (SD)	129 (1:1 ratio of sago starch and tempe)	50	10 Healthy participants	Glucose/2 h
235 ⁸⁵	Indonesia	Tempeh gembus cookies (50% flour replacement)	47.01	11.08	85.18	50	28 Healthy participants	Glucose/2 h
236 ⁸⁵	Indonesia	Tempeh gembus cookies (50% flour replacement)	53.66	16.55	89.97	50	28 Healthy participants	Glucose/2 h
237 ⁸⁵	Indonesia	Cookies	68.67	12.28	95.45	50	28 Healthy participants	Glucose/2 h
238 ⁸⁶	Indonesia	Corn flour cake	85.02	11.21	54	50	12 Healthy participants	Glucose/2 h
239 ⁸⁶	Indonesia	Cake made from modified corn flour (corn starch soaked with 4% green tea extract)	74.96	10.48	54	50	12 Healthy participants	Glucose/2 h
240 ⁸⁶	Indonesia	Corn flour cookie	52.23	6.78	71	50	12 Healthy participants	Glucose/2 h
241 ⁸⁶	Indonesia	Cookie made from modified corn flour with green tea extract	58.25	8.33	71	50	12 Healthy participants	Glucose/2 h
242 ⁸⁷	Indonesia	Sorghum, oatmeal and honey snack bar coated with caramel syrup made with sorghum	44.73	8.83	60.80	50	12 Healthy participants	Glucose/2 h
243 ⁸⁷	Indonesia	Sorghum, oatmeal and honey snack bar coated with caramel sugarcane syrup	53.72	3.63	57.87	50	12 Healthy participants	Glucose/2 h
244 ⁸⁷	Indonesia	Sorghum, oatmeal and honey snack bar coated with glucose syrup	81.41	8.17	58.20	50	12 Healthy participants	Glucose/2 h
245 ⁸⁸	Philippines	Pan de sal + coconut flour	87.2	5.5	NA	50	10 Healthy participants	Glucose/2 h
246 ⁸⁸	Philippines	Pan de sal + coconut flour	96.6	6.1	NA	50	10 T2DM participants	Glucose/3 h
247 ⁸⁸	Philippines	Granola bar + coconut flour	65.1	4.9	NA	50	10 Healthy participants	Glucose/2 h
248 ⁸⁸	Philippines	Granola bar + coconut flour	71.6	4.7	NA	50	10 T2DM participants	Glucose/3 h
249 ⁸⁸	Philippines	Cinnamon bread + coconut flour	62.7	4.2	NA	50	10 Healthy participants	Glucose/2 h
250 ⁸⁸	Philippines	Cinnamon bread + coconut flour	71.4	4.9	NA	50	10 T2DM participants	Glucose/3 h
251 ⁸⁸	Philippines	Multigrain loaf + coconut flour	85.2	6.8	NA	50	10 Healthy participants	Glucose/2 h
252 ⁸⁸	Philippines	Multigrain loaf + coconut flour	92.5	5.9	NA	50	10 T2DM participants	Glucose/3 h
253 ⁸⁸	Philippines	Choco chip cookies + coconut flour	61.3	4.6	NA	50	10 Healthy participants	Glucose/2 h
254 ⁸⁸	Philippines	Choco chip cookies + coconut flour	71.4	7.3	NA	50	10 T2DM participants	Glucose/3 h
255 ⁸⁸	Philippines	Hotcake + coconut flour	65.0	3.3	NA	50	10 Healthy participants	Glucose/2 h
256 ⁸⁸	Philippines	Hotcake + coconut flour	72.3	5.8	NA	50	10 T2DM participants	Glucose/3 h
257 ⁸⁸	Philippines	Choco crinkles + coconut flour	61.3	5.4	NA	50	10 Healthy participants	Glucose/2 h
258 ⁸⁸	Philippines	Choco crinkles + coconut flour	77.0	4.4	NA	50	10 T2DM participants	Glucose/3 h
259 ⁸⁸	Philippines	European carrot cake + coconut flour	51.8	3.3	NA	50	10 Healthy participants	Glucose/2 h
260 ⁸⁸	Philippines	European carrot cake + coconut flour	55.0	3.7	NA	50	10 T2DM participants	Glucose/3 h
261 ⁸⁸	Philippines	Macarons + coconut flour	45.7	3.0	NA	50	10 Healthy participants	Glucose/2 h
262 ⁸⁸	Philippines	Macarons + coconut flour	46.6	3.7	NA	50	10 T2DM participants	Glucose/3 h
263 ⁸⁸	Philippines	Brownies + coconut flour	60.1	5.4	NA	50	10 Healthy participants	Glucose/2 h
264 ⁸⁸	Philippines	Brownies + coconut flour	61.3	5.6	NA	50	10 T2DM participants	Glucose/3 h
265 ⁸⁹	Philippines	White bread	93.3	8.9	NA	50	11 Healthy participants	Glucose/2 h
266 ⁸⁹	Philippines	Japonica rice	87.5	7.8	NA	50	11 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
267 ⁸⁹	Philippines	Japonica rice + 3 g sunfibre	67.5	6.0	NA	50	11 Healthy participants	Glucose/2 h
268 ⁸⁹	Philippines	Japonica rice + 5 g sunfibre	65.5	5.8	NA	50	11 Healthy participants	Glucose/2 h
269 ⁸⁹	Philippines	White bread + 5 g sunfibre (drink)	49.0	4.4	NA	50	11 Healthy participants	Glucose/2 h
270 ⁸⁹	Philippines	White bread + 10 g sunfibre (drink)	56.9	5.1	NA	50	11 Healthy participants	Glucose/2 h
271 ⁸⁹	Philippines	White bread + 10 g inulin (drink)	66.7	6.0	NA	50	11 Healthy participants	Glucose/2 h
272 ⁸⁹	Philippines	White bread + 10 g Indigestible dextrin (drink)	66.3	5.9	NA	50	11 Healthy participants	Glucose/2 h
273 ⁹⁰	Philippines	Biscuit 1 (Marie)	88	7	44	25	10 Healthy participants	Glucose/2 h
274 ⁹⁰	Philippines	Biscuit 2 (Mik Mik)	94	7	45	25	10 Healthy participants	Glucose/2 h
275 ⁹⁰	Philippines	Biscuit 2 + oat fibre	52	4	37	25	10 Healthy participants	Glucose/2 h
276 ⁹⁰	Philippines	Donut, sugar coated	70	5	109	50	10 Healthy participants	Glucose/2 h
277 ⁹⁰	Philippines	Mamon, ordinary	48	3	60	25	10 Healthy participants	Glucose/2 h
278 ⁹⁰	Philippines	Mamon, sugar-free	48	4	55	25	10 Healthy participants	Glucose/2 h
279 ⁹⁰	Philippines	Kutsinta	80	6	65	25	10 Healthy participants	Glucose/2 h
280 ⁹⁰	Philippines	Puto, white	90	6	50	25	10 Healthy participants	Glucose/2 h
281 ⁹⁰	Philippines	Bihon (noodles)	49	3	61	50	10 Healthy participants	Glucose/2 h
282 ⁹⁰	Philippines	Canton (noodles)	49	2	97	50	10 Healthy participants	Glucose/2 h
283 ⁹⁰	Philippines	Sotanghon (noodles)	60	3	59	50	10 Healthy participants	Glucose/2 h
284 ⁹⁰	Philippines	Misua (noodles)	46	4	71	50	10 Healthy participants	Glucose/2 h
285 ⁹⁰	Philippines	Miki (noodles)	47	3	99	50	10 Healthy participants	Glucose/2 h
286 ⁹⁰	Philippines	Potato	43	3	118	50	10 Healthy participants	Glucose/2 h
287 ⁹⁰	Philippines	Yacon (tuber)	34	3	244	25	10 healthy participants	Glucose/2 h
288 ⁹⁰	Philippines	Yacon juice	61	2	250 (ml)	30	10 Healthy participants	Glucose/2 h
289 ⁹⁰	Philippines	Cashew nuts	36	4	106	25	10 Healthy participants	Glucose/2 h
290 ⁹⁰	Philippines	Lima beans	16	2	64	50	10 Healthy participants	Glucose/2 h
291 ⁹⁰	Philippines	Sitaw (string beans)	23	1	200	10	10 Healthy participants	Glucose/2 h
292 ⁹⁰	Philippines	Banana, Lakatan	62	5	180	50	10 Healthy participants	Glucose/2 h
293 ⁹⁰	Philippines	Banana, Saba	53	4	161	50	10 Healthy participants	Glucose/2 h
294 ⁹⁰	Philippines	Grapes, seedless	46	3	267	50	10 Healthy participants	Glucose/2 h
295 ⁹⁰	Philippines	Pear, Chinese	29	3	243	25	10 Healthy participants	Glucose/2 h
296 ⁹⁰	Philippines	Cantalope (melon)	34	3	291	25	10 Healthy participants	Glucose/2 h
297 ⁹⁰	Philippines	Watermelon	48	4	373	25	10 Healthy participants	Glucose/2 h
298 ⁹⁰	Philippines	Jackfruit	41	3	114	25	10 Healthy participants	Glucose/2 h
299 ⁹⁰	Philippines	Mango, carabao, ripe	46	4	176	25	10 Healthy participants	Glucose/2 h
300 ⁹⁰	Philippines	Papaya	45	3	232	25	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
301 ⁹⁰	Philippines	Apple, red	42	3	181	25	10 Healthy participants	Glucose/2 h
302 ⁹⁰	Philippines	Pineapple	56	3	215	25	10 Healthy participants	Glucose/2 h
303 ⁹⁰	Philippines	Guava, white	19	2	233	25	10 Healthy participants	Glucose/2 h
304 ⁹⁰	Philippines	Raisins	61	5	76	50	10 Healthy participants	Glucose/2 h
305 ⁹⁰	Philippines	Squash (veg)	44	5	234	15	10 Healthy participants	Glucose/2 h
306 ⁹⁰	Philippines	Carrot	35	2	211	15	10 Healthy participants	Glucose/2 h
307 ⁹⁰	Philippines	Sayote (veg)	27	2	286	10	10 Healthy participants	Glucose/2 h
308 ⁹⁰	Philippines	Togue (veg)	25	2	137	10	10 Healthy participants	Glucose/2 h
309 ⁹⁰	Philippines	Avocado	31	3	114	10	10 Healthy participants	Glucose/2 h
310 ⁹⁰	Philippines	Coconut sap sugar (PCA)	35	4	54	50	10 Healthy participants	Glucose/2 h
311 ⁹⁰	Philippines	Coconut sap sugar (e-Asia)	42	4	28	25	10 Healthy participants	Glucose/2 h
312 ⁹⁰	Philippines	Coconut sap syrup (e-Asia)	39	4	33	25	10 Healthy participants	Glucose/2 h
313 ⁹¹	Japan	White rice – reference food (beihan) + dried sea algae	100	NA	147 g Rice + 1 g dried sea algae (shiso)	50.4	58 Healthy participants	White rice/ 2 h
314 ⁹¹	Japan	Rice gruel (okayu)	99	38	659	50.2	10 Healthy participants	White rice/ 2 h
315 ⁹¹	Japan	Rice cracker (osenbe)	111	44	25 pieces	50	10 Healthy participants	White rice/ 2 h
316 ⁹¹	Japan	Low protein white rice (tei-tanpaku gohan)	86	28	125	50.4	10 Healthy participants	White rice/ 2 h
317 ⁹¹	Japan	White rice and sated plum frou (umeboshi)	98	49	152	49.9	10 Healthy participants	White rice/ 2 h
318 ⁹¹	Japan	White rice and curry	82	33	224	50.9	10 Healthy participants	White rice/ 2 h
319 ⁹¹	Japan	White rice and pickled food (beihan, sunomono) (taken before rice)	73	29	173	49.8	11 Healthy participants	White rice/ 2 h
320 ⁹¹	Japan	Butter rice	96	48	157	50	10 Healthy participants	White rice/ 2 h
321 ⁹¹	Japan	White rice and yoghurt (taken before rice)	72	28	232	50.2	10 Healthy participants	White rice/ 2 h
322 ⁹¹	Japan	White rice and yoghurt (taken after rice)	71	24	232	50.2	10 Healthy participants	White rice/ 2 h
323 ⁹¹	Japan	White rice with curry and cheese	67	34	255	50.1	10 Healthy participants	White rice/ 2 h
324 ⁹¹	Japan	White rice and fermented soybean (natto)	68	30	174	49.9	10 Healthy participants	White rice/ 2 h
325 ⁹¹	Japan	Soybean paste soup (miso shiru) and rice	74	17	160	50.1	10 Healthy participants	White rice/ 2 h
326 ⁹¹	Japan	Bread (International Standard Reference Food –white bread)	92	38	116	50.1	10 Healthy participants	White rice/ 2 h
327 ⁹¹	Japan	Spaghetti	56	37	131	50.2	10 Healthy participants	White rice/ 2 h
328 ⁹²	Japan	White rice	75.9	6.6	161	49.3	19 Healthy participants	Glucose/2 h
