A glycaemic index compendium of non-western foods

Christiani Jeyakumar Henry1,2, Rina Yu Chin Quek1, Bhupinder Kaur1, Sangeetha Shyam3,4 and Harvinder Kaur Gilcharan Singh3,5

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 tables6,8.
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 diseases\(^{10}\). A meta-analysis by Brand-Miller et al\(^{11}\) 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 energy\(^{16}\). 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.

**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 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.

**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 | Mean (SEM) | Serving size (g) per experimental portion size | Available CHO (g) per experimental portion | Participants (type and number) | Reference food and time period |
|-----------|---------|-----------|------------|-----------------------------------------------|---------------------------------------------|---------------------------------|--------------------------------|
| 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 sian | 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 | 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 | 50 | 12 Healthy participants | Glucose/2 h |
| 12 | 22      | Singapore | White rice served with leaf vegetables | 82 (5.8) | 194 g cooked rice | 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 | 50 | 12 Healthy participants | Glucose/2 h |
| 14 | 23      | Singapore | Jasmine rice | C: 91.2 M: 92.0 I: 90.2 | 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 | 66.5 g raw (cooked with 170 ml water) | 50 | 75 Healthy participants | Glucose/2 h |
| 16 | 24      | Singapore | Ice green tea | 50 (5)  | 83.3 (ml) | 50 | 13 Healthy participants | Glucose/2 h |
| 17 | 24      | Singapore | Ice lemon tea | 74 (7)  | 500 (ml) | 50 | 14 Healthy participants | Glucose/2 h |
| 18 | 24      | Singapore | Barley drink | 62 (6)  | 658 (ml) | 50 | 11 Healthy participants | Glucose/2 h |
| 19 | 24      | Singapore | Chinese carrot cake | 77 (8)  | 316.9 | 50 | 10 Healthy participants | Glucose/2 h |
| 20 | 24      | Singapore | Beehoon | 35 (3)  | 61.9 | 50 | 11 Healthy participants | Glucose/2 h |
| 21 | 24      | Singapore | Chinese yam cake | 86 (11) | 391.5 | 50 | 10 Healthy participants | Glucose/2 h |
| 22 | 24      | Singapore | Pandan waffle | 46 (6)  | 148.3 | 50 | 11 Healthy participants | Glucose/2 h |
| 23 | 24      | Singapore | Chee cheong fun | 81 (7)  | 277.4 | 50 | 10 Healthy participants | Glucose/2 h |
| 24 | 24      | Singapore | Lo mai gai | 106 (12) | 176.6 | 50 | 12 Healthy participants | Glucose/2 h |
| 25 | 24      | Singapore | Pink rice cake | 97 (12) | 184.8 | 50 | 11 Healthy participants | Glucose/2 h |
| 26 | 24      | Singapore | Curry puff | 41 (4)  | 129.6 | 50 | 11 Healthy participants | Glucose/2 h |
| 27 | 24      | Singapore | Char siew (pork) pau | 66 (7)  | 154.7 | 50 | 10 Healthy participants | Glucose/2 h |
| 28 | 24      | Singapore | You tau | 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 |
| Reference | Country     | Food item                                      | GI (glucose — 100) | Serving size (g) per experimental portion | Available CHO (g) per experimental portion | Participants (type and number) | Reference food and time period |
|-----------|-------------|-----------------------------------------------|---------------------|------------------------------------------|------------------------------------------|--------------------------------|-------------------------------|
| 34        | Singapore   | Rice flour muffin                             | 79.1                | 6.3                                      | 119.4                                    | 50                            | 12 Healthy participants Glucose/2 h |
| 35        | Singapore   | Corn flour muffin                             | 74.4                | 5.4                                      | 136.9                                    | 50                            | 12 Healthy participants Glucose/2 h |
| 36        | Singapore   | Oat flour muffin                              | 53.6                | 4.8                                      | 146.8                                    | 50                            | 12 Healthy participants Glucose/2 h |
| 37        | Singapore   | Barley flour muffin                           | 55.4                | 4.6                                      | 139.7                                    | 50                            | 12 Healthy participants Glucose/2 h |
| 38        | 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        | Singapore   | White bread + dary milk                       | 74.3                | 6.7                                      | 58 g White bread 322 ml Dary milk        | 50                            | 12 Healthy participants Glucose/2 h |
| 40        | Singapore   | Guava bites                                   | 28                  | 7                                        | NA                                       | 25                            | 10 Healthy participants Glucose/2 h |
| 41        | Singapore   | Guava puree                                   | 45                  | 6                                        | NA                                       | 25                            | 10 Healthy participants Glucose/2 h |
| 42        | Singapore   | Papaya bites                                  | 38                  | 4                                        | NA                                       | 25                            | 10 Healthy participants Glucose/2 h |
