

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 | Beehooon | 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/kuy 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 pancakes | 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% mocoaf:20% corn flour) | 46.06 | 4.95 | 77.34 | 50 | 10 Healthy participants | White bread/2 h |
| 194 ⁶⁶ | Indonesia | Analogue rice (80% mocoaf:20% sweet potato flour) | 44.01 | 3.79 | 70.58 | 50 | 10 Healthy participants | White bread/2 h |
| 195 ⁶⁶ | Indonesia | Analogue rice (80% mocoaf: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-gelatinised Gayam flour boiled for 15 min | 75 | NA | 79.91 | 50 | 10 Healthy participants | Glucose/2 h |
| 200 ⁶⁹ | Indonesia | Pre-gelatinised Gayam flour boiled for 30 min | 61 | NA | 81.71 | 50 | 10 Healthy participants | Glucose/2 h |
| 201 ⁶⁹ | Indonesia | Pre-gelatinised 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 (Kasumi) | 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> ; Durian 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 sagu 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 sagu 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 sagu 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 | Macaroons + coconut flour | 45.7 | 3.0 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 262 ⁸⁸ | Philippines | Macaroons + 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 (beihai) + 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 trout (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 (beihai, 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 (Chenkadal) | 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 dalia 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 | Plaintain (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 'pilaf' | 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 | Hopperss | 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 (Karapinchcha) | 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 + polsambol | 50.46 | 9.74 | NA | 50 | 30 Healthy participants | Glucose/2 h |
| 799 ¹⁶² | Sri Lanka | White rice flour string hoppers + coconut gravy + polsambol | 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 circinalis</i>) | 66 | 6 | 135 | 50 | 10 Healthy participants | White bread/2 h |
| 852 ¹⁶⁷ | Sri Lanka | Pittu (<i>Cycas circinalis</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) | Khanfaroosh | 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 Bisr (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 |

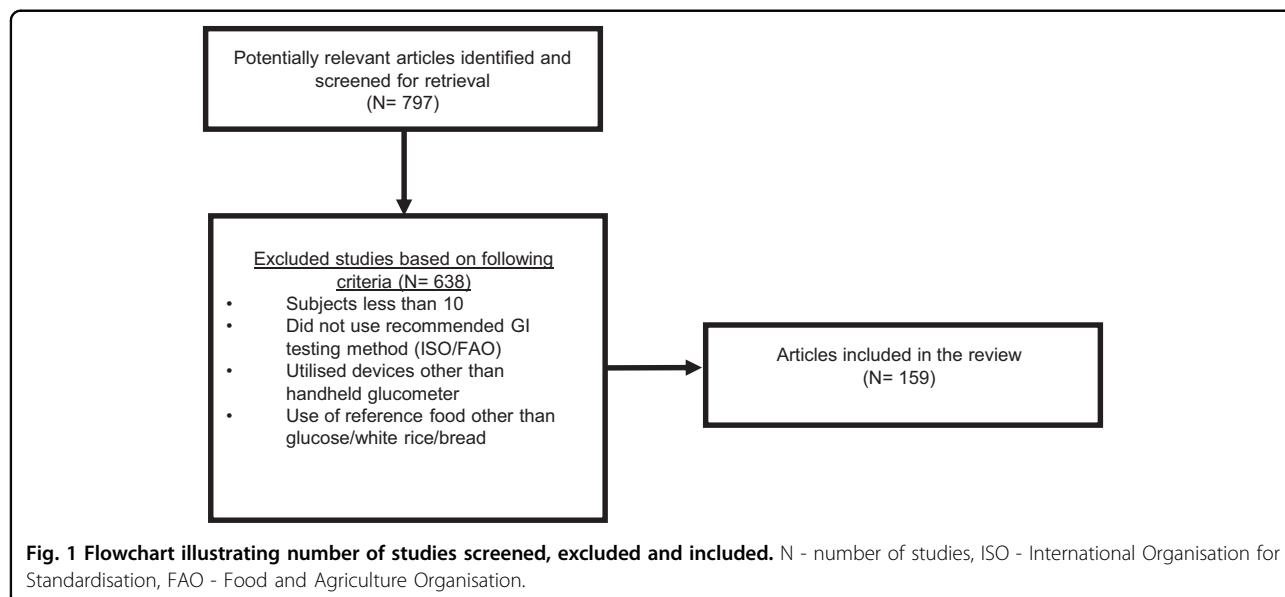
Table 1 continued

| 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 | Nabtati-ali | 59.9 | 6.9 | 69.27 | 50 | 10 Healthy participants | Glucose/2 h |
| 921 ¹⁷⁸ | Saudi Arabia | Urn-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 | Meghleh | 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 | Siyadieh | 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, pau, 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.

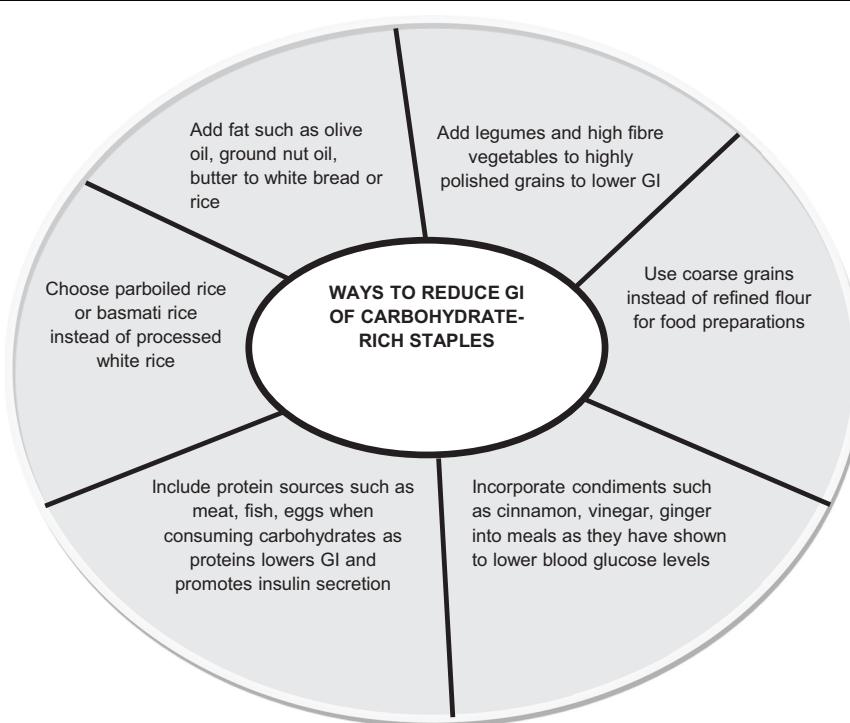


Fig. 2 Recommendations of ways to reduce the GI of carbohydrate-rich staples. Figure shows how combination of food ingredients and foods may be used to reduce the glycaemic response of rice-based staples.

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Conflict of interest

The authors declare that they have no conflict of interest.

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