329 ⁹²	Japan	Pre-germinated brown rice	56.9	2.9	185	50.6	19 Healthy participants	Glucose/2 h
330 ⁹²	Japan	Brown rice	61.5	4.7	178	49.4	19 Healthy participants	Glucose/2 h
331 ⁹²	Japan	1/3 Pre-germinated brown rice (mixture of pre-germinated brown rice to white rice)	67.4	2.9	169 (WR/PGBR ratio is 2:1)	49.7	13 Healthy participants	Glucose/2 h
332 ⁹²	Japan	2/3 Pre-germinated brown rice (mixture of pre-germinated brown rice to white rice)	63.7	5.3	177 (WR/PGBR ratio is 1:2)	50.2	13 Healthy participants	Glucose/2 h
333 ⁹²	Japan	White rice	74.6	6.2	161	49.3	13 Healthy participants	Glucose/2 h
334 ⁹²	Japan	Pre-germinated brown rice	54.4	5.1	185	50.6	13 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
335 ⁹³	Japan	Cake made from whole soy	22	6	114	50.5	20 Healthy participants	Glucose (50 g CHO)/4 h
336 ⁹⁴	Japan	Rice-1 (Sato-no-gohan)	71	25 (SD)	150	50	12 Healthy participants	Glucose/2 h
337 ⁹⁴	Japan	Rice-1 (Sato-no-gohan)	86	28 (SD)	150	50	12 Healthy participants	Glucose/3 h
338 ⁹⁴	Japan	Rice-2 (Nihonbare)	69	28 (SD)	135	50.1	12 Healthy participants	Glucose/2 h
339 ⁹⁴	Japan	Rice-2 (Nihonbare)	82	34 (SD)	135	50.1	12 Healthy participants	Glucose/3 h
340 ⁹⁴	Japan	Rice-3 (Hinohikari)	74	23 (SD)	142	50.1	12 Healthy participants	Glucose/2 h
341 ⁹⁴	Japan	Rice-3 (Hinohikari)	82	24 (SD)	142	50.1	12 Healthy participants	Glucose/3 h
342 ⁹⁴	Japan	Rice-4 (Koshihikari)	75	14 (SD)	142	50.1	12 Healthy participants	Glucose/2 h
343 ⁹⁴	Japan	Rice-4 (Koshihikari)	88	17 (SD)	142	50.1	12 Healthy participants	Glucose/3 h
344 ⁹⁴	Japan	Potato-1 (Nishiyutaka)	64	15 (SD)	284	50	12 Healthy participants	Glucose/2 h
345 ⁹⁴	Japan	Potato-1 (Nishiyutaka)	65	17 (SD)	284	50	12 Healthy participants	Glucose/3 h
346 ⁹⁴	Japan	Potato-2 (Ainoaka)	63	19 (SD)	284	50	12 Healthy participants	Glucose/2 h
347 ⁹⁴	Japan	Potato-2 (Ainoaka)	63	19 (SD)	284	50	12 Healthy participants	Glucose/3 h
348 ⁹⁴	Japan	Potato-3 (Dejima)	54	17 (SD)	284	50	12 Healthy participants	Glucose/2 h
349 ⁹⁴	Japan	Potato-3 (Dejima)	52	17 (SD)	284	50	12 Healthy participants	Glucose/3 h
350 ⁹⁴	Japan	Noodle-1 (Simabara-udon)	62	27 (SD)	170	50	12 Healthy participants	Glucose/2 h
351 ⁹⁴	Japan	Noodle-1 (Simabara-udon)	80	36 (SD)	170	50	12 Healthy participants	Glucose/3 h
352 ⁹⁴	Japan	Noodle-2 (Goto-udon)	38	15 (SD)	170	50	12 Healthy participants	Glucose/2 h
353 ⁹⁴	Japan	Noodle-2 (Goto-udon)	49	20 (SD)	170	50	12 Healthy participants	Glucose/3 h
354 ⁹⁴	Japan	Noodle-3 (Katokichi-udon)	55	7 (SD)	172	49.9	12 Healthy participants	Glucose/2 h
355 ⁹⁴	Japan	Noodle-3 (Katokichi-udon)	67	15 (SD)	172	49.9	12 Healthy participants	Glucose/3 h
356 ⁹⁴	Japan	White bread (Yamazaki)	58	25 (SD)	107	49.9	12 Healthy participants	Glucose/2 h
357 ⁹⁴	Japan	White bread (Yamazaki)	59	15 (SD)	107	49.9	12 Healthy participants	Glucose/3 h
358 ⁹⁴	Japan	Sponge cake (Castilla)	64	20 (SD)	80	49.9	12 Healthy participants	Glucose/2 h
359 ⁹⁴	Japan	Sponge cake (Castella)	65	19 (SD)	80	49.9	12 Healthy participants	Glucose/3 h
360 ⁹⁵	Japan	White rice	89	NA	NA	50	15 Healthy participants	Glucose/2 h
361 ⁹⁵	Japan	Long grain rice	60	NA	NA	50	15 Healthy participants	Glucose/2 h
362 ⁹⁵	Japan	Rice vermicelli (a)	55	NA	NA	50	15 Healthy participants	Glucose/2 h
363 ⁹⁵	Japan	Rice vermicelli (b)	50	NA	NA	50	15 Healthy participants	Glucose/2 h
364 ⁹⁵	Japan	Rice vermicelli (c)	35	NA	NA	50	15 Healthy participants	Glucose/2 h
365 ⁹⁵	Japan	Rice vermicelli (d)	59	NA	NA	50	15 Healthy participants	Glucose/2 h
366 ⁹⁵	Japan	Rice vermicelli (e)	60	NA	NA	50	15 Healthy participants	Glucose/2 h
367 ⁹⁵	Japan	Rice vermicelli (f)	62	NA	NA	50	15 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
368 ⁹⁶	Japan	Raw herb: corn salad	97.5	18.4 (SD)	20	50	11 Healthy participants	White rice/2 h
369 ⁹⁶	Japan	Herbal tea: lemon balm	99.6	22.2 (SD)	1	50	10 Healthy participants	White rice/2 h
370 ⁹⁶	Japan	Herbal tea: lemongrass	112.1	28.9 (SD)	1	50	10 Healthy participants	White rice/2 h
371 ⁹⁶	Japan	Herbal tea: rosemary	126.5	27.3 (SD)	0.6	50	10 Healthy participants	White rice/2 h
372 ⁹⁶	Japan	Herbal tea: spearmint	108.8	30 (SD)	0.5	50	10 Healthy participants	White rice/2 h
373 ⁹⁶	Japan	Herbal tea: thyme	106.1	22.6 (SD)	1	50	10 Healthy participants	White rice/2 h
374 ⁹⁷	Japan	Boiled Barleymax	24.3	2.5	204	50	11 Healthy participants	Glucose/2 h
375 ⁹⁸	Japan	Noodles made from dehulled yellow pea	50.4	31.6 (SD)	NA	NA	50	11 Healthy participants
376 ⁹⁸	Japan	Noodles made from dehulled yellow pea	40.3	25.3 (SD)	NA	50	11 Healthy participants	Glucose/2 h
377 ⁹⁸	Japan	Noodles made from unshelled yellow pea	68.8	12.4 (SD)	NA	50	11 Healthy participants	White rice/2 h
378 ⁹⁸	Japan	Noodles made from dehulled yellow pea	40.3	25.3 (SD)	NA	50	11 Healthy participants	Glucose/2 h
379 ⁹⁹	Korea	Apple	33.5	11.92 (SD)	100	50	13 Healthy participants	Glucose/2 h
380 ⁹⁹	Korea	Tangerine	50.4	15.16 (SD)	100	50	13 Healthy participants	Glucose/2 h
381 ⁹⁹	Korea	Pear	35.7	14.38 (SD)	100	50	13 Healthy participants	Glucose/2 h
382 ⁹⁹	Korea	Watermelon	53.5	18.07 (SD)	100	50	13 Healthy participants	Glucose/2 h
383 ⁹⁹	Korea	Persimmon	42.9	18.92 (SD)	100	50	13 Healthy participants	Glucose/2 h
384 ⁹⁹	Korea	Grapes	48.1	14.05 (SD)	100	50	13 Healthy participants	Glucose/2 h
385 ⁹⁹	Korea	Oriental melon	51.2	18.14 (SD)	100	50	13 Healthy participants	Glucose/2 h
386 ⁹⁹	Korea	Peach	56.5	14.17 (SD)	100	50	13 Healthy participants	Glucose/2 h
387 ¹⁰⁰	Korea	Rice gruel	92.5	8.8	447.7	50	10 Healthy participants	Glucose/2 h
388 ¹⁰⁰	Korea	Puffed rice grains	72.4	6.6	56.2	50	10 Healthy participants	Glucose/2 h
389 ¹⁰⁰	Korea	Rice cakes	80.7	8.5	93.8	50	10 Healthy participants	Glucose/2 h
390 ¹⁰⁰	Korea	Steamed glutinous rice	75.7	10.6	111.11	50	10 Healthy participants	Glucose/2 h
391 ¹⁰⁰	Korea	Rice balls	96.9	15.1	100	50	10 Healthy participants	Glucose/2 h
392 ¹⁰⁰	Korea	Barley powder	69.8	6.7	67.0	50	11 Healthy participants	Glucose/2 h
393 ¹⁰⁰	Korea	Fine noodles	49.0	7.0	65.8	50	13 Healthy participants	Glucose/2 h
394 ¹⁰⁰	Korea	Fresh wheat noodles	48.2	4.9	91.5	50	13 Healthy participants	Glucose/2 h
395 ¹⁰⁰	Korea	Hand-pulled dough	50.2	5.6	91.4	50	14 Healthy participants	Glucose/2 h
396 ¹⁰⁰	Korea	Spaghetti	55.3	6.5	72.5	50	11 Healthy participants	Glucose/2 h
397 ¹⁰⁰	Korea	Buckwheat noodles	59.6	13.3	70.2	50	13 Healthy participants	Glucose/2 h
398 ¹⁰⁰	Korea	Sweet potato starch vermicelli	60.0	11.6	56.8	50	11 Healthy participants	Glucose/2 h
399 ¹⁰⁰	Korea	Plainbread	70.7	11.4	116.6	50	10 Healthy participants	Glucose/2 h
400 ¹⁰⁰	Korea	Rye bread	64.9	18.4	109.4	50	10 Healthy participants	Glucose/2 h
401 ¹⁰⁰	Korea	Rice bread	73.4	7.6	116.6	50	11 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
402 ¹⁰⁰	Korea	Castella	59.9	13.3	114.2	50	10 Healthy participants	Glucose/2 h
403 ¹⁰⁰	Korea	Soft roll	56.2	11.1	103.5	50	10 Healthy participants	Glucose/2 h
404 ¹⁰⁰	Korea	Bagel	77.4	11.5	104.1	50	11 Healthy participants	Glucose/2 h
405 ¹⁰⁰	Korea	Wheat pancakes	57.0	9.7	102.8	50	14 Healthy participants	Glucose/2 h
406 ¹⁰⁰	Korea	Buckwheat pancakes	49.9	8.9	169.4	50	13 Healthy participants	Glucose/2 h
407 ¹⁰⁰	Korea	Cornflakes (Kellogg's Inc., South Korea)	51.6	10.7	56.2	50	14 Healthy participants	Glucose/2 h
408 ¹⁰⁰	Korea	All-Bran (Kellogg's Inc., South Korea)	51.4	11.1	57.5	50	11 Healthy participants	Glucose/2 h
409 ¹⁰⁰	Korea	Acorn jelly	71.7	16.0	361.2	50	12 Healthy participants	Glucose/2 h
410 ¹⁰⁰	Korea	Green bean jelly	55.1	8.9	443.2	50	14 Healthy participants	Glucose/2 h
411 ¹⁰⁰	Korea	Buckwheat jelly	65.7	11.8	318.5	50	13 Healthy participants	Glucose/2 h
412 ¹⁰⁰	Korea	Potato starch steamed	53.3	17.3	109.3	50	12 Healthy participants	Glucose/2 h
413 ¹⁰⁰	Korea	Baked sweet potatoes	90.9	9.6	160.3	50	10 Healthy participants	Glucose/2 h
414 ¹⁰⁰	Korea	Steamed chestnuts	57.8	6.3	134.8	50	13 Healthy participants	Glucose/2 h
415 ¹⁰⁰	Korea	Baked chestnuts	54.3	5.8	134.8	50	11 Healthy participants	Glucose/2 h
416 ¹⁰⁰	Korea	Steamed maize	73.4	9.9	170.1	50	11 Healthy participants	Glucose/2 h
417 ¹⁰⁰	Korea	Red bean gruel	38.5	7.3	247.9	50	10 Healthy participants	Glucose/2 h
418 ¹⁰⁰	Korea	Steamed sweet pumpkin	52.1	14.0	277.8	50	11 Healthy participants	Glucose/2 h
419 ¹⁰¹	China	Cooked rice	83.2	3.1	NA	50	12 Healthy participants	Glucose/2 h
420 ¹⁰¹	China	Brown rice (cooked)	87.0	5.0	NA	50	10 Healthy participants	Glucose/2 h
421 ¹⁰¹	China	Sticky rice (cooked)	87.0	7.0	NA	50	10 Healthy participants	Glucose/2 h
422 ¹⁰¹	China	Sticky rice (higher amylose)	50.0	6.0	NA	50	10 Healthy participants	Glucose/2 h
423 ¹⁰¹	China	Rice porridge	69.4	18.5	NA	50	10 Healthy participants	Glucose/2 h
424 ¹⁰¹	China	Instant rice (in hot water 3 min)	46.0	8.5	NA	50	10 Healthy participants	Glucose/2 h
425 ¹⁰¹	China	Instant rice (cooked 6 min)	87.0	5.5	NA	50	10 Healthy participants	Glucose/2 h
426 ¹⁰¹	China	Corn powder porridge	68.0	10.6	NA	50	10 Healthy participants	Glucose/2 h
427 ¹⁰¹	China	Corn granule	51.8	9.2	NA	50	10 Healthy participants	Glucose/2 h
428 ¹⁰¹	China	Sweet corn (cooked)	55.0	5.0	NA	50	10 Healthy participants	Glucose/2 h
429 ¹⁰¹	China	Oat biscuit	55.0	2.5	NA	50	10 Healthy participants	Glucose/2 h