| 43        | Singapore   | Papaya puree                                  | 40                  | 6                                        | NA                                       | 25                            | 10 Healthy participants Glucose/2 h |
| 44        | Singapore   | Chinese steamed white bun                     | 58                  | 3                                        | 88                                       | 50                            | 19 Healthy participants Glucose/2 h |
| 45        | Singapore   | White bun filled with red bean paste          | 58                  | 4                                        | 106                                      | 50                            | 19 Healthy participants Glucose/2 h |
| 46        | Singapore   | Rice idli                                     | 85                  | 4                                        | 162                                      | 50                            | 19 Healthy participants Glucose/2 h |
| 47        | Singapore   | Rice dosa                                     | 76                  | 5                                        | 191                                      | 50                            | 19 Healthy participants Glucose/2 h |
| 48        | Singapore   | Upma                                          | 71                  | 6                                        | 310                                      | 50                            | 19 Healthy participants Glucose/2 h |
| 49        | Singapore   | Whole-grain biscuit                           | 54                  | 5                                        | 82                                       | 50                            | 19 Healthy participants Glucose/2 h |
| 50        | Singapore   | Whole-grain biscuit filled with peanut butter | 44                  | 3                                        | 102                                      | 50                            | 19 Healthy participants Glucose/2 h |
| 51        | Singapore   | Whole-grain oat muesli                        | 55                  | 4                                        | 84                                       | 50                            | 19 Healthy participants Glucose/2 h |
| 52        | Singapore   | Whole-grain oat protein granola               | 51                  | 4                                        | 87                                       | 50                            | 19 Healthy participants Glucose/2 h |
| 53        | Singapore   | Whole-grain protein cereal                    | 49                  | 3                                        | 99                                       | 50                            | 19 Healthy participants Glucose/2 h |
| 54        | 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        | 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        | Singapore   | White bread                                   | 100                 | NA                                       | 95.8 bread ± 195 (ml) water             | 50                            | 17 Healthy participants White bread/2 h |
| 57        | Singapore   | Basmati rice (Dreamrice™, Singapore)          | 55                  | 15 (SD)                                  | 66.5 g (with 170 ml water)              | 50                            | 75 Healthy participants Glucose/2 h |
| 58        | Singapore   | Jasmine rice (Double FP Thai Horn Mali       | 91.5                | 21 (SD)                                  | 63.6 g (with 130 ml water)              | 50                            | 75 Healthy participants Glucose/2 h |
| 59        | Malaysia    | Multi-grains bread                            | 56                  | 6.2                                      | 57.9                                     | 25                            | 12 Healthy participants Glucose/2 h |
| 60        | Malaysia    | Wholemeal bread with oatmeal                 | 67                  | 6.9                                      | 56.3                                     | 25                            | 12 Healthy participants Glucose/2 h |
| 61        | Malaysia    | Wholemeal bread                               | 85                  | 5.9                                      | 890                                      | 25                            | 12 Healthy participants Glucose/2 h |
| 62        | Malaysia    | White bread                                   | 83                  | 6.5                                      | 519                                      | 25                            | 12 Healthy participants Glucose/2 h |
| 63        | Malaysia    | Banana (Musa paradisiaca)                     | 55                  | 12                                      | 211                                      | 50                            | 12 Healthy participants White bread/2 h |
| 64        | Malaysia    | Sweet potato (pomoeo batatas)                | 77                  | 12                                      | 162                                      | 50                            | 12 Healthy participants White bread/2 h |
| 65        | Malaysia    | Rice noodles/kuay teow (Oryza sativa)        | 85                  | 15                                      | 157                                      | 50                            | 12 Healthy participants White bread/2 h |
| 66        | Malaysia    | White rice (Oryza Sativa)                    | 90                  | 12                                      | 64                                       | 50                            | 12 Healthy participants White bread/2 h |
