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TABLE 1 International table of glycemic index (GI) and glycemic load (GL) values: 2002[1]

Food number and item	GI[2] (Glucose = 100)	GI[2] (Bread = 100)	Subjects (Type and number)	Reference food and time period	Reference	Serving size	Availal carbohyc
						g	*g/servi*
BAKERY PRODUCTS							
Cakes							
1 Angel food cake (Loblaw's, Toronto, Canada)	67	95 ± 7	Type 1 and 2, 9	White bread, 3 h	1	50	
2 Banana cake, made with sugar	47 ± 8	67	Healthy, 8	White bread, 2 h	2	80	
3 Banana cake, made without sugar	55 ± 10	79	Healthy, 7	White bread, 2 h	2	80	
4 Chocolate cake made from packet mix (Betty Crocker; General Mills Inc, Minneapolis, MN, USA)	38 ± 3	54	Healthy, 10	Glucose, 2 h	UO[4]	111	
5 Cupcake, strawberry-iced (Squiggles; Farmland, Grocery Holdings, Tooronga, Australia)	73 ± 12	104	Healthy, 10	Glucose, 2 h	UO[4]	38	
6 Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Australia)	87 ± 17	124	Healthy, 10	Glucose, 2 h	UO[4]	50	
7 Pound cake (Sara Lee Canada, Bramalea, Canada)	54	77 ± 8	Type 1 and 2, 10	White bread, 3 h	1	53	
				Glucose,			

Mean of 2 studies	65 ± 10	14	—	—	—	30
88 Klosterbrot whole-meal rye bread (Dimpflmeier Bakery Ltd, Canada)	67	95 ± 6	Type 1 and 2, 10	Bread, 3 h	1	30
89 Light rye (Silverstein's Bakery, Toronto, Canada)	68	97 ± 6	Type 1 and 2, 12	Bread, 3 h	1	30
90 Linseed rye (Rudolph's Specialty Bakery Ltd, Canada)	55	78 ± 8	Type 1 and 2, 9	Bread, 3 h	1	30
91 Roggenbrot, Vogel's (Stevns and Co, Sydney, Australia)	59 ± 5	84	Healthy, 8	Bread, 2 h	13	30
92 Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, Australia)	86 ± 15	123	Healthy, 7	Glucose, 2 h	24	30
93 Sourdough rye						
Sourdough rye (Canada)	57	83	Type 2, 13	Bread, 3 h	26	—
Sourdough rye (Australia)	48	69	Healthy, 10	Glucose, 2 h	UO[4]	—
Mean of 2 studies	53 ± 5	76 ± 7	—	—	—	30
94 Volkornbrot, whole-meal rye bread (Dimpflmeier Bakery Ltd, Canada)	56	80 ± 5	Type 1 and 2, 10	Bread, 3 h	1	30
Wheat bread						
95 Coarse wheat-kernel bread, 80% intact kernels and 20% white-wheat flour (Sweden)	52	74 ± 7	Healthy, 10	Bread, 2 h	11	30
96 Cracked wheat kernel (bulgur) bread						
50% cracked wheat kernel (Canada)	58	83 ± 4	Type 2, 6	Bread, 3 h	10	30
75% cracked wheat kernels (Canada)	48	69 ± 4	Type 2, 6	Bread, 3 h	10	30

Mean of 2 studies	53 ± 3	76 ± 4	—	—	—	30
Spelt wheat bread						
97 White spelt wheat bread (Slovenia)[9]	74	105	Healthy, 6	Bread, 3 h	27	30
98 Whole-meal spelt wheat bread (Slovenia)[9]	63	91	Healthy, 6	Bread, 3 h	27	30
99 Scalded spelt wheat-kernel bread (Slovenia)[9]	67	96	Healthy, 6	Bread, 3 h	27	30
100 Spelt multigrain bread (Pav's bakery, Australia)	54 ± 10	77 ± 14	Healthy, 12	Bread, 2 h	UO[4]	30
101 White-wheat-flour bread						
White flour (Canada)	69 ± 5	99	Healthy, 10	Glucose, 2 h	3	30
White flour (USA)	70	100	Type 2, 5; IGT, 6[10]	Bread, 3 h	28	30
White flour (Sunblest; Tip Top Bakeries, Australia)	70	100	Healthy, 10	Bread, 2 h	UO[4]	30
White flour (Dempster's Corporate Foods Ltd, Canada)	71	101 ± 9	Type 1 and 2, 12	Bread, 3 h	1	30
White flour (South Africa)	71 ± 7	101	Healthy, 7	Glucose, 2 h	29	30
White flour (Canada)	71	102 ± 5	Type 2, 6	Bread, 3 h	30	30
Mean of 6 studies	70 ± 0	101 ± 0	—	—	—	30
102 White-wheat-flour bread, hard, toasted (Italian)	73	104 ± 5	Type 2, 17	Glucose, 3 h	31	30
103 Wonder, enriched white bread (Interstate Brands Companies, Kansas City, MO, USA)						

598 Beetroot (Canada)[6]	64 ± 16	91	Healthy, 5	Glucose, 2 h	3	80
599 Carrots						
Carrots, raw (Romania)[6,8]	16	23	Type 2, 30	Glucose, 2 h	104	80
Carrots, peeled, boiled (Australia)[6]	32 ± 5	46	Healthy, 8	Glucose, 2 h	UO[4]	80
Carrots, peeled, boiled (Sydney, Australia)[6]	49 ± 2	70	Healthy, 7	Glucose, 2 h	85	80
Carrots, NS (Canada)[6]	92 ± 20	131	Healthy, 5	Glucose, 2 h	3	80
Mean of 4 studies	47 ± 16	68 ± 23	—	—	—	80
600 Cassava, boiled, with salt (Kenya, Africa)	46	65 ± 12	Type 2, 14	Bread, 2.5 h	40	100
601 Parsnips (Canada)[6]	97 ± 19	139	Healthy, 5	Glucose, 2 h	3	80
Potato						
602 Baked potato						
Ontario, white, baked in skin (Canada)	60	85 ± 4	Type 1 and 2, 16	Bread, 3 h	1	150
603 Baked, russet Burbank potatoes						
Russet, baked without fat (Canada)	56	80 ± 5	Diabetic, 7	Bread, time NS	106	—
Russet, baked without fat, 45–60 min (USA)	78	112	Type 2, 20	Bread, 3 h	52	—
Russet, baked without fat (USA)	94	134	Type 2, 5; IGT, 6[10]	Bread, 3 h	28	—
Russet, baked without fat (USA)	111	158	Healthy, 16	Bread, 3 h	51	—
Mean of 4 studies	85 ± 12	121 ± 16	—	—	—	150
604 Boiled potato						