430 ¹⁰¹	China	Wheat pancake	79.6	11.5	NA	50	10 Healthy participants	Glucose/2 h
431 ¹⁰¹	China	Bread (refined wheat)	87.9	10.2	NA	50	10 Healthy participants	Glucose/2 h
432 ¹⁰¹	China	Bread (whole wheat)	69.0	10.4	NA	50	10 Healthy participants	Glucose/2 h
433 ¹⁰¹	China	Bread (whole wheat with dried fruit)	47.0	7.0	NA	50	10 Healthy participants	Glucose/2 h
434 ¹⁰¹	China	Wheat noodle (dried)	46.0	5.8	NA	50	10 Healthy participants	Glucose/2 h
435 ¹⁰¹	China	Dumpling (shallot + meat)	28.0	9.9	NA	50	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
436 ¹⁰¹	China	Steamed stuffed bun (shallot + meat)	39.1	13.0	NA	50	10 Healthy participants	Glucose/2 h
437 ¹⁰¹	China	Cake crisp	59.0	6.0	NA	50	10 Healthy participants	Glucose/2 h
438 ¹⁰¹	China	Whole-wheat pancake	42.0	7.5	NA	50	10 Healthy participants	Glucose/2 h
439 ¹⁰¹	China	WoTao (corn + wheat)	64.9	16.5	NA	50	10 Healthy participants	Glucose/2 h
440 ¹⁰¹	China	Potato (cooked)	66.4	3.8	NA	50	10 healthy participants	Glucose/2 h
441 ¹⁰¹	China	Potato (steam)	62.0	5.7	NA	50	10 Healthy participants	Glucose/2 h
442 ¹⁰¹	China	Potato crisp (oil fry)	60.3	7.0	NA	50	10 Healthy participants	Glucose/2 h
443 ¹⁰¹	China	Yam (steam)	51.0	12.0	NA	50	10 Healthy participants	Glucose/2 h
444 ¹⁰¹	China	Yam (cooked)	54.0	5.5	NA	50	10 Healthy participants	Glucose/2 h
445 ¹⁰¹	China	Potato mashed	73.0	9.2	NA	50	10 Healthy participants	Glucose/2 h
446 ¹⁰²	China	Resistant starch rice	48.4	21.8	NA	40	16 Healthy participants	Glucose/4 h
447 ¹⁰²	China	Wild-type rice	77.4	34.9	NA	40	16 Healthy participants	Glucose/4 h
448 ¹⁰³	China	MSB, millet steamed bread	89.6	8.8	100	50	10 Healthy participants	Glucose/2 h
449 ¹⁰³	China	MP-1, no. 1 millet pancake (75.0% millet flour and 25.0% extrusion flour)	83.0	9.6	141	50	10 Healthy participants	Glucose/2 h
450 ¹⁰³	China	MP-2, no. 2 millet pancake (without extrusion flour)	76.2	10.7	121	50	10 Healthy participants	Glucose/2 h
451 ¹⁰³	China	Cooked millet	64.4	8.5	169	50	10 Healthy participants	Glucose/2 h
452 ¹⁰³	China	Millet porridge	93.6	11.3	550	50	10 Healthy participants	Glucose/2 h
453 ¹⁰⁴	China	Majia pomelo	78.34	1.88	72.09 ± 1.08 g (fresh weight)	50	20 Healthy participants	Glucose/2 h
454 ¹⁰⁴	China	Majia pomelo	72.15	1.95	72.09 ± 1.08 g (fresh weight)	50	20 T2DM participants	Glucose/2 h
455 ¹⁰⁵	China	Rice	81	4	66.1	50	11 Healthy participants	Glucose and rice/4 h
456 ¹⁰⁵	China	Raisins	56	5	75.2	50	11 Healthy participants	Glucose and rice/4 h
457 ¹⁰⁵	China	Dried apples	43	4	76.8	50	11 Healthy participants	Glucose and rice/4 h
458 ¹⁰⁵	China	Dried jujubes	55	6	84.0	50	11 Healthy participants	Glucose and rice/4 h
459 ¹⁰⁵	China	Dried apricots	56	4	90.4	50	11 Healthy participants	Glucose and rice/4 h
460 ¹⁰⁵	China	Raisins + rice	77	8	37.6 (raisins) 33.1 (rice)	50	11 Healthy participants	Glucose and rice/4 h
461 ¹⁰⁵	China	Dried apples + rice	65	5	38.4 (dried apples) 33.1 (rice)	50	11 Healthy participants	Glucose and rice/4 h
462 ¹⁰⁵	China	Dried jujubes + rice	77	6	42.0 (dried jujubes) 33.1 (rice)	50	11 Healthy participants	Glucose and rice/4 h
463 ¹⁰⁵	China	Dried apricots + rice	75	7	45.2 (dried apricots) 33.1 (rice)	50	11 Healthy participants	Glucose and rice/4 h
464 ¹⁰⁵	China	Rice + almonds	70	4	66.1 (rice) 30 (almonds)	52	11 Healthy participants	Glucose and rice/4 h
465 ¹⁰⁵	China	Raisins + rice + almonds	54	2	37.6 (raisins) 33.1 (rice) 30 (almonds)	52	11 Healthy participants	Glucose and rice/4 h
466 ¹⁰⁵	China	Dried apples + rice + almonds	60	4	38.4 (dried apples) 33.1 (rice) 30 (almonds)	52	11 Healthy participants	Glucose and rice/4 h
467 ¹⁰⁵	China	Dried jujubes + rice + almonds	52	4	42.0 (dried jujubes) 33.1 (rice) 30 (almonds)	52	11 Healthy participants	Glucose and rice/4 h
468 ¹⁰⁵	China	Dried apricots + rice + almonds	64	4	45.2 (dried apricots) 3.1 (rice) 30 (almonds)	52	11 Healthy participants	Glucose and rice/4 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
469 ¹⁰⁶	China	Cooked rice + cooked pak choy	71	7	66.1 (raw rice) 300 (vegetables) 2.5 (sesame oil) 1.5 (salt)	52.9	16 Healthy participants	Glucose and rice/4 h
470 ¹⁰⁶	China	Cooked rice + homogenised raw pak choy	84	9	66.1 (raw rice) 300 (vegetables) 2.5 (sesame oil) 1.5 (salt)	52.9	16 Healthy participants	Glucose and rice/4 h
471 ¹⁰⁶	China	Cooked rice + homogenised cooked pak choy	91	10	66.1 (raw rice) 300 (vegetables) 2.5 (sesame oil) 1.5 (salt)	52.9	16 Healthy participants	Glucose and rice/4 h
472 ¹⁰⁶	China	Cooked rice + cooked cauliflower	73	7	66.1 (raw rice) 300 (vegetables) 2.5 (sesame oil) 1.5 (salt)	50.8	16 Healthy participants	Glucose and rice/4 h
473 ¹⁰⁶	China	Cooked rice + homogenised raw Cauliflower	83	10	66.1 (raw rice) 300 (vegetables) 2.5 (sesame oil) 1.5 (salt)	50.8	16 Healthy participants	Glucose and rice/4 h
474 ¹⁰⁶	China	Cooked rice + homogenised cooked Cauliflower	85	9	66.1 (raw rice) 300 (vegetables) 2.5 (sesame oil) 1.5 (salt)	50.8	16 Healthy participants	Glucose and rice/4 h
475 ¹⁰⁶	China	Cooked rice + cooked eggplant	67	8	66.1 (raw rice) 300 (vegetables) 2.5 (sesame oil) 1.5 (salt)	53.5	16 Healthy participants	Glucose and rice/4 h
476 ¹⁰⁶	China	Cooked rice + homogenised raw eggplant	93	10	66.1 (raw rice) 300 (vegetables) 2.5 (sesame oil) 1.5 (salt)	53.5	16 Healthy participants	Glucose and rice/4 h
477 ¹⁰⁶	China	Cooked rice + homogenised cooked eggplant	78	8	66.1 (raw rice) 300 (vegetables) 2.5 (sesame oil) 1.5 (salt)	53.5	16 Healthy participants	Glucose and rice/4 h
478 ¹⁰⁷	China	White rice cooked for 30 min	83	9	230 (66.1 g raw rice)	50	10 Healthy participants	Glucose and white rice/2 h
479 ¹⁰⁷	China	Waxy black rice cooked for 30 min	100	10	230 (66.1 g raw rice)	50	10 Healthy participants	Glucose and white rice/2 h
480 ¹⁰⁷	China	Waxy black rice cooked for 60 min	109	12	230 (66.1 g raw rice)	50	10 Healthy participants	Glucose and white rice/2 h
481 ¹⁰⁷	China	Foxtail millet cooked for 30 min	93	8	230 (72.3 g of millet)	50	10 Healthy participants	Glucose and White rice/2 h
482 ¹⁰⁷	China	Foxtail millet cooked for 60 min	89	6	230 (72.3 g of millet)	50	10 Healthy participants	Glucose and white rice/2 h
483 ¹⁰⁷	China	Adlay cooked for 30 min	91	10	230 (75.0 g of adlay)	50	10 Healthy participants	Glucose and white rice/2 h
484 ¹⁰⁷	China	Adlay cooked for 60 min	100	11	230 (75.0 g of adlay)	50	10 Healthy participants	Glucose and white rice/2 h
485 ¹⁰⁷	China	Dried lily bulb cooked for 30 min	83	9	230 (74.0 g of dried lily bulb)	50	10 Healthy participants	Glucose and white rice/2 h
486 ¹⁰⁷	China	Dried lily bulb cooked for 60 min	85	7	230 (74.0 g of dried lily bulb)	50	10 Healthy participants	Glucose and white rice/2 h
487 ¹⁰⁷	China	Lotus seed cooked for 30 min	45	5	230 (77.6 g of lotus seed)	50	10 Healthy participants	Glucose and White rice/2 h
488 ¹⁰⁷	China	Lotus seed cooked for 60 min	51	7	230 (77.6 g of lotus seed)	50	10 Healthy participants	Glucose and white rice/2 h
489 ¹⁰⁷	China	Adzuki bean cooked for 40 min	21	4	230 (83.1 g of adzuki bean)	50	10 Healthy participants	Glucose and white rice/2 h
490 ¹⁰⁷	China	Adzuki bean cooked for 70 min	29	4	230 (83.1 g of adzuki bean)	50	10 Healthy participants	Glucose and white rice/2 h
491 ¹⁰⁸	Taiwan, China	Brown rice	82	0.22	NA	50	10 Healthy participants	White bread/2 h
492 ¹⁰⁸	Taiwan, China	Taro	69	0.35	NA	50	10 Healthy participants	White bread/2 h
493 ¹⁰⁸	Taiwan, China	Adlay	55	0.4	NA	50	10 Healthy participants	White bread/2 h
494 ¹⁰⁸	Taiwan, China	Mung bean noodles	28	0.5	NA	50	10 Healthy participants	White bread/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
495 ¹⁰⁸	Taiwan, China	Yam	52	0.25	NA	50	10 Healthy participants	White bread/ 2 h
496 ¹⁰⁹	Taiwan	Brown rice (Taikeng 9)	49.8	4.3	NA	50	15 Healthy participants	Glucose/2 h
497 ¹⁰⁹	Taiwan	Brown rice (Taikeng 9)	70.8	4.3	NA	50	15 Healthy participants	White bread/ 2 h
498 ¹⁰⁹	Taiwan	Brown rice (Taichung Sen 10)	51	4.9	NA	50	15 Healthy participants	Glucose/2 h
499 ¹⁰⁹	Taiwan	Brown rice (Taichung Sen 10)	73	4.7	NA	50	15 Healthy participants	White bread/ 2 h
500 ¹⁰⁹	Taiwan	White rice (TRGC9152)	52.2	6.3	NA	50	15 Healthy participants	Glucose/2 h
501 ¹⁰⁹	Taiwan	White rice (TRGC9152)	73.1	5.7	NA	50	15 Healthy participants	White bread/ 2 h
502 ¹⁰⁹	Taiwan	White rice (IR50)	55.6	4	NA	50	15 Healthy participants	Glucose/2 h
503 ¹⁰⁹	Taiwan	White rice (IR50)	77.3	4.1	NA	50	15 Healthy participants	White bread/ 2 h
504 ¹⁰⁹	Taiwan	White rice (Taichung Sen 17)	47.3	4.7	NA	50	15 Healthy participants	Glucose/2 h
505 ¹⁰⁹	Taiwan	White rice (Taichung Sen 17)	71.7	4.2	NA	50	15 Healthy participants	White bread/ 2 h
506 ¹⁰⁹	Taiwan	White rice (Taikeng 9)	60.5	5.4	NA	50	15 Healthy participants	Glucose/2 h
507 ¹⁰⁹	Taiwan	White rice (Taikeng 9)	87.5	4.3	NA	50	15 Healthy participants	White bread/ 2 h
508 ¹⁰⁹	Taiwan	White rice (Taiching Sen 10)	55.6	3.2	NA	50	15 Healthy participants	Glucose/2 h
509 ¹⁰⁹	Taiwan	White rice (Taiching Sen 10)	82.5	5.5	NA	50	15 Healthy participants	White bread/ 2 h
510 ¹⁰⁹	Taiwan	White rice (Khazar)	62.4	6.9	NA	50	15 Healthy participants	Glucose/2 h
511 ¹⁰⁹	Taiwan	White rice (Khazar)	88.9	4.1	NA	50	15 Healthy participants	White bread/ 2 h