| 67        | Malaysia    | Watermelon (Citrus vulgaris—red variety)     | 55                  | 3                                        | 893                                      | 50                            | 10 Healthy participants Glucose/2 h |
| 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 |
|-----------|---------------|------------------------------------|--------------------|-----------------------------------------------|------------------------------------------|-----------------------------|---------------------------------|
| 68        | Malaysia      | Brown rice                         | 51                 | 8                                             | NA                                       | 50                          | Healthy participants            |
| 69        | Malaysia      | Polished brown rice                | 86                 | 14                                            | NA                                       | 50                          | Healthy participants            |
| 70        | Malaysia      | White rice                         | 79                 | 14                                            | NA                                       | 50                          | Healthy participants            |
| 71        | Malaysia      | Rice                               | 48                 | 6                                             | 32                                       | 25                          | T2DM participants               |
| 72        | Malaysia      | Lacy pancakes                      | 49                 | 6                                             | 35                                       | 25                          | T2DM participants               |
| 73        | Malaysia      | Flatbread                          | 71                 | 2                                             | 54                                       | 25                          | T2DM participants               |
| 74        | Malaysia      | Noodles                            | 60                 | 6                                             | 67                                       | 25                          | T2DM participants               |
| 75        | Malaysia      | Coconut milk rice                  | 49                 | 7                                             | NA                                       | 33                          | T2DM participants               |
| 76        | Malaysia      | Lacy pancake with chicken curry    | 81                 | 10                                            | NA                                       | 32                          | T2DM participants               |
| 77        | Malaysia      | Flatbread with dhal curry          | 69                 | 7                                             | NA                                       | 33                          | T2DM participants               |
| 78        | Malaysia      | Fried noodles with chicken and prawns | 55            | 8                                             | NA                                       | 28                          | T2DM participants               |
| 79        | Malaysia      | Chiffon cake                       | 60                 | 6                                             | ~122                                     | 25                          | Healthy participants            |
| 80        | Malaysia      | Chiffon cake with 10% wheat flour replaced by young corn ear | 49 | 4 | ~116 | 25 | 11 Healthy participants | Glucose/2 h |
| 81        | Malaysia      | Bario celum rice                   | 60.9               | 7.2                                           | 50                                       | 50                          | Healthy participants            |
| 82        | Malaysia      | Bario tuan rice                    | 62.2               | 8.9                                           | 50                                       | 50                          | Healthy participants            |
| 83        | Malaysia      | Adan Halus                         | 72.1               | 9.5                                           | 50                                       | 50                          | Healthy participants            |
| 84        | Malaysia      | Beras merah (red rice)             | 78.3               | 9.9                                           | 50                                       | 50                          | Healthy participants            |
| 85        | Malaysia      | White rice (5% broken)             | 87.3               | 14.4                                          | 90.85                                    | 25                          | Healthy participants            |
| 86        | Malaysia      | Fragrant white rice                | 124.2              | 16.4                                          | 102.87                                   | 25                          | Healthy participants            |
| 87        | Malaysia      | Biscuit                            | 61                 | 13                                            | 37                                       | 25                          | Healthy participants            |
| 88        | Malaysia      | Biscuit with 10% cornllete powder  | 46                 | 11                                            | 39                                       | 25                          | Healthy participants            |