512 ¹¹⁰	Taiwan	Steamed white rice	91.1	6.8	107	50	12 Healthy participants	Glucose/2 h
513 ¹¹⁰	Taiwan	Rice porridge	98.4	8.1	290	50	12 Healthy participants	Glucose/2 h
514 ¹¹⁰	Taiwan	Reheated overnight rice	90.6	6.6	107	50	12 Healthy participants	Glucose/2 h
515 ¹¹¹	Taiwan	Steamed white rice + 10 g of canola oil	90.3	2.1	117	50	12 healthy participants	White rice/ 2 h
516 ¹¹¹	Taiwan	Steamed white rice + 5 g dextrin fibre	89.3	2.6	112	50	12 Healthy participants	White rice/ 2 h
517 ¹¹¹	Taiwan	Steamed white rice + 10 g dextrin fibre	88.1	2.1	117	50	12 Healthy participants	White rice/ 2 h
518 ¹¹¹	Taiwan	Steamed white rice + 5 g gluten protein	84.9	1.7	112	50	12 Healthy participants	White rice/ 2 h
519 ¹¹¹	Taiwan	Steamed white rice + 10 g gluten protein	83.1	1.6	117	50	12 Healthy participants	White rice/ 2 h
520 ¹¹¹	Taiwan	Steamed white rice + 5 g gluten protein + 5 g dextrin fibre	88.5	1.9	117	50	12 Healthy participants	White rice/ 2 h
521 ¹¹¹	Taiwan	Steamed white rice + 5 g gluten protein + 10 g dextrin fibre	88.8	1.3	122	50	12 Healthy participants	White rice/ 2 h
522 ¹¹¹	Taiwan	Steamed white rice + 10 g gluten protein + 5 g dextrin fibre	86.2	1.3	122	50	12 Healthy participants	White rice/ 2 h
523 ¹¹¹	Taiwan	Steamed white rice + 10 g gluten protein + 10 g dextrin fibre	86.1	1.7	127	50	12 Healthy participants	White rice/ 2 h
524 ¹¹¹	Taiwan	Steamed white rice + 5 g of canola oil + 5 g gluten protein	92	2.1	117	50	12 Healthy participants	White rice/ 2 h
525 ¹¹¹	Taiwan	Steamed white rice + 5 g of canola oil + 10 g gluten protein	91.9	2.3	122	50	12 Healthy participants	White rice/ 2 h
526 ¹¹¹	Taiwan	Steamed white rice + 10 g of canola oil + 5 g gluten protein	93.1	2.2	122	50	12 Healthy participants	White rice/ 2 h
527 ¹¹¹	Taiwan	Steamed white rice + 10 g of canola oil + 10 g gluten protein	91.3	1.7	127	50	12 Healthy participants	White rice/ 2 h
528 ¹¹¹	Taiwan	Steamed white rice + 5 g of canola oil + 5 g dextrin fibre	92.4	2.2	117	50	12 Healthy participants	White rice/ 2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
529 ¹¹¹	Taiwan	Steamed white rice + 5 g of canola oil + 10 g dextrin fibre	94	2.2	122	50	12 Healthy participants	White rice/ 2 h
530 ¹¹¹	Taiwan	Steamed white rice + 10 g of canola oil + 5 g dextrin fibre	96	2	122	50	12 Healthy participants	White rice/ 2 h
531 ¹¹¹	Taiwan	Steamed white rice + 10 g of canola oil + 10 g dextrin fibre	96.3	2.2	127	50	12 Healthy participants	White rice/ 2 h
532 ¹¹¹	Taiwan	Steamed white rice + 5 g gluten protein + 5 g dextrin fibre + 5 g canola oil	92	2.6	122	50	12 Healthy participants	White rice/ 2 h
533 ¹¹¹	Taiwan	Steamed white rice + 5 g gluten protein + 10 g dextrin fibre + 5 g canola oil	92.4	1.6	127	50	12 Healthy participants	White rice/ 2 h
534 ¹¹¹	Taiwan	Steamed white rice + 10 g gluten protein + 5 g dextrin fibre + 5 g canola oil	91.5	1.9	127	50	12 Healthy participants	White rice/ 2 h
535 ¹¹¹	Taiwan	Steamed white rice + 10 g gluten protein + 10 g dextrin fibre + 5 g canola oil	89	2.2	132	50	12 Healthy participants	White rice/ 2 h
536 ¹¹¹	Taiwan	Steamed white rice + 5 g gluten protein + 5 g dextrin fibre + 10 g canola oil	94.2	2.3	127	50	12 Healthy participants	White rice/ 2 h
537 ¹¹¹	Taiwan	Steamed white rice + 5 g gluten protein + 10 g dextrin fibre + 10 g canola oil	93.1	1.6	132	50	12 Healthy participants	White rice/ 2 h
538 ¹¹¹	Taiwan	Steamed white rice + 10 g gluten protein + 5 g dextrin fibre + 0 g canola oil	95.8	1.4	132	50	12 Healthy participants	White rice/ 2 h
539 ¹¹¹	Taiwan	Steamed white rice + 10 g gluten protein + 10 g dextrin fibre + 10 g canola oil	88.6	1.9	137	50	12 Healthy participants	White rice/ 2 h
540 ¹¹²	Hong Kong, China	Baked barbecued pork puff	55	8	161	50	15 Healthy participants	Glucose/2 h
541 ¹¹²	Hong Kong, China	Fried rice in Yangzhou style	80	6	217	50	15 Healthy participants	Glucose/2 h
542 ¹¹²	Hong Kong, China	Fried fritter	69	9	139	50	15 Healthy participants	Glucose/2 h
543 ¹¹²	Hong Kong, China	'Mai-Lai' cake	61	8	114	50	15 Healthy participants	Glucose/2 h
544 ¹¹²	Hong Kong, China	Tuna fish bun	46	4	139	50	15 Healthy participants	Glucose/2 h
545 ¹¹²	Hong Kong, China	Sticky rice wrapped in lotus leaf	83	5	167	50	15 Healthy participants	Glucose/2 h
546 ¹¹²	Hong Kong, China	Steamed glutinous rice roll	89	8	109	50	15 Healthy participants	Glucose/2 h
547 ¹¹²	Hong Kong, China	'Pineapple' bun	65	8	91	50	15 Healthy participants	Glucose/2 h
548 ¹¹²	Hong Kong, China	Jam and peanut butter toast	72	8	106	50	15 Healthy participants	Glucose/2 h
549 ¹¹²	Hong Kong, China	Fried rice noodles with sliced beef	66	7	250	50	15 Healthy participants	Glucose/2 h
550 ¹¹²	Hong Kong, China	Egg tart	45	3	143	50	15 Healthy participants	Glucose/2 h
551 ¹¹²	Hong Kong, China	Plain steamed vermicelli roll	90	8	238	50	15 Healthy participants	Glucose/2 h
552 ¹¹²	Hong Kong, China	Green bean dessert	54	6	333	50	15 Healthy participants	Glucose/2 h
553 ¹¹²	Hong Kong, China	Barbecue pork bun	69	9	119	50	15 Healthy participants	Glucose/2 h
554 ¹¹²	Hong Kong, China	Red bean dessert	75	8	263	50	15 Healthy participants	Glucose/2 h
555 ¹¹²	Hong Kong, China	Moon cakes	56	7	80	50	15 Healthy participants	Glucose/2 h
556 ¹¹²	Hong Kong, China	Glutinous rice ball	61	10	115	50	15 Healthy participants	Glucose/2 h
557 ¹¹²	Hong Kong, China	Chinese herbal jelly	47	3	333	50	15 Healthy participants	Glucose/2 h
558 ¹¹²	Hong Kong, China	Instant sweet milky bun	67	5	114	50	15 Healthy participants	Glucose/2 h
559 ¹¹²	Hong Kong, China	Frozen sweet milky bun	72	8	114	50	15 Healthy participants	Glucose/2 h
560 ¹¹²	Hong Kong, China	Fried rice vermicelli in Singapore style	54	6	333	50	15 Healthy participants	Glucose/2 h
561 ^{Chen et al., 2010)}	Hong Kong, China	Fried rice vermicelli in Singapore style	69	8	167	50	15 Healthy participants	Glucose/2 h
562 ¹¹²	Hong Kong, China	Salted meat rice dumpling	58	9	200	50	15 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
563 ¹¹²	Hong Kong, China	Salted meat rice dumpling	81	7	100	50	15 Healthy participants	Glucose/2 h
564 ¹¹²	Hong Kong, China	Spring roll	50	5	114	50	15 Healthy participants	Glucose/2 h
565 ¹¹³	Hong Kong	Jianxi rice vermicelli	56	7	63.3	50	23 Healthy participants	Glucose/2 h
566 ¹¹³	Hong Kong	Sau tao Beijing noodles	61	5	69.2	50	23 Healthy participants	Glucose/2 h
567 ¹¹³	Hong Kong	Taiwan vermicelli	68	12	54.4	50	23 Healthy participants	Glucose/2 h
568 ¹¹³	Hong Kong	Sau tao chicken-flavoured Sichuan spicy noodles	65	4	75.4	50	23 Healthy participants	Glucose/2 h
569 ¹¹³	Hong Kong	Doll fried noodles	88	8	105.2	50	23 Healthy participants	Glucose/2 h
570 ¹¹³	Hong Kong	Garden milk bar bun	73	8	105	50	23 Healthy participants	Glucose/2 h
571 ¹¹³	Hong Kong	Linola seed bread	90	11	116.8	50	23 Healthy participants	Glucose/2 h
572 ¹¹⁴	West India	Round leaf yellow yam, boiled	68	3	223.02	50	10 Healthy participants	Glucose/2 h
573 ¹¹⁴	West India	Round leaf yellow yam, roasted	80	7	186.43	50	10 Healthy participants	Glucose/2 h
574 ¹¹⁴	West India	Negro yam, boiled	73	4	235.07	50	10 Healthy participants	Glucose/2 h
575 ¹¹⁴	West India	Negro yam, roasted	73	6	194.25	50	10 Healthy participants	Glucose/2 h
576 ¹¹⁴	West India	Lucea yam, boiled	74	7	274.42	50	10 Healthy participants	Glucose/2 h
577 ¹¹⁴	West India	Lucea yam, roasted	77	5	198.18	50	10 Healthy participants	Glucose/2 h
578 ¹¹⁴	West India	White yam, boiled	75	6	239.00	50	10 Healthy participants	Glucose/2 h
579 ¹¹⁴	West India	White yam, roasted	80	6	214.13	50	10 Healthy participants	Glucose/2 h
580 ¹¹⁴	West India	Sweet yam, boiled	79	4	297.97	50	10 Healthy participants	Glucose/2 h
581 ¹¹⁴	West India	Sweet yam, roasted	82	7	192.53	50	10 Healthy participants	Glucose/2 h
582 ¹¹⁴	West India	Sweet potato, boiled	46	5	234.63	50	10 Healthy participants	Glucose/2 h
583 ¹¹⁴	West India	Sweet potato, roasted	82	5	167.79	50	10 Healthy participants	Glucose/2 h
584 ¹¹⁴	West India	Sweet potato, baked	94	8	167.79	50	10 Healthy participants	Glucose/2 h
585 ¹¹⁴	West India	Sweet potato, fried	76	7	167.79	50	10 Healthy participants	Glucose/2 h
586 ¹¹⁴	West India	Irish potato, boiled	59	4	230.95	50	10 Healthy participants	Glucose/2 h
587 ¹¹⁴	West India	Irish potato, baked	83	6	249.63	50	10 Healthy participants	Glucose/2 h
588 ¹¹⁴	West India	Irish potato, fried	70	6	249.63	50	10 Healthy participants	Glucose/2 h
589 ¹¹⁴	West India	Dasheen, boiled	72	5	279.30	50	10 Healthy participants	Glucose/2 h
590 ¹¹⁴	West India	Coco yam, boiled	61	5	482.63	50	10 Healthy participants	Glucose/2 h
591 ¹¹⁴	West India	Pumpkin, boiled	66	4	223.81	50	10 Healthy participants	Glucose/2 h
592 ¹¹⁴	West India	Breadfruit, boiled	47	5	276.55	50	10 Healthy participants	Glucose/2 h
593 ¹¹⁴	West India	Breadfruit, roasted	72	8	221.34	50	10 Healthy participants	Glucose/2 h
594 ¹¹⁴	West India	Green banana, boiled	37	5	225.23	50	10 Healthy participants	Glucose/2 h
595 ¹¹⁴	West India	Green banana, fried	35	3	195.31	50	10 Healthy participants	Glucose/2 h
596 ¹¹⁴	West India	Green plantain, boiled	39	4	259.20	50	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
597 ¹¹⁴	West India	Green plantain, fried	40	3	175.93	50	10 Healthy participants	Glucose/2 h
598 ¹¹⁴	West India	Ripe plantain, boiled	66	2	308.64	50	10 Healthy participants	Glucose/2 h
599 ¹¹⁴	West India	Ripe plantain, fried	90	6	211.60	50	10 Healthy participants	Glucose/2 h
600 ¹¹⁵	India	Biscuits (45% foxtail millet + 55% refined wheat flour)	50.8	27.9 (SD)	90	50	13 Healthy participants	Glucose/2.5 h
601 ¹¹⁵	India	Biscuits (45% barnyard millet + 55% refined wheat flour)	68	60.3 (SD)	96	50	13 Healthy participants	Glucose/2.5 h
602 ¹¹⁵	India	Biscuits (crude refined wheat flour)	68	52.8 (SD)	90	50	13 Healthy participants	Glucose/2.5 h
603 ¹¹⁶	India	Papaya bar (control)	65	NA	64	50	15 Healthy participants	Glucose/2 h
604 ¹¹⁶	India	Papaya bar (treated with inulin and fructooligosaccharides)	54	NA	65	50	15 Healthy participants	Glucose/2 h
605 ¹¹⁷	India	Banana (yallakki)	43	NA	120	25	10 Healthy participants	Glucose/2 h
606 ¹¹⁷	India	Mango (Raspuri)	35	NA	120	25	10 Healthy participants	Glucose/2 h
607 ¹¹⁷	India	Papaya	19	NA	120	29	10 Healthy participants	Glucose/2 h
608 ¹¹⁷	India	Orange	52	NA	120	10	10 Healthy participants	Glucose/2 h
609 ¹¹⁷	India	Guava	78	NA	120	11.5	10 Healthy participants	Glucose/2 h
610 ¹¹⁷	India	Chikku	73	NA	120	29	10 Healthy participants	Glucose/2 h
611 ¹¹⁷	India	Jackfruit	63	NA	120	28.8	10 Healthy participants	Glucose/2 h
612 ¹¹⁷	India	Watermelon	37	NA	120	6	10 Healthy participants	Glucose/2 h
613 ¹¹⁷	India	Pineapple	19	NA	120	10	10 Healthy participants	Glucose/2 h
614 ¹¹⁷	India	Apple	45	NA	120	16	10 Healthy participants	Glucose/2 h
615 ¹¹⁸	India	Roasted Amaranth Grains flour chapatti	84.83	50	117.5	50	50 NIDDM participants	Glucose/2 h
616 ¹¹⁸	India	Boiled Amaranth Grains flour chapatti	111.83	75	118	50	50 NIDDM participants	Glucose/2 h
617 ¹¹⁸	India	Popped Amaranth Grains flour chapatti	44	25.08	116.34	50	50 NIDDM participants	Glucose/2 h
618 ¹¹⁸	India	Raw Amaranth Grains flour chapatti	102.3	76.4	121.39	50	50 NIDDM participants	Glucose/2 h
619 ¹¹⁹	India	Sona Masuri (parboiled rice)	72	4.5	235	50	30 Healthy participants	Glucose/2 h
620 ¹¹⁹	India	Ponni (parboiled rice)	70.2	3.6	236	50	30 Healthy participants	Glucose/2 h
621 ¹¹⁹	India	Surti Kolam (parboiled rice)	77	4.0	259	50	30 Healthy participants	Glucose/2 h
622 ¹²⁰	India	Burfi (made with 43% foxtail millet, 57% bengal gram flour)	37.5	18.5 (SD)	NA	50	10 Healthy participants	Glucose/2.5 h
623 ¹²⁰	India	Burfi (made with 43% barnyard millet, 57% bengal gram flour)	45.0	14.5 (SD)	NA	50	10 Healthy participants	Glucose/2.5 h
624 ¹²⁰	India	Burfi (made with 100% bengal gram flour)	43.0	14.9	NA	50	10 Healthy participants	Glucose/2.5 h
625 ¹²¹	India	Namkeen sev (without dried bottle gourd pulp powder) [bengal gram flour + kidney bean flour (50:50)]	32.82	NA	NA	50	10 Healthy participants	Glucose/2 h
626 ¹²¹	India	Namkeen sev (with dried bottle gourd pulp powder) [bengal gram flour + kidney bean flour + DBPP (40:40:20)]	21.83	NA	NA	50	10 Healthy participants	Glucose/2 h
627 ¹²²	India	Idli	67.11	3.25	70	50	10 Healthy participants	Glucose/2 h
628 ¹²²	India	Sewai upma	69.1	1.74	147	50	10 Healthy participants	Glucose/2 h
629 ¹²²	India	Idli (60% Kodo millet)	58.53	1.48	76	50	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
630 ¹²²	India	Sewai upma (60% Kodo millet)	65.49	1.01	150	50	10 Healthy participants	Glucose/2 h
631 ¹²³	India	Chapatti (whole wheat)	83.92	9.63 (SD)	NA	50	20 NIDDM participants	Glucose/2 h
632 ¹²³	India	Chapatti (whole wheat + rice bran-based)	68.34	11.49 (SD)	NA	50	20 NIDDM participants	Glucose/2 h
633 ¹²⁴	India	Indian branded basmati rice	54.93	1.07	NA	50	70 Healthy participants	Glucose/2 hr
634 ¹²⁵	India	Misi parantha	40.41	NA	NA	50	10 healthy participants	Glucose/2.5 h
635 ¹²⁵	India	Misi parantha (15% green gram husk)	32.54	NA	NA	50	10 Healthy participants	Glucose/2.5 h
636 ¹²⁶	India	Dal samosa (added 10% <i>Ficus religiosa</i> leaves)	35	NA	NA	50	25 Healthy participants	Glucose/2 h
637 ¹²⁶	India	Bati (added 5% <i>Ficus religiosa</i> bark)	53	NA	NA	50	25 Healthy participants	Glucose/2 h
638 ¹²⁷	India	Noodles (30% finger millet flour + refined wheat flour)	45.1	NA	64.97	50	10 Healthy participants	Glucose/2.5 h
639 ¹²⁷	India	Noodles (refined wheat flour)	62.6	NA	65.66	50	10 Healthy participants	Glucose/2.5 h
640 ¹²⁸	India	Refined wheat noodles	66.43	NA	NA	50	10 Healthy participants	Glucose/2 h
641 ¹²⁸	India	Refined wheat noodles (added bengal gram seed coat + broken rice)	56.13	NA	NA	50	10 Healthy participants	Glucose/2 h
642 ¹²⁸	India	Refined wheat noodles (added bengal gram broken + broken rice)	45.78	NA	NA	50	10 Healthy participants	Glucose/2 h
643 ¹²⁹	India	Biscuit (refined wheat flour)	68.70	NA	NA	50	10 Healthy participants	Glucose/2.5 h
644 ¹²⁹	India	Biscuit (refined wheat flour with 12% green gram husk)	46.26	NA	NA	50	10 Healthy participants	Glucose/2.5 h
645 ¹³⁰	India	Banana (Nendran)	87.29	NA	NA	50	20 Healthy participants	Glucose/2 h
646 ¹³⁰	India	Banana (Robusta)	81.55	NA	NA	50	20 Healthy participants	Glucose/2 h
647 ¹³⁰	India	Banana (Poovan)	83.36	NA	NA	50	20 Healthy participants	Glucose/2 h
648 ¹³⁰	India	Banana (Chenkadali)	82.23	NA	NA	50	20 Healthy participants	Glucose/2 h
649 ¹³⁰	India	Banana (Njalipoovan)	95.98	NA	NA	50	20 Healthy participants	Glucose/2 h
650 ¹³¹	India	Little millet flakes (ready to cook)	52.11	NA	84	50	10 Healthy participants	Glucose/2.5 h
651 ¹³²	India	Sorghum multigrain roti	68	8.63	119	50	10 Healthy participants	Glucose/2 h
652 ¹³²	India	Sorghum coarse semolina upma	53	2.84	232	50	10 Healthy participants	Glucose/2 h
653 ¹³²	India	Sorghum fine semolina upma	56	9.83	252	50	10 Healthy participants	Glucose/2 h
654 ¹³²	India	Sorghum flakes poha	45	5.27	277	50	10 Healthy participants	Glucose/2 h
655 ¹³²	India	Sorghum pasta	46	6.47	330	50	10 Healthy participants	Glucose/2 h
656 ¹³²	India	Sorghum biscuits	54	6.3	75	50	10 Healthy participants	Glucose/2 h
657 ¹³²	India	Wheat roti	64	9.24	119	50	10 Healthy participants	Glucose/2 h
658 ¹³²	India	Wheat coarse semolina upma	58	6.85	232	50	10 Healthy participants	Glucose/2 h
659 ¹³²	India	Wheat fine semolina upma	67	10.8	252	50	10 Healthy participants	Glucose/2 h
660 ¹³²	India	Rice flakes poha	74	4.87	277	50	10 Healthy participants	Glucose/2 h
661 ¹³²	India	Wheat pasta	72	6.51	330	50	10 Healthy participants	Glucose/2 h
662 ¹³²	India	Wheat biscuits	57	11.4	75	50	10 Healthy participants	Glucose/2 h
663 ¹³³	India	Khichdi (barnyard millet)	34.96	1.22 (SD)	NA	50	10 Healthy participants	Glucose/2.5 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
664 ¹³³	India	Rice khichdi	62.5	1.38 (SD)	NA	50	10 Healthy participants	Glucose/2.5 h
665 ¹³⁴	India	High fibre white rice	61.3	2.8	67 g (raw) 1:2 water	50	39 Healthy participants	Glucose/2 h
666 ¹³⁴	India	White rice	79.2	4.8	65 g (raw) 1:2 water	50	40 Healthy participants	Glucose/2 h
667 ¹³⁵	India	Dosa (rice-based)	77.86	NA	140	50	10 Healthy participants	White bread/2 h
668 ¹³⁵	India	Dosa (foxtail millet-based)	59.25	NA	290	50	10 Healthy participants	White bread/2 h
669 ¹³⁶	India	Brown ragi roti	61.0	5.77	69.44	50	10 Healthy participants	Glucose/2 h
670 ¹³⁶	India	White ragi roti	67.3	2.78	69.44	50	10 Healthy participants	Glucose/2 h
671 ¹³⁶	India	Brown ragi roti + curry leaf powder (CLP)	56.2	5.56	64.58 (flour) 5 (CLP)	50	10 Healthy participants	Glucose/2 h
672 ¹³⁶	India	White ragi flour roti + curry leaf powder (CLP)	62.5	4.23	64.58 (flour) 5 (CLP)	50	10 Healthy participants	Glucose/2 h
673 ¹³⁷	India	Wheat chapatti	48.37	20.59 (SD)	72.05 wheat flour	50	10 Healthy participants	Glucose/2 h
674 ¹³⁷	India	Wheat chapatti enriched with carrot powder	53.48	16.91 (SD)	72.22 wheat flour 15% carrot powder	50	10 Healthy participants	Glucose/2 h
675 ¹³⁷	India	Dalia	38.05	27.04 (SD)	10 g dalia 10 g moong dal 280 ml water	50	10 Healthy participants	Glucose/2 h
676 ¹³⁷	India	Salty enriched dalia (with carrot grits)	49.81	25.69 (SD)	13.34 g daliav 6.66 g moong dal 10.73 g carrot grits 279 ml water	50	10 Healthy participants	Glucose/2 h
677 ¹³⁸	India	Chakli (added 5% kale powder)	48.86	NA	NA	50	30 Healthy participants	Glucose/2 h
678 ¹³⁸	India	Twisters (added 10% kale powder)	46.44	NA	NA	50	30 Healthy participants	Glucose/2 h
679 ¹³⁹	India	Biscuits [(refined wheat flour, barley flour and soy flour (25:50:25)]	38.68	NA	108.5	50	10 Healthy participants	Glucose/2 h
680 ¹³⁹	India	Biscuits (100% refined wheat flour)	83.99	NA	94	50	10 Healthy participants	White bread/2 h
681 ¹⁴⁰	India	Extruded snack (whole-wheat flour, barley and chickpea, 50:25:25)	48.77	NA	67.5	50	10 Healthy participants	Glucose/2 h
682 ¹⁴⁰	India	Extruded snack (100% whole-wheat flour)	69.68	NA	64	50	10 Healthy participants	Glucose/2 h
683 ¹⁴¹	India	Brown rice	57.6	6.8	NA	50	12 Healthy participants	Glucose/2 h
684 ¹⁴¹	India	Minimally polished/under milled rice with 2.3% degree of polish (≈hand pounded rice)	73	5.4	NA	50	12 Healthy participants	Glucose/2 h
685 ¹⁴¹	India	Fully polished white rice (WR) with 9.7% degree of polish	79.6	6.8	NA	50	12 Healthy participants	Glucose/2 h