| 89        | Malaysia      | Muffin                             | 58                 | 6                                             | 49                                       | 25                          | Healthy participants            |
| 90        | Malaysia      | Muffin with 10% cornllete powder   | 57                 | 9                                             | 63                                       | 25                          | Healthy participants            |
| 91        | Malaysia      | Flatbread                          | 63                 | 4                                             | 71.4                                     | 50                          | Healthy participants            |
| 92        | Malaysia      | Flatbread with 10% fenugreek       | 43                 | 5                                             | 72                                       | 50                          | Healthy participants            |
| 93        | Malaysia      | Bun                                | 82                 | 5                                             | 74                                       | 50                          | Healthy participants            |
| 94        | Malaysia      | Bun with 10% fenugreek             | 138                | 51                                            | 91.1                                     | 50                          | Healthy participants            |
| 95        | Malaysia      | Thai red                           | 55                 | 8.6                                           | 174.2                                    | 50                          | Healthy participants            |
| 96        | Malaysia      | Basmati                            | 50                 | 5.8                                           | 188.3                                    | 50                          | Healthy participants            |
| 97        | Malaysia      | Jasmine                            | 78.7               | 11.6                                          | 180.1                                    | 50                          | Healthy participants            |
| 98        | Malaysia      | Control biscuits without Pleurotus sajor-caju powder | 57.2 | 4.8 | 76 | 25 | Healthy participants | Glucose/2 h |
| 99        | Malaysia      | Biscuits made with 4% Pleurotus sajor-caju powder | 52 | 6.2 | 81 | 25 | Healthy participants | Glucose/2 h |
| 100       | Malaysia      | Biscuits made with 8% Pleurotus sajor-caju powder | 49 | 6.5 | 85 | 25 | Healthy participants | Glucose/2 h |
| 101       | Malaysia      | Biscuits made with 12% Pleurotus sajor-caju powder | 47.4 | 4.4 | 88 | 25 | Healthy participants | Glucose/2 h |
| 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 |
|-----------|---------|-----------|---------------------|------------------------------------------------|-------------------------------------------|-------------------------------|-------------------------------|
| 102-46    | 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 durian (~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, Zuhai City, China) with 88% purity | 117 | 98 | 250 ml | 50 | 10 Healthy participants | Glucose/2 h |
| 128-48    | Malaysia| Whey protein drink (Mesotropin Platinum Hydro Whey, Terengganu, Malaysia) | 124 | 98 | 250 ml | 50 | 10 Healthy participants | Glucose/2 h |
| 129-48    | 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 Sungyods 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 (L51)—pressure cooked | 73 | 11 | 86.9 | 25 | 10 Healthy participants | Glucose/2 h |
| 134-50    | Thailand| Malaysian Long grain specialty brown rice-2 (L52)—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 |
|-----------|---------|-----------|-------------------|-----------------------------------------------|-------------------------------------------|------------------------------|-------------------------------|
| 136 56    | Thailand| Thailand Sungyod brown rice—cooked in rice cooker | 72 10 | 90.5 | 25 | 10 Healthy participants | Glucose/2 h |
| 137 56    | Thailand| Thailand Lepnok brown rice—cooked in rice cooker | 62 10 | 89.4 | 25 | 10 Healthy participants | Glucose/2 h |
| 138 56    | Thailand| Malaysian Long grain specialty brown rice—cooked in rice cooker | 64 6 | 88.0 | 25 | 10 Healthy participants | Glucose/2 h |
| 139 56    | Thailand| Malaysian Long grain specialty brown rice—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 (Metroxylon spp.) and Chiang rice flour | 63.1 9.8 | 176 | 50 | 12 Healthy participants | Glucose/2 h |
| 141 51    | Thailand| Small rice noodles from mixed sago palm flour (Metroxylon spp.) and Chiang rice flour | 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| Hor 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 (Artocarpus communis Forst) | 90 NA NA | | 50 | 11 Healthy participants | White bread/2 h |
| 151 54    | Indonesia| Banana (Musa paradisiaca 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 (Dioscorea alata 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 (Xanthosoma violaceum Schott) | 95 NA 128 | | 50 | 10 Healthy participants | White bread/2 h |
| 156 55    | Indonesia| Yam (Dioscorea octostachys Linn.) | 90 NA 186 | | 50 | 10 Healthy participants | White bread/2 h |
| 157 55    | Indonesia| Edible canna (Canna edulis Ker) | 105 NA 224 | | 50 | 10 Healthy participants | White bread/2 h |
| 158 55    | Indonesia| Arrowroot (Manihot arundinaceae Linn.) | 14 NA 300 | | 25 | 10 Healthy participants | White bread/2 h |
| 159 55    | Indonesia| Sweet potato (Ipomoea batatas Polar) | 179 NA 212 | | 50 | 10 Healthy participants | White bread/2 h |
| 160 56    | Indonesia| Red bean (Vigna umbellata) | 26 NA 84 | | 25 | 10 Healthy participants | White bread/2 h |
| 161 56    | Indonesia| Mung bean (Phaseolus aureus) | 76 NA 95 | | 25 | 10 Healthy participants | White bread/2 h |
| 162 56    | Indonesia| Cowpea (Vigna sinensis Endl) | 35 NA 130 | | 25 | 10 Healthy participants | White bread/2 h |
| 163 56    | Indonesia| Pigeon pea (Cajanus cajan Millspagh) | 51 NA 106 | | 25 | 10 Healthy participants | White bread/2 h |
| 164 56    | Indonesia| Edible paddy peas (Pisum sativum Linn) | 30 NA 178 | | 25 | 10 Healthy participants | White bread/2 h |
| 165 56    | Indonesia| Soybean (Glycine max Merr.) | 31 NA 138 | | 25 | 10 Healthy participants | White bread/2 h |
| 166 57    | Indonesia| Kacang panjang/snap bean (Phaseolus vulgaris) | 86 NA 146.39 | | 25 | 10 Healthy participants | White bread/2 h |
| 167 57    | Indonesia| Buncis/yardlong Bean (Vigna sesquipedalis) | 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 |
|-----------|---------|-----------|--------------------|-----------------------------------------------|------------------------------------------|-------------------------------|---------------------------------|
| 169 54 | Indonesia | Suwag oyek | 42 | NA | 64.61 | 50 Healthy participants | Glucose/2 h |
| 170 54 | Indonesia | Cassava oyek | 30 | NA | 61.71 | 50 Healthy participants | Glucose/2 h |
| 171 54 | Indonesia | Arrowroot tiwul (Garut) | 40 | NA | 68.58 | 50 Healthy participants | Glucose/2 h |
| 172 54 | Indonesia | Suwag tiwul | 40 | NA | 67.72 | 50 Healthy participants | Glucose/2 h |
| 173 54 | Indonesia | Cassava tiwul (Singkong) | 29 | NA | 60.46 | 50 Healthy participants | Glucose/2 h |
| 174 54 | Indonesia | Standard cookies | 67 | NA | 73 | 50 Healthy participants | Glucose/2 h |
| 175 54 | Indonesia | Cookies with rice bran | 31 | NA | 87 | 50 Healthy participants | Glucose/2 h |
| 176 54 | Indonesia | Standard donut | 72 | NA | 120 | 50 Healthy participants | Glucose/2 h |
| 177 54 | Indonesia | Donut made with rice bran | 39 | NA | 119 | 50 Healthy participants | Glucose/2 h |
| 178 66 | Indonesia | Brown rice | 97.28 | NA | 123 | 50 Healthy participants | Glucose/2 h |
| 179 66 | Indonesia | White rice (IR 64) | 99.26 | NA | 113 | 50 Healthy participants | Glucose/2 h |
| 180 62 | Indonesia | Bread made from 400 g flour containing 50% w/w annealed purple yam flour | 93.19 | NA | 95 | 50 Healthy participants | White bread/2 h |
| 181 62 | Indonesia | Boiled GEMBILI (Dioscorea esculenta) | 85.56 | NA | 114.7 | 25 Healthy participants | White bread/2 h |
| 182 62 | Indonesia | Steamed GEMBILI (Dioscorea esculenta) | 87.56 | NA | 86.2 | 25 Healthy participants | White bread/2 h |
| 183 62 | Indonesia | Fried GEMBILI (Dioscorea esculenta) | 83.61 | NA | 76.2 | 25 Healthy participants | White bread/2 h |
| 184 65 | Indonesia | Snack bar—red sweet potato | 23.56 | NA | 90.91 | 50 Healthy participants | Glucose/2 h |
| 185 65 | Indonesia | Snack bar—yellow sweet potato | 41.08 | NA | 78.12 | 50 Healthy participants | Glucose/2 h |
| 186 65 | Indonesia | Snack bar—purple sweet potato | 21.54 | NA | 86.21 | 50 Healthy participants | Glucose/2 h |
| 187 64 | Indonesia | Wheat flour noodles | 69.49 | 1.37 | NA | 50 Healthy participants | Glucose/2 h |
| 188 64 | Indonesia | Wheat flour noodle with 20% of wheat flour replaced with whole-wheat flour (devata variety) | 66.23 | 6.14 | NA | 50 Healthy participants | Glucose/2 h |
| 189 64 | Indonesia | Wheat flour cookies (with 0% whole-wheat flour) | 52.11 | 2.07 | NA | 50 Healthy participants | Glucose/2 h |
| 190 64 | Indonesia | Wheat flour cookies with 20% of wheat flour replaced with whole-wheat flour (devata variety) | 49.94 | 1.90 | NA | 50 Healthy participants | Glucose/2 h |
| 191 64 | Indonesia | Standard wheat biscuit (with agar-agar and Diabetasol sweetener) | 52.11 | NA | NA | NA Healthy participants | Glucose/2 h |
| 192 64 | Indonesia | Wheat biscuit substituted with 20% whole-wheat flour | 49.94 | NA | NA | NA Healthy participants | Glucose/2 h |
| 193 66 | Indonesia | Analogue rice (80% mocaf:20% corn flour) | 46.06 | 4.95 | 77.34 | 50 Healthy participants | White bread/2 h |
| 194 66 | Indonesia | Analogue rice (80% mocaf:20% sweet potato flour) | 44.01 | 3.79 | 70.58 | 50 Healthy participants | White bread/2 h |
| 195 66 | Indonesia | Analogue rice (80% mocaf:20% carrot) | 42.03 | 5.59 | 85.35 | 50 Healthy participants | White bread/2 h |
| 196 67 | Indonesia | Arrowroot snack bar with 30% kidney beans | 25 | NA | 42 | 50 Healthy participants | Glucose/2 h |
| 197 68 | Indonesia | Optimum rice analogue formulation made from corn, tapioca, soybean and rice bran | 54 | NA | NA | 50 Healthy participants | Glucose/2 h |
| 198 68 | Indonesia | Gayam seed (Inocarfax fagifer Forst. Gayam flour without pre-gelatinisation) | 74 | NA | 90.40 | 50 Healthy participants | Glucose/2 h |
| 199 68 | Indonesia | Pre-gelatinised Gayam flour boiled for 15 min | 75 | NA | 79.91 | 50 Healthy participants | Glucose/2 h |
| 200 68 | Indonesia | Pre-gelatinised Gayam flour boiled for 30 min | 61 | NA | 81.71 | 50 Healthy participants | Glucose/2 h |
| 201 68 | Indonesia | Pre-gelatinised Gayam flour boiled for 45 min | 57 | NA | 84.43 | 50 Healthy participants | Glucose/2 h |
| Reference | Country   | Food item                                                                 | GI (glucose — 100) | Serving size (g) per experimental portion | Available CHO (g) per experimental portion | Participants (type and number) | Reference food and time period |