686 ¹⁴²	India	Uzhunnu vada	21.54	NA	172	50	11 Healthy participants	Glucose/2 h
687 ¹⁴²	India	Tapioca	83.57	NA	135	50	11 healthy participants	Glucose/2 h
688 ¹⁴²	India	Dosa	55.80	NA	120	50	11 Healthy participants	Glucose/2 h
689 ¹⁴²	India	Puttu	62.68	NA	141	50	11 Healthy participants	Glucose/2 h
690 ¹⁴²	India	Plantain (unripe)	73.9	NA	422	50	11 Healthy participants	Glucose/2 h
691 ¹⁴²	India	Chapathi	54.43	NA	110	50	11 Healthy participants	Glucose/2 h
692 ¹⁴²	India	Poori	58.53	NA	121	50	11 Healthy participants	Glucose/2 h
693 ¹⁴²	India	Idiyappam	59.41	NA	131	50	11 Healthy participants	Glucose/2 h
694 ¹⁴²	India	Appam	59.94	NA	122	50	11 Healthy participants	Glucose/2 h
695 ¹⁴²	India	Yam	55.53	NA	282	50	11 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
696 ¹⁴²	India	Porotta	37.98	NA	121	50	11 Healthy participants	Glucose/2 h
697 ¹⁴²	India	Semolina upma	62.37	NA	142	50	11 Healthy participants	Glucose/2 h
698 ¹⁴²	India	Idli	62.45	NA	149	50	11 Healthy participants	Glucose/2 h
699 ¹⁴³	India	Thepla	57.77	NA	NA	50	30 Healthy participants	Glucose/2 h
700 ¹⁴³	India	Thepla (2% ashwagandha root powder)	37.30	NA	NA	50	30 Healthy participants	Glucose/2 h
701 ¹⁴⁴	India	Maize	75.15	0.60 (SD)	NA	50	10 Healthy participants	Glucose/2 h
702 ¹⁴⁴	India	Boiled maize (with whole bengal gram)	68.72	0.86 (SD)	NA	50	10 Healthy participants	Glucose/2 h
703 ¹⁴⁴	India	Alkali-treated maize (with whole bengal gram)	69.01	0.66 (SD)	NA	50	10 Healthy participants	Glucose/2 h
704 ¹⁴⁴	India	Roasted maize (with whole bengal gram)	72.15	0.60 (SD)	NA	50	10 Healthy participants	Glucose/2 h
705 ¹⁴⁵	India	DiaBliss herbal sugar (DHS)	46.5	NA	50	50	16 Healthy participants	Glucose/2 h
706 ¹⁴⁶	India	Mixed mini meal: wheat, pearl barley and Bengal gram flour (besan) mix with chana whole (unhusked chana + curd)	71.9	7.4	NA	50	12 Healthy participants	Glucose/2 h
707 ¹⁴⁷	India	Upma (added decorticated finger millet with lower degree of polish)	84.7	8.2	NA	50	16 Healthy participants	Glucose/2 h
708 ¹⁴⁷	India	Upma (added finger millet flakes)	82.3	6.8	NA	50	16 Healthy participants	Glucose/2 h
709 ¹⁴⁷	India	Upma (added finger millet vermicelli)	65.5	5.5	NA	50	16 Healthy participants	Glucose/2 h
710 ¹⁴⁷	India	Finger millet extruded snack	65	6.6	NA	50	12 Healthy participants	Glucose/2 h
711 ¹⁴⁸	India	Roti (whole-wheat flour)	44.6	NA	55	50	30 Healthy participants	Dextrose/2 h
712 ¹⁴⁸	India	Chappati (multigrain flour)	28.4	NA	84	50	30 Healthy participants	Dextrose/2 h
713 ¹⁴⁹	India	Green jackfruit (freeze-dried) porridge	65	5	NA	25 or 50	10 Healthy participants	Glucodin/2 h
714 ¹⁵⁰	India	Kashi 7 whole-grain 'pila'	58.9	5.1	160	50	14 Healthy participants	Glucose/2 h
715 ¹⁵⁰	India	Uncle Ben's whole-grain fast and natural instant brown rice	87.8	6.8	193	50	14 Healthy participants	Glucose/2 h
716 ¹⁵⁰	India	Refined maize ugali flour	71.4	5.1	161	50	14 Healthy participants	Glucose/2 h
717 ¹⁵⁰	India	Whole maize ugali flour	74.7	6.5	164	50	14 Healthy participants	Glucose/2 h
718 ¹⁵¹	India	Millet-based roti	53	NA	NA	50	10 Healthy participants	Glucose/2 h
719 ¹⁵¹	India	Millet-based dosa	37	NA	NA	50	10 Healthy participants	Glucose/2 h
720 ¹⁵¹	India	Millet-based dumpling	48	NA	NA	50	10 Healthy participants	Glucose/2 h
721 ¹⁵²	India	Preserved coconut sugar	52.47	NA	62.5	50	15 Healthy participants	Glucose/2 h
722 ¹⁵³	Sri Lanka	White sliced bread	77	6	114	50	10 Healthy participants	Glucose/2 h
723 ¹⁵³	Sri Lanka	Wholemeal bread	77	6	128	50	10 Healthy participants	Glucose/2 h
724 ¹⁵³	Sri Lanka	Ordinary white bread	80	4	121	50	10 Healthy participants	Glucose/2 h
725 ¹⁵³	Sri Lanka	Wholemeal bread and lentil curry	61	6	Bread: 83 Curry: 150	50	10 Healthy participants	Glucose/2 h
726 ¹⁵³	Sri Lanka	White sliced bread	100	NA	114	50	10 Healthy participants	White bread/ 2 h
727 ¹⁵³	Sri Lanka	Wholemeal bread	103	10	128	50	10 Healthy participants	White bread/ 2 h
728 ¹⁵³	Sri Lanka	Ordinary white bread	114	11	121	50	10 Healthy participants	White bread/ 2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
729 ¹⁵³	Sri Lanka	Wholemeal bread and lentil curry	87	6	Bread: 83 Curry: 150	50	10 Healthy participants	White bread/ 2 h
730 ¹⁵⁴	Sri Lanka	Wheat flour roti	72	6	NA	50	10 Healthy participants	White bread/ 2 h
731 ¹⁵⁴	Sri Lanka	Rice flour roti	69	7	NA	50	10 Healthy participants	White bread/ 2 h
732 ¹⁵⁴	Sri Lanka	Kurakkan flour roti	70	8	NA	50	10 Healthy participants	White bread/ 2 h
733 ¹⁵⁴	Sri Lanka	Atta flour roti	67	9	NA	25	10 Healthy participants	White bread/ 2 h
734 ¹⁵⁴	Sri Lanka	Wheat flour pittu	101	8	NA	25	10 Healthy participants	White bread/ 2 h
735 ¹⁵⁴	Sri Lanka	Rice flour pittu	103	7	NA	25	10 Healthy participants	White bread/ 2 h
736 ¹⁵⁴	Sri Lanka	Kurakkan flour pittu	85	6	NA	25	10 Healthy participants	White bread/ 2 h
737 ¹⁵⁴	Sri Lanka	Boiled chickpea	29	5	NA	25	10 Healthy participants	White bread/ 2 h
738 ¹⁵⁴	Sri Lanka	Boiled mung bean	57	6	NA	25	10 Healthy participants	White bread/ 2 h
739 ¹⁵⁴	Sri Lanka	Boiled cowpea	49	8	NA	25	10 Healthy participants	White bread/ 2 h
740 ¹⁵⁴	Sri Lanka	Olu-milk rice	91	8	NA	25	10 Healthy participants	White bread/ 2 h
741 ¹⁵⁴	Sri Lanka	Breadfruit	65	7	NA	25	10 Healthy participants	White bread/ 2 h
742 ¹⁵⁴	Sri Lanka	Hoppers	120	8	NA	25	10 Healthy participants	White bread/ 2 h
743 ¹⁵⁵	Sri Lanka	Parboiled rice with green curry	47.47	11.20	375	75	20 Healthy participants	Glucose/2 h
744 ¹⁵⁵	Sri Lanka	Parboiled rice with gravy	56.30	9.31	355	75	20 Healthy participants	Glucose/2 h
745 ¹⁵⁵	Sri Lanka	Parboiled rice with green curry and gravy	54.67	10.03	405	75	20 Healthy participants	Glucose/2 h
746 ¹⁵⁵	Sri Lanka	'Kurakkan pittu' with green curry	57.51	5.52	262	75	20 Healthy participants	Glucose/2 h
747 ¹⁵⁵	Sri Lanka	'Kurakkan pittu' with gravy	63.25	8.86	242	75	20 Healthy participants	Glucose/2 h
748 ¹⁵⁵	Sri Lanka	'Kurakkan pittu' with green curry and gravy	59.25	5.49	292	75	20 Healthy participants	Glucose/2 h
749 ¹⁵⁵	Sri Lanka	'Atta pittu' with green curry	44.40	14.27	327	75	20 Healthy participants	Glucose/2 h
750 ¹⁵⁵	Sri Lanka	'Atta pittu' with gravy	50.80	9.35	307	75	20 Healthy participants	Glucose/2 h
751 ¹⁵⁵	Sri Lanka	'Atta pittu' with green curry and gravy	46.29	8.90	357	75	20 Healthy participants	Glucose/2 h
752 ¹⁵⁶	Sri Lanka	Chickpea meal	40	7	186	25	11 T2DM participants	White bread/ 3 h
753 ¹⁵⁶	Sri Lanka	Red rice meal + accompaniments	64	11	149	25	11 T2DM participants	White bread/ 3 h
754 ¹⁵⁶	Sri Lanka	Atta roti meal + accompaniments	88	9	85	25	11 T2DM participants	White bread/ 3 h
755 ¹⁵⁷	Sri Lanka	Rice with lentil curry, boiled egg, coconut gravy and <i>Trichosanthes cucumerina</i> (snake gourd) salad	61	5	285 + 30 ml coconut gravy	50	10 Healthy participants	Bread/2 h
756 ¹⁵⁶	Sri Lanka	Chickpea meal	40	7	186	25	11 T2DM participants	White bread/ 3 h
757 ¹⁵⁶	Sri Lanka	Red rice meal + accompaniments	64	11	85	25	11 T2DM participants	White bread/ 3 h
758 ¹⁵⁶	Sri Lanka	Atta roti meal + accompaniments	88	9	149	25	11 T2DM participants	White bread/ 3 h
759 ¹⁵⁸	Sri Lanka	Banana (Silk)	61	5	190	50	10 Healthy participants	Glucose/2 h
760 ¹⁵⁸	Sri Lanka	Banana (Mysore)	61	6	220	50	10 Healthy participants	Glucose/2 h
761 ¹⁵⁸	Sri Lanka	Banana (Gros Michel)	67	7	270	50	10 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
762 ¹⁵⁸	Sri Lanka	Banana (Pisang Awak)	69	9	220	50	10 Healthy participants	Glucose/2 h
763 ¹⁵⁹	Sri Lanka	White rice	66.61	9.86 (SD)	286.04	75	22 Healthy participants	Glucose/2.5 h
764 ¹⁵⁹	Sri Lanka	Brown rice	60.24	8.16 (SD)	338	75	22 Healthy participants	Glucose/2.5 h
765 ¹⁵⁹	Sri Lanka	Parboiled rice	55.97	6.01 (SD)	324.67	75	22 Healthy participants	Glucose/2.5 h
766 ¹⁵⁹	Sri Lanka	Pittu (from cereal flour)	43.74	9.09 (SD)	166.55	75	22 Healthy participants	Glucose/2.5 h
767 ¹⁵⁹	Sri Lanka	'String hopper' (from cereal flour)	50.01	7.06 (SD)	200	75	22 Healthy participants	Glucose/2.5 h
768 ¹⁵⁹	Sri Lanka	Cassava (tuber)	78.67	7.30 (SD)	232.56	75	22 Healthy participants	Glucose/2.5 h
769 ¹⁵⁹	Sri Lanka	Green gram (legume)	31.43	6.96 (SD)	294.92	75	22 Healthy participants	Glucose/2.5 h
770 ¹⁵⁹	Sri Lanka	Chickpea (legume)	33.27	6.23 (SD)	253.2	75	22 Healthy participants	Glucose/2.5 h
771 ¹⁶⁰	Sri Lanka	Kathali	54.45	9.26 (SD)	325.95	75	20 Healthy participants	Glucose/2 h
772 ¹⁶⁰	Sri Lanka	Kappal	50.43	5.79 (SD)	314.33	75	20 Healthy participants	Glucose/2 h
773 ¹⁶⁰	Sri Lanka	Itharai	48.47	10.13 (SD)	277.16	75	20 Healthy participants	Glucose/2 h
774 ¹⁶⁰	Sri Lanka	Jackfruit	65.36	8.00 (SD)	578.70	75	20 Healthy participants	Glucose/2 h
775 ¹⁶⁰	Sri Lanka	Papaya	34.90	12.78 (SD)	903.60	75	20 Healthy participants	Glucose/2 h
776 ¹⁶¹	Sri Lanka	Coconut milk porridge (<i>Cocos nucifera</i>)	31	5	Coconut milk porridge was made with rice and coconut milk in 25:90 ratio	25	10 Healthy participants	Glucose/2 h
777 ¹⁶¹	Sri Lanka	Rice porridge	46	17	Rice porridge was prepared with rice and water (25:90)	25	10 Healthy participants	Glucose/2 h
778 ¹⁶¹	Sri Lanka	<i>Murraya koenigii</i> Spreng (Karapincha)	44	8	All porridges were cooked until final volume of 300 ml (in the porridge, leaves: coconut milk:rice = 13:90:25)	25	10 Healthy participants	Glucose/2 h