|-----------|-----------|----------------------------------------------------------------------------|---------------------|-------------------------------------------|-------------------------------------------|--------------------------------|-------------------------------|
| 202       | Indonesia | Corn-based rice analogues with 20% cassava starch                          | 34.79 2.11 (SD)     | NA                                        | 90                                        | 10 Healthy participants     | Glucose/2 h                   |
| 203       | Indonesia | Corn-based rice analogues with 30% cassava starch                          | 37.47 2.16 (SD)     | NA                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 204       | Indonesia | Corn-based rice analogues with 40% cassava starch                          | 40.77 2.12 (SD)     | NA                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 205       | Indonesia | Millet and bean cookie bar (15% foxtail millet, 15% arrowroot flour and 30% of kidney beans) | 37.5 9.57 (SD)     | 53.44                                     | 72                                        | 10 Healthy participants     | Glucose/2 h                   |
| 206       | Indonesia | Arenga (Arenga pinata) starch cake                                        | 77.72 9.57 (SD)     | 53.44                                     | 50                                        | 12 Healthy participants     | Glucose/2 h                   |
| 207       | Indonesia | Arenga (Arenga pinata) starch cake with 4% guava extract                  | 51.84 6.34 (SD)     | 53.44                                     | 50                                        | 12 Healthy participants     | Glucose/2 h                   |
| 208       | Indonesia | Arenga (Arenga pinata) starch cookie                                      | 47.31 6.22 (SD)     | 72                                        | 50                                        | 12 Healthy participants     | Glucose/2 h                   |
| 209       | Indonesia | Arenga (Arenga pinata) starch cookie with 4% guava extract                | 43.1 6.22 (SD)      | 72                                        | 72                                        | 10 Healthy participants     | Glucose/2 h                   |
| 210       | Indonesia | Steamed brownies made with wheat and sweet potato flour (1:1 ratio)       | 53.76 9.57 (SD)     | 140                                       | 50                                        | 10 Healthy participants     | White bread/2 h               |
| 211       | Indonesia | Fried noodle snack made with flour, yellow sweet potatoes (pomelo batatas) and pumpkin (Cucurbita moschata) flour | 30.18 9.57 (SD)    | 35                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 212       | Indonesia | Pumpkin flour chips                                                       | 70.1 6.22 (SD)      | 88                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 213       | Indonesia | Pumpkin flour chips with 15% bran flour substitution                      | 70.1 6.22 (SD)      | 88                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 214       | Indonesia | SIKKATO (Sinonggi)                                                        | 78.42 9.57 (SD)     | 59.32                                     | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 215       | Indonesia | SIKKATO (Kasamisi)                                                        | 90.36 9.57 (SD)     | 71.29                                     | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 216       | Indonesia | SIKKATO (Kambuse)                                                         | 72.04 9.57 (SD)     | 71.29                                     | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 217       | Indonesia | SIKKATO (Kabuto)                                                          | 84.54 9.57 (SD)     | 136.84                                    | 50                                        | 10 Healthy participants     | White bread/2 h               |
| 218       | Indonesia | Pekava (Dura kunyensis; Durian specie) chips                              | 12 9.57 (SD)        | NA                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 219       | Indonesia | Coleus tuberosus crackers                                                 | 40.88 6.42 (SD)     | 88                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 220       | Indonesia | Wheat crackers                                                             | 78.06 5.36 (SD)     | NA                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 221       | Indonesia | Cookies made with brown rice flour (Oryza nivara) and winged bean's (Phophoropus renogondolobus L.) seed flour | 17.39 9.57 (SD)    | 146                                       | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 222       | Indonesia | Standard cookies                                                           | 36.82 9.57 (SD)     | 92                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 223       | Indonesia | Chromium-fortified parboiled rice (Cr-PR) coated with cinnamon extracts   | 29 9.57 (SD)        | NA                                        | 50                                        | 18 Healthy participants     | Glucose/2 h                   |
| 224       | Indonesia | White sweet potato pudding (with agar-agar and Diabetasol sweetener)       | 37.75 9.57 (SD)     | 200.24                                    | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 225       | Indonesia | White sweet potato pudding with addition of red dragon fruit 25% (with agar-agar and Diabetasol sweetener) | 33.81 9.57 (SD)    | 233.32                                    | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 226       | Indonesia | White sweet potato pudding with addition of red dragon fruit 30%, (with agar-agar and Diabetasol sweetener) | 32.81 9.57 (SD)    | 286.20                                    | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 227       | Indonesia | White sweet potato pudding with addition of red dragon fruit 75%           | 29.54 9.57 (SD)     | 349.90                                    | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 228       | Indonesia | Mocaf-black rice flakes with black soybean flour                          | 50.19 9.57 (SD)     | 63.8                                      | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 229       | Indonesia | Mocaf-black rice flakes added with jack bean flour                         | 52.59 9.57 (SD)     | 57.4                                      | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 230       | Indonesia | Honey tikung                                                               | 35 9.57 (SD)        | 69                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 231       | Indonesia | Honey kelutul                                                              | 39 9.57 (SD)        | 73                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 232       | Indonesia | Snack bar made from sagu flour, tempe and beras hitam                      | 44 9.57 (SD)        | 237.35                                    | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 233       | Indonesia | Snack bar made from sagu flour, tempe and beras hitam                      | 46 9.57 (SD)        | 18.42                                    | 50                                        | 10 Healthy participants     | Glucose/2 h                   |
| 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 |
|-----------|---------|-----------|--------------------|-----------------------------------------------|------------------------------------------|-------------------------------|-------------------------------|
| 234       | Indonesia | Snack bar made from sago flour, tempe and beras hitam | 40.00 | 13.62 (SD) | 129 (1.1 ratio of sago starch and tempe) | 50 | 10 Healthy participants | Glucose/2 h |
| 235       | Indonesia | Tempeh gembus cookies (50% flour replacement) | 47.01 | 11.08 | 85 (1:1 ratio of sago starch and tempe) | 50 | 28 Healthy participants | Glucose/2 h |
| 236       | Indonesia | Tempeh gembus cookies (50% flour replacement) | 53.66 | 16.55 | 89.97 | 50 | 28 Healthy participants | Glucose/2 h |
| 237       | Indonesia | Cookies | 68.67 | 12.28 | 95.45 | 50 | 28 Healthy participants | Glucose/2 h |
| 238       | Indonesia | Corn flour cake | 85.02 | 11.21 | 54 | 50 | 12 Healthy participants | Glucose/2 h |
| 239       | 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       | Indonesia | Cookie made from modified corn flour with green tea extract | 52.23 | 6.78 | 71 | 50 | 12 Healthy participants | Glucose/2 h |
| 241       | 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 |
| 242       | 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 |
| 243       | Indonesia | Sorghum, oatmeal and honey snack bar coated with caramel sugarcane syrup | 81.41 | 8.17 | 58.20 | 50 | 12 Healthy participants | Glucose/2 h |
| 244       | Philippines | Pan de sal + coconut flour | 87.2 | 5.5 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 245       | Philippines | Granola bar + coconut flour | 96.6 | 6.1 | NA | 50 | 10 T2DM participants | Glucose/3 h |
| 246       | Philippines | Cinnamon bread + coconut flour | 62.7 | 4.2 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 247       | Philippines | Cinnamon bread + coconut flour | 71.4 | 4.9 | NA | 50 | 10 T2DM participants | Glucose/3 h |
| 248       | Philippines | Multigrain loaf + coconut flour | 85.2 | 6.8 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 249       | Philippines | Multigrain loaf + coconut flour | 92.5 | 5.9 | NA | 50 | 10 T2DM participants | Glucose/3 h |
| 250       | Philippines | Choco chip cookies + coconut flour | 61.3 | 4.6 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 251       | Philippines | Choco chip cookies + coconut flour | 71.4 | 7.3 | NA | 50 | 10 T2DM participants | Glucose/3 h |
| 252       | Philippines | Hotcake + coconut flour | 65.0 | 3.3 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 253       | Philippines | Hotcake + coconut flour | 72.3 | 5.8 | NA | 50 | 10 T2DM participants | Glucose/3 h |
| 254       | Philippines | Choco cricket + coconut flour | 61.3 | 5.4 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 255       | Philippines | Choco cricket + coconut flour | 77.0 | 4.4 | NA | 50 | 10 T2DM participants | Glucose/3 h |
| 256       | Philippines | European carrot cake + coconut flour | 51.8 | 3.3 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 257       | Philippines | European carrot cake + coconut flour | 55.0 | 3.7 | NA | 50 | 10 T2DM participants | Glucose/3 h |
| 258       | Philippines | Macarons + coconut flour | 45.7 | 3.0 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 259       | Philippines | Macarons + coconut flour | 46.6 | 3.7 | NA | 50 | 10 T2DM participants | Glucose/3 h |
| 260       | Philippines | Brownies + coconut flour | 68.1 | 5.4 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 261       | Philippines | Brownies + coconut flour | 61.5 | 5.6 | NA | 50 | 10 T2DM participants | Glucose/3 h |