779 ¹⁶¹	Sri Lanka	<i>Hemidesmus indicus</i> (Iramusu)	40	8	NA	25	10 Healthy participants	Glucose/2 h
780 ¹⁶¹	Sri Lanka	<i>Aegle marmelos</i> (Beli)	50	8	NA	25	10 Healthy participants	Glucose/2 h
781 ¹⁶¹	Sri Lanka	<i>Coreopsis auriculata</i> Linn. (Ranawara)	77	12	NA	25	10 Healthy participants	Glucose/2 h
782 ¹⁶¹	Sri Lanka	<i>Clitoria ternatea</i> Linn. (Ela katarolu)	53	10	NA	25	10 Healthy participants	Glucose/2 h
783 ¹⁶¹	Sri Lanka	<i>Cardiospermum halicacabum</i> (Wel Penela)	46	8	NA	25	10 Healthy participants	Glucose/2 h
784 ¹⁶¹	Sri Lanka	<i>Alphonsea zeylanica</i> Linn. (Yaki narang)	52	13	NA	25	10 Healthy participants	Glucose/2 h
785 ¹⁶¹	Sri Lanka	<i>Cannabis indica</i> (Kowakka)	49	8	NA	25	10 Healthy participants	Glucose/2 h
786 ¹⁶¹	Sri Lanka	<i>Osbeckia octandra</i> (Heen bovitiya)	55	7	NA	25	10 Healthy participants	Glucose/2 h
787 ¹⁶¹	Sri Lanka	<i>Aerva lanata</i> (Polpala)	32	5	NA	25	10 Healthy participants	Glucose/2 h
788 ¹⁶¹	Sri Lanka	<i>Asparagus racemosus</i> (haathawaariya)	37	4	NA	25	10 Healthy participants	Glucose/2 h
789 ¹⁶¹	Sri Lanka	<i>Scoparia dulcis</i> (Wal koththamalli)	39	8	NA	25	10 Healthy participants	Glucose/2 h
790 ¹⁶¹	Sri Lanka	Rice with lentil curry, boiled egg, coconut gravy and <i>Centella asiatica</i> (gotukola) leaves salad	63	6	285 + 30 ml coconut gravy	50	10 Healthy participants	Bread/2 h
791 ¹⁶¹	Sri Lanka	Rice with lentil curry, boiled egg, coconut gravy and <i>Lasia spinosa</i> (kohila) salad	57	5	285 + 30 ml coconut gravy	50	10 Healthy participants	Bread/2 h
792 ¹⁶²	Sri Lanka	Brown rice flour string hoppers + beans curry	39.93	8.14	NA	50	30 Healthy participants	Glucose/2 h
793 ¹⁶²	Sri Lanka	White rice flour string hoppers + beans curry	41.96	9.86	NA	50	30 Healthy participants	Glucose/2 h
794 ¹⁶²	Sri Lanka	Brown rice flour string hoppers + lentil curry	44.30	9.25	NA	50	30 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
795 ¹⁶²	Sri Lanka	White rice flour string hoppers + lentil curry	53.46	9.57	NA	50	30 Healthy participants	Glucose/2 h
796 ¹⁶²	Sri Lanka	Brown rice flour string hoppers + fish curry	45.26	9.25	NA	50	30 Healthy participants	Glucose/2 h
797 ¹⁶²	Sri Lanka	White rice flour string hoppers + fish curry	56.13	9.94	NA	50	30 Healthy participants	Glucose/2 h
798 ¹⁶²	Sri Lanka	Brown rice flour string hoppers + coconut gravy + polysambol	50.46	9.74	NA	50	30 Healthy participants	Glucose/2 h
799 ¹⁶²	Sri Lanka	White rice flour string hoppers + coconut gravy + polysambol	69.20	9.47	NA	50	30 Healthy participants	Glucose/2 h
800 ¹⁶³	Sri Lanka	Pittu (made with 25% soy flour and 75% rice flour)	35.5	9.8	330 (4 medium size)	50	13 Healthy participants	Glucose/2 h
801 ¹⁶³	Sri Lanka	Pittu with vegetable curry	30.2	6.5 (SD)	386.2	50	13 Healthy participants	Glucose/2 h
802 ¹⁶³	Sri Lanka	Rotti (made with 25% soy flour and 75% rice flour)	36.04	8.1 (SD)	244.1 (4 medium size)	50	13 Healthy participants	Glucose/2 h
803 ¹⁶³	Sri Lanka	Rotti with vegetable curry	31.15	4.6 (SD)	311.7	50	13 Healthy participants	Glucose/2 h
804 ¹⁶³	Sri Lanka	Wandu (made with 25% soy flour and 75% rice flour)	42.97	8.9 (SD)	400 (8 pcs)	50	13 Healthy participants	Glucose/2 h
805 ¹⁶³	Sri Lanka	Wandu with vegetable curry	36.46	5.4 (SD)	446.9	50	13 Healthy participants	Glucose/2 h
806 ¹⁶³	Sri Lanka	Hopper (made with 25% soy flour and 75% rice flour)	45.18	8.6 (SD)	340 (8 pcs)	50	13 Healthy participants	Glucose/2 h
807 ¹⁶³	Sri Lanka	Hopper with vegetable curry	38.3	5.6 (SD)	394.9	50	13 Healthy participants	Glucose/2 h
808 ¹⁶³	Sri Lanka	Thosai (made with 25% soy flour and 75% rice flour)	47.34	5.3 (SD)	353 (7 pcs)	50	13 Healthy participants	Glucose/2 h
809 ¹⁶⁴	Sri Lanka	Thosai and sambol	63.93	7.62	NA	75	20 Healthy participants	Glucose/2 h
810 ¹⁶⁴	Sri Lanka	Thosai, sambol and plantain	60.17	3.58	NA	75	20 Healthy participants	Glucose/2 h
811 ¹⁶⁴	Sri Lanka	Thosai and Sampar	71.90	4.73	NA	75	20 Healthy participants	Glucose/2 h
812 ¹⁶⁴	Sri Lanka	Thosai, sampar and plantain	68.57	4.18	NA	75	20 Healthy participants	Glucose/2 h
813 ¹⁶⁴	Sri Lanka	Thosai, sambol and sampar	65.63	3.46	NA	75	20 Healthy participants	Glucose/2 h
814 ¹⁶⁴	Sri Lanka	Thosai, sambol, sampar and plantain	63.04	5.05	NA	75	20 Healthy participants	Glucose/2 h
815 ¹⁶⁵	Sri Lanka	Pakistani Basmati rice (rice cooker) + 20 g coconut sambol	64	12	147 g (cooked)	50	10 Healthy participants	Glucose/2 h
816 ¹⁶⁵	Sri Lanka	Indian Basmati rice (rice cooker) + 20 g coconut sambol	54	8 (SD)	151 g (cooked)	50	10 Healthy participants	Glucose/2 h
817 ¹⁶⁵	Sri Lanka	Pakistani Basmati rice (microwave) + 120 g coconut sambol	56	14 (SD)	147 g (cooked)	50	10 Healthy participants	Glucose/2 h
818 ¹⁶⁵	Sri Lanka	Indian Basmati rice (microwave) + 0 g coconut sambol	43	6 (SD)	151 g (cooked)	50	10 Healthy participants	Glucose/2 h
819 ¹⁶⁶	Sri Lanka	Parboiled rice	55.97	6.01	NA	75	20 Healthy participants	Glucose/2 h
820 ¹⁶⁶	Sri Lanka	White rice (Sampa)	66.61	9.86	NA	75	20 Healthy participants	Glucose/2 h
821 ¹⁶⁶	Sri Lanka	Brown rice	60.24	8.16	NA	75	20 Healthy participants	Glucose/2 h
822 ¹⁶⁶	Sri Lanka	String hoppers	50.01	7.06	NA	75	20 Healthy participants	Glucose/2 h
823 ¹⁶⁶	Sri Lanka	Pittu	43.74	9.09	NA	75	20 Healthy participants	Glucose/2 h
824 ¹⁶⁶	Sri Lanka	Parboiled rice + green leafy curry	47.5	NA	NA	75	20 Healthy participants	Glucose/2 h
825 ¹⁶⁶	Sri Lanka	Parboiled rice + gravy	56.3	NA	NA	75	20 Healthy participants	Glucose/2 h
826 ¹⁶⁶	Sri Lanka	Parboiled rice + green leafy curry and gravy	54.7	NA	NA	75	20 Healthy participants	Glucose/2 h
827 ¹⁶⁶	Sri Lanka	Pittu (kurakan flour) + green leafy curry	57.5	NA	NA	75	20 Healthy participants	Glucose/2 h
828 ¹⁶⁶	Sri Lanka	Pittu (kurakan flour) + gravy	63.3	NA	NA	75	20 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
829 ¹⁶⁶	Sri Lanka	Pittu (kurakan flour) + green leafy curry + gravy	59.3	NA	NA	75	20 Healthy participants	Glucose/2 h
830 ¹⁶⁶	Sri Lanka	Pittu (atta flour) + green leafy curry	44.4	NA	NA	75	20 Healthy participants	Glucose/2 h
831 ¹⁶⁶	Sri Lanka	Pittu (atta flour) + gravy	50.8	NA	NA	75	20 Healthy participants	Glucose/2 h
832 ¹⁶⁶	Sri Lanka	Pittu (atta flour) + green leafy curry + gravy	46.3	NA	NA	75	20 Healthy participants	Glucose/2 h
833 ¹⁶⁶	Sri Lanka	Boiled potato	65.2	6.56	NA	75	20 Healthy participants	Glucose/2 h
834 ¹⁶⁶	Sri Lanka	Boiled cassava	78.7	7.3	NA	75	20 Healthy participants	Glucose/2 h
835 ¹⁶⁶	Sri Lanka	Boiled chickpea	33.3	6.23	NA	75	20 Healthy participants	Glucose/2 h
836 ¹⁶⁶	Sri Lanka	Boiled green gram	31.4	6.96	NA	75	20 Healthy participants	Glucose/2 h
837 ¹⁶⁶	Sri Lanka	Wheat flour bread	68.59	NA	NA	75	20 Healthy participants	Glucose/2 h
838 ¹⁶⁶	Sri Lanka	Normal bun	67.3	NA	NA	75	20 Healthy participants	Glucose/2 h
839 ¹⁶⁶	Sri Lanka	Hard bun	52.78	NA	NA	75	20 Healthy participants	Glucose/2 h
840 ¹⁶⁶	Sri Lanka	Butter cake	64.72	NA	NA	75	20 Healthy participants	Glucose/2 h
841 ¹⁶⁶	Sri Lanka	Rusk	50.30	NA	NA	75	20 Healthy participants	Glucose/2 h
842 ¹⁶⁶	Sri Lanka	Idli and sambol	56.85	6.26	NA	75	20 Healthy participants	Glucose/2 h
843 ¹⁶⁶	Sri Lanka	Idli, sambol and plantain	51.10	6.57	NA	75	20 Healthy participants	Glucose/2 h
844 ¹⁶⁶	Sri Lanka	Idli and sampar	70.32	8.22	NA	75	20 Healthy participants	Glucose/2 h
845 ¹⁶⁶	Sri Lanka	Idli, sampar and plantain	67.45	7.87	NA	75	20 Healthy participants	Glucose/2 h
846 ¹⁶⁶	Sri Lanka	Idli, sambol and sampar	63.09	3.29	NA	75	20 Healthy participants	Glucose/2 h
847 ¹⁶⁶	Sri Lanka	Idli, sambol, sampar and plantain	61.30	3.09	NA	75	20 Healthy participants	Glucose/2 h
848 ¹⁶⁷	Sri Lanka	Roti (<i>Caryote urens</i>)	57	4	114	50	10 Healthy participants	White bread/2 h
849 ¹⁶⁷	Sri Lanka	Porridge (<i>Caryote urens</i>)	128	11	530	50	10 Healthy participants	White bread/2 h
850 ¹⁶⁷	Sri Lanka	Muffin (<i>Caryote urens</i>)	92	9	126	50	10 Healthy participants	White bread/2 h
851 ¹⁶⁷	Sri Lanka	Roti (<i>Cycas circanlis</i>)	66	6	135	50	10 Healthy participants	White bread/2 h
852 ¹⁶⁷	Sri Lanka	Pittu (<i>Cycas circanlis</i>)	72	4	145	50	10 Healthy participants	White bread/2 h
853 ¹⁶⁷	Sri Lanka	Pittu (<i>Vateria copalifera</i>)	67	7	215	50	10 Healthy participants	White bread/2 h
854 ¹⁶⁸	Sri Lanka	Skimmed milk powder with powdered oats and whey	12	2	NA	50	11 Healthy participants	Glucose/2 h
855 ¹⁶⁹	Sri Lanka	Red pigmented rice (Kaluheenati)	56.3	2.5	NA	50	12 Healthy participants	Glucose/2 h
856 ¹⁶⁹	Sri Lanka	Red pigmented rice (Wedaheenati)	52.5	1.5	NA	50	12 Healthy participants	Glucose/2 h
857 ¹⁶⁹	Sri Lanka	Red pigmented rice (Rathkaral)	62.0	3.1	NA	50	12 Healthy participants	Glucose/2 h
858 ¹⁶⁹	Sri Lanka	Red pigmented rice (Madathawalu)	64.0	2.5	NA	50	12 Healthy participants	Glucose/2 h
859 ¹⁷⁰	United Arab Emirates (UAE)	Rutab (dates)	47.2	17.4	101.8	50	11 Healthy participants	Glucose/2 h
860 ¹⁷⁰	United Arab Emirates (UAE)	Commercial tamer (dates)	35.5	9.7	66.7	50	11 Healthy participants	Glucose/2 h
861 ¹⁷⁰	United Arab Emirates (UAE)	Traditional dates	45.3	25.6	66.8	50	11 Healthy participants	Glucose/2 h
862 ¹⁷¹	United Arab Emirates (UAE)	Fara'd (dates)	54.0	6.1	72.5	50	13 Healthy participants	Glucose/2 h

Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
863	¹⁷¹ United Arab Emirates (UAE)	Fara'd (dates)	46.1	6.2	72.5	50	10 T2DM participants	Glucose/3 h
864	¹⁷¹ United Arab Emirates (UAE)	Lulu (dates)	53.5	8.6	73.6	50	13 Healthy participants	Glucose/2 h
865	¹⁷¹ United Arab Emirates (UAE)	Lulu (dates)	43.8	7.7	73.6	50	10 T2DM participants	Glucose/3 h
866	¹⁷¹ United Arab Emirates (UAE)	Bo ma'an (dates)	46.3	7.1	72.7	50	13 Healthy participants	Glucose/2 h
867	¹⁷¹ United Arab Emirates (UAE)	Bo ma'an (dates)	51.8	6.9	72.7	50	10 T2DM participants	Glucose/3 h
868	¹⁷¹ United Arab Emirates (UAE)	Dabbas (dates)	49.1	3.6	76.2	50	13 Healthy participants	Glucose/2 h
869	¹⁷¹ United Arab Emirates (UAE)	Dabbas (dates)	50.2	3.9	76.2	50	10 T2DM participants	Glucose/3 h
870	¹⁷¹ United Arab Emirates (UAE)	Khalas (dates)	55.1	7.7	72.6	50	13 Healthy participants	Glucose/2 h
871	¹⁷¹ United Arab Emirates (UAE)	Khalas (dates)	53.0	6.0	72.6	50	10 T2DM participants	Glucose/3 h
872	¹⁷² United Arab Emirates (UAE)	Khalas (dates)	55.1	7.7	NA	50	13 Healthy participants	Glucose/2 h
873	¹⁷² United Arab Emirates (UAE)	Khalas (dates)	53.0	6.0	NA	50	10 T2DM participants	Glucose/3 h
874	¹⁷² United Arab Emirates (UAE)	Khalas with Arabic coffee	52.7	6.2	NA	50	13 Healthy participants	Glucose/2 h
875	¹⁷² United Arab Emirates (UAE)	Khalas with Arabic coffee	41.5	5.4	NA	50	10 T2DM participants	Glucose/3 h
876	¹⁷³ United Arab Emirates (UAE)	Arabic bread	67	5	78.8	50	25 Healthy participants	Glucose/2 h
877	¹⁷³ United Arab Emirates (UAE)	Regag bread	76	7	112.7	50	25 Healthy participants	Glucose/2 h
878	¹⁷³ United Arab Emirates (UAE)	Chebab bread	54	8	109	50	15 Healthy participants	Glucose/2 h
879	¹⁷³ United Arab Emirates (UAE)	Muhalla bread	77	2	73.9	50	15 Healthy participants	Glucose/2 h
880	¹⁷³ United Arab Emirates (UAE)	Khameer bread	47	3	91.0	50	15 Healthy participants	Glucose/2 h
881	¹⁷³ United Arab Emirates (UAE)	Fendal	74	7	158	50	20 Healthy participants	Glucose/2 h
882	¹⁷³ United Arab Emirates (UAE)	Chami (cottage cheese)	60	9	470.0	25	16 Healthy participants	Glucose/2 h
883	¹⁷³ United Arab Emirates (UAE)	Habba Hamra	47	3	313.3	50	15 Healthy participants	Glucose/2 h
884	¹⁷³ United Arab Emirates (UAE)	Harees	42	2	323.0	50	15 Healthy participants	Glucose/2 h
885	¹⁷³ United Arab Emirates (UAE)	Thareed (beef)	74	3	460.0	50	15 Healthy participants	Glucose/2 h
886	¹⁷³ United Arab Emirates (UAE)	Biryani (chicken)	52	4	253.9	50	15 Healthy participants	Glucose/2 h
887	¹⁷³ United Arab Emirates (UAE)	Machbous (fish)	60	3	277.0	50	20 Healthy participants	Glucose/2 h
888	¹⁷³ United Arab Emirates (UAE)	Arseyah	72	4	507.6	50	15 Healthy participants	Glucose/2 h
889	¹⁷³ United Arab Emirates (UAE)	Khabisa	67	4	89.1	50	15 Healthy participants	Glucose/2 h
890	¹⁷³ United Arab Emirates (UAE)	Leqemat	44	4	113.1	50	15 Healthy participants	Glucose/2 h
891	¹⁷³ United Arab Emirates (UAE)	Batheetha	59	4	130.8	50	20 Healthy participants	Glucose/2 h
892	¹⁷³ United Arab Emirates (UAE)	Khanfarooosh	45	3	126.2	50	15 Healthy participants	Glucose/2 h
893	¹⁷³ United Arab Emirates (UAE)	Balalet	63	5	179.3	50	15 Healthy participants	Glucose/2 h
894	¹⁷⁴ United Arab Emirates (UAE)	Dried Bisir (mature unripe) dates	54.6	15.2	NA	25	15 Healthy participants	Glucose/2 h
895	¹⁷⁴ United Arab Emirates (UAE)	Dried Tamr (mature ripe) dates	54.3	14.3	NA	25	15 Healthy participants	Glucose/2 h
896	¹⁷⁵ Oman	Doughnut with water	75.49	3.44	250 (ml) water	50	12 Healthy participants	Glucose/2 h

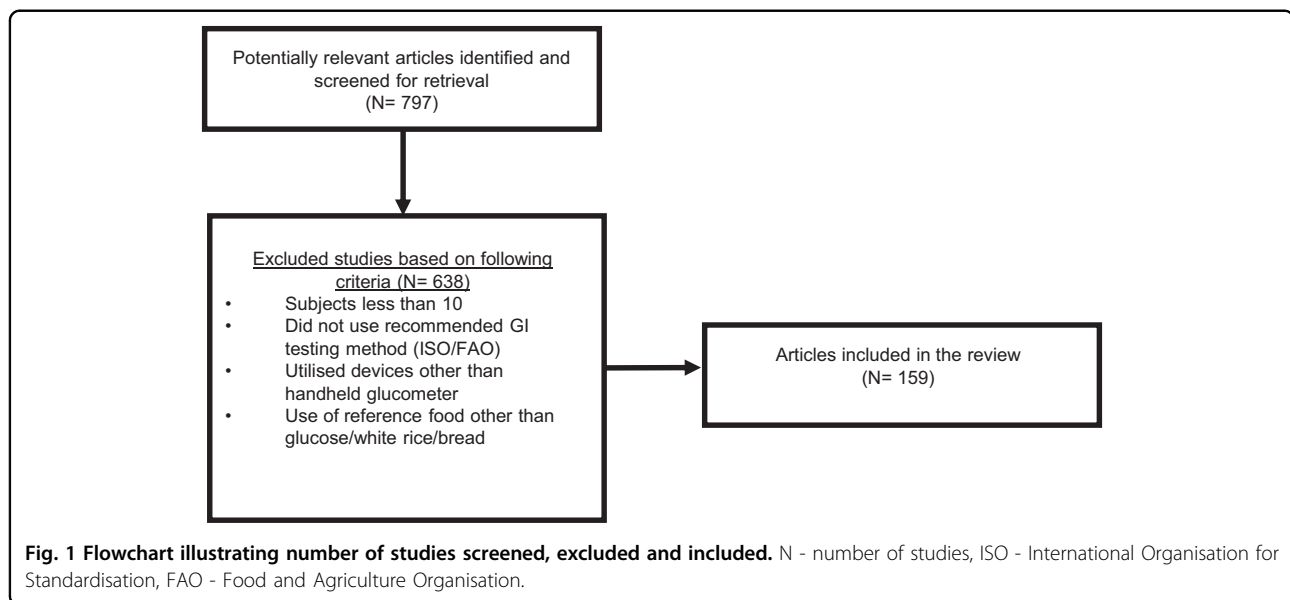
Table 1 continued

Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
897 ¹⁷⁵	Oman	Doughnut with Omani coffee	76.50	3.45	130 (ml) coffee	50	12 Healthy participants	Glucose/2 h
898 ¹⁷⁵	Oman	Croissant with water	67.46	2.47	250 (ml) water	50	12 Healthy participants	Glucose/2 h
899 ¹⁷⁵	Oman	Croissant with Omani coffee	65.32	3.69	130 (ml) coffee	50	12 Healthy participants	Glucose/2 h
900 ¹⁷⁵	Oman	Cheese sandwich with water	72.41	3.61	250 (ml) water	50	12 Healthy participants	Glucose/2 h
901 ¹⁷⁵	Oman	Cheese sandwich with Omani coffee	78.40	3.67	130 (ml) coffee	50	12 Healthy participants	Glucose/2 h
902 ¹⁷⁵	Oman	Chicken sandwich with water	65.68	3.00	250 (ml) water	50	12 Healthy participants	Glucose/2 h
903 ¹⁷⁵	Oman	Chicken sandwich with Omani coffee	70.61	3.66	130 (ml) coffee	50	12 Healthy participants	Glucose/2 h
904 ¹⁷⁵	Oman	Fried egg sandwich with water	73.38	4.46	250 (ml) water	50	12 Healthy participants	Glucose/2 h
905 ¹⁷⁵	Oman	Fried egg sandwich with Omani coffee	73.14	4.03	130 (ml) coffee	50	12 Healthy participants	Glucose/2 h
906 ¹⁷⁵	Oman	Sambosa vegetable with water	60.35	5.11	250 (ml) water	50	12 Healthy participants	Glucose/2 h
907 ¹⁷⁵	Oman	Sambosa vegetable with Omani coffee	57.25	3.97	130 (ml) coffee	50	12 Healthy participants	Glucose/2 h
908 ¹⁷⁵	Oman	Fried vermicelli with water	71.77	3.72	250 (ml) water	50	12 Healthy participants	Glucose/2 h
909 ¹⁷⁵	Oman	Fried vermicelli with Omani coffee	64.99	4.92	130 (ml) coffee	50	12 Healthy participants	Glucose/2 h
910 ¹⁷⁵	Oman	Boiled vermicelli with water	67.46	5.01	250 (ml) water	50	12 Healthy participants	Glucose/2 h
911 ¹⁷⁵	Oman	Boiled vermicelli with Omani coffee	64.02	5.26	130 (ml) coffee	50	12 Healthy participants	Glucose/2 h
912 ¹⁷⁵	Oman	Red bean with white bread and water	61.70	3.94	250 (ml) water	50	12 Healthy participants	Glucose/2 h
913 ¹⁷⁵	Oman	Red bean with white bread and Omani coffee	65.22	3.64	130 (ml) coffee	50	12 Healthy participants	Glucose/2 h
914 ¹⁷⁶	Saudi Arabia	Hassawi rice	59	5	150	25	13 Healthy participants	Glucose/2 h
915 ¹⁷⁶	Saudi Arabia	Uncle Ben's rice	54	7	150	25	13 Healthy participants	Glucose/2 h
916 ¹⁷⁷	Saudi Arabia/ United Kingdom	Khulas (dates)	55.0	6.0	NA	50	10 Healthy participants	Glucose/2 h
917 ¹⁷⁷	Saudi Arabia/ United Kingdom	Khulas with Arabic coffee	63.0	5.0	NA	50	10 Healthy participants	Glucose/2 h
918 ¹⁷⁸	Saudi Arabia	Maktoomi	71.0	11.1	68.51	50	10 Healthy participants	Glucose/2 h
919 ¹⁷⁸	Saudi Arabia	Khudri	61.7	7.4	67.06	50	10 Healthy participants	Glucose/2 h
920 ¹⁷⁸	Saudi Arabia	Nabtat-ali	59.9	6.9	69.27	50	10 Healthy participants	Glucose/2 h
921 ¹⁷⁸	Saudi Arabia	Um-Kabar	58.7	7.3	69.11	50	10 Healthy participants	Glucose/2 h
922 ¹⁷⁸	Saudi Arabia	Ajwah	55.9	5.9	70.13	50	10 Healthy participants	Glucose/2 h
923 ¹⁷⁸	Saudi Arabia	Medjool	55.3	6.8	70.54	50	10 Healthy participants	Glucose/2 h
924 ¹⁷⁸	Saudi Arabia	Sabaka	54.9	11.5	69.52	50	10 healthy participants	Glucose/2 h
925 ¹⁷⁸	Saudi Arabia	Ruthana	52.5	4	73.44	50	10 Healthy participants	Glucose/2 h
926 ¹⁷⁸	Saudi Arabia	Rashodia	50.9	6.5	67.27	50	10 Healthy participants	Glucose/2 h
927 ¹⁷⁸	Saudi Arabia	Wannanah	50.9	7.3	67.54	50	10 Healthy participants	Glucose/2 h
928 ¹⁷⁸	Saudi Arabia	Shishi	50.2	7.2	71.81	50	10 Healthy participants	Glucose/2 h
929 ¹⁷⁸	Saudi Arabia	Sukkary	43.4	4.7	77.63	50	10 Healthy participants	Glucose/2 h

Table 1 continued

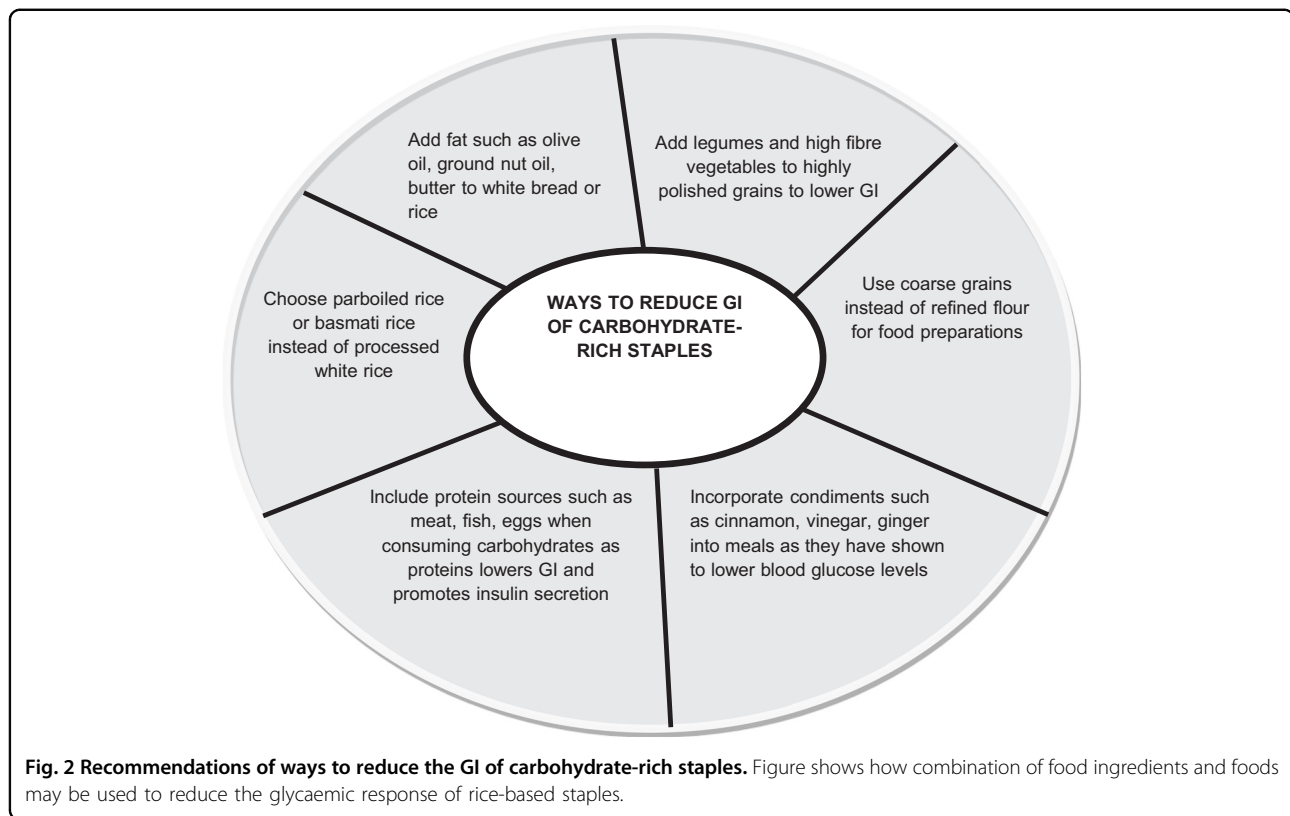
Reference	Country	Food item	GI (glucose = 100)		Serving size (g) per experimental portion size	Available CHO (g) per experimental portion	Participants (type and number)	Reference food and time period
			Mean	SEM				
930 ¹⁷⁸	Saudi Arabia	Shaqra	42.8	5.5	66.92	50	10 Healthy participants	Glucose/2 h
931 ¹⁷⁹	Lebanon	Bourgoul A banadoura	50.09	8.72	420	50	12 Healthy participants	Glucose/2 h
932 ¹⁷⁹	Lebanon	Fattit hommos	37.21	3.73	225	50	12 Healthy participants	Glucose/2 h
933 ¹⁷⁹	Lebanon	Loubieh bzet	12.76	4.90	240	50	12 Healthy participants	Glucose/2 h
934 ¹⁷⁹	Lebanon	Meghle	49.50	7.69	390	50	12 Healthy participants	Glucose/2 h
935 ¹⁷⁹	Lebanon	Mehshe malfouf	67.93	7.89	525	50	12 Healthy participants	Glucose/2 h
936 ¹⁷⁹	Lebanon	Pizza	56.04	6.71	96	50	12 Healthy participants	Glucose/2 h
937 ¹⁷⁹	Lebanon	Riz A dgeg	57.34	6.67	600	50	12 Healthy participants	Glucose/2 h
938 ¹⁷⁹	Lebanon	Riz Bi halib	56.83	7.35	165	50	12 Healthy participants	Glucose/2 h
939 ¹⁷⁹	Lebanon	Sfouf	48.59	4.94	70	50	12 Healthy participants	Glucose/2 h
940 ¹⁷⁹	Lebanon	Siyadie	14.62	3.24	430	50	12 Healthy participants	Glucose/2 h

GI glycaemic index, NA not available.



and application of GI both in research and clinical practice. Many of the staples consumed in these regions are high in GI, notably rice, flatbread, noodles, buns, paus, pastries and so on. The use of these GI tables will also enable consumers to make informed choices on how best to select low GI foods. The GI data compiled in this article consists of both single and mixed meals. This is a major

advance to many GI tables that have focused on single foods. Mixed meals in this region are complex in relation to ingredients used and taste. Given its complexity, our table that includes the GI of mixed meals is a major advantage. It is hoped that this compendium will further stimulate additional data collection and enhance the utility of GI tables for a worldwide audience.



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Conflict of interest

The authors declare that they have no conflict of interest.

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