| 262       | Philippines | White bread | 93.3 | 8.9 | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 263       | Philippines | Japonica rice | 87.5 | 7.8 | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 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 |
|-----------|---------|-----------|---------------------|---------------------------------------------|------------------------------------------|---------------------------------|-----------------------------|
| 267 | Philippines | Japonica rice + 3 g sun fibre | 67.5 | 6.0 | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 268 | Philippines | Japonica rice + 5 g sun fibre | 65.5 | 5.8 | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 269 | Philippines | White bread + 5 g sun fibre (drink) | 49.0 | 4.4 | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 270 | Philippines | White bread + 10 g sun fibre (drink) | 56.9 | 5.1 | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 271 | Philippines | White bread + 10 g inulin (drink) | 66.7 | 6.0 | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 272 | Philippines | White bread + 10 g indigestible dextrin (drink) | 66.3 | 5.9 | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 273 | Philippines | Biscuit 1 (Marie) | 88 | 7 | 44 | 25 | 10 Healthy participants | Glucose/2 h |
| 274 | Philippines | Biscuit 2 (Mk Mk) | 94 | 7 | 45 | 25 | 10 Healthy participants | Glucose/2 h |
| 275 | Philippines | Biscuit 2 + oat fibre | 52 | 4 | 37 | 25 | 10 Healthy participants | Glucose/2 h |
| 276 | Philippines | Donut, sugar coated | 70 | 5 | 109 | 50 | 10 Healthy participants | Glucose/2 h |
| 277 | Philippines | Mamon, ordinary | 48 | 3 | 60 | 25 | 10 Healthy participants | Glucose/2 h |
| 278 | Philippines | Mamon, sugar-free | 48 | 4 | 55 | 25 | 10 Healthy participants | Glucose/2 h |
| 279 | Philippines | Kutsinta | 80 | 6 | 65 | 25 | 10 Healthy participants | Glucose/2 h |
| 280 | Philippines | Puto, white | 90 | 6 | 50 | 25 | 10 Healthy participants | Glucose/2 h |
| 281 | Philippines | Bihon (noodles) | 49 | 3 | 61 | 50 | 10 Healthy participants | Glucose/2 h |
| 282 | Philippines | Canton (noodles) | 49 | 2 | 97 | 50 | 10 Healthy participants | Glucose/2 h |
| 283 | Philippines | Sotanghon (noodles) | 60 | 3 | 59 | 50 | 10 Healthy participants | Glucose/2 h |
| 284 | Philippines | Misua (noodles) | 46 | 4 | 71 | 50 | 10 Healthy participants | Glucose/2 h |
| 285 | Philippines | Miki (noodles) | 47 | 3 | 99 | 50 | 10 Healthy participants | Glucose/2 h |
| 286 | Philippines | Potato | 43 | 3 | 118 | 50 | 10 Healthy participants | Glucose/2 h |
| 287 | Philippines | Yacon (tuber) | 34 | 3 | 244 | 25 | 10 Healthy participants | Glucose/2 h |
| 288 | Philippines | Yacon juice | 61 | 2 | 250 (ml) | 30 | 10 Healthy participants | Glucose/2 h |
| 289 | Philippines | Cashew nuts | 36 | 4 | 106 | 25 | 10 Healthy participants | Glucose/2 h |
| 290 | Philippines | Lima beans | 16 | 2 | 64 | 50 | 10 Healthy participants | Glucose/2 h |
| 291 | Philippines | Sitaw (string beans) | 23 | 1 | 200 | 10 | 10 Healthy participants | Glucose/2 h |
| 292 | Philippines | Banana, Lakatan | 62 | 5 | 180 | 50 | 10 Healthy participants | Glucose/2 h |
| 293 | Philippines | Banana, Saba | 53 | 4 | 161 | 50 | 10 Healthy participants | Glucose/2 h |
| 294 | Philippines | Grapes, seedless | 46 | 3 | 267 | 50 | 10 Healthy participants | Glucose/2 h |
| 295 | Philippines | Pear, Chinese | 29 | 3 | 243 | 25 | 10 Healthy participants | Glucose/2 h |
| 296 | Philippines | Cantalope (melon) | 34 | 3 | 291 | 25 | 10 Healthy participants | Glucose/2 h |
| 297 | Philippines | Watermelon | 48 | 4 | 373 | 25 | 10 Healthy participants | Glucose/2 h |
| 298 | Philippines | Jackfruit | 41 | 3 | 114 | 25 | 10 Healthy participants | Glucose/2 h |
| 299 | Philippines | Mango, carabao, ripe | 46 | 4 | 176 | 25 | 10 Healthy participants | Glucose/2 h |
| 300 | Philippines | Papaya | 45 | 3 | 232 | 25 | 10 Healthy participants | Glucose/2 h |
| 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 |
|-----------|---------|-----------|-------------------|-----------------------------------------------|---------------------------------------------|-------------------------------|--------------------------------|
| 301 | Philippines | Apple, red | 42 | 3 | 181 | 25 | 10 Healthy participants | Glucose/2 h |
| 302 | Philippines | Pineapple | 56 | 6 | 213 | 25 | 10 Healthy participants | Glucose/2 h |
| 303 | Philippines | Guava, white | 19 | 2 | 233 | 25 | 10 Healthy participants | Glucose/2 h |
| 304 | Philippines | Raisins | 61 | 5 | 76 | 50 | 10 Healthy participants | Glucose/2 h |
| 305 | Philippines | Squash (veg) | 44 | 5 | 234 | 15 | 10 Healthy participants | Glucose/2 h |
| 306 | Philippines | Carrot | 35 | 2 | 211 | 15 | 10 Healthy participants | Glucose/2 h |
| 307 | Philippines | Sayote (veg) | 27 | 2 | 286 | 10 | 10 Healthy participants | Glucose/2 h |
| 308 | Philippines | Togue (veg) | 25 | 2 | 137 | 10 | 10 Healthy participants | Glucose/2 h |
| 309 | Philippines | Avocado | 31 | 3 | 114 | 10 | 10 Healthy participants | Glucose/2 h |
| 310 | Philippines | Coconut sap sugar (PCA) | 35 | 4 | 54 | 50 | 10 Healthy participants | Glucose/2 h |
| 311 | Philippines | Coconut sap sugar (e-Asia) | 39 | 4 | 33 | 25 | 10 Healthy participants | Glucose/2 h |
| 312 | Philippines | White rice – reference food (beihan) + dried sea algae | 100 | NA | 147 g Rice + 1 g dried sea algae (shiso) | 50.4 | 58 Healthy participants | White rice/2 h |
| 313 | Japan | Rice gruel (okayu) | 99 | 38 | 659 | 50.2 | 10 Healthy participants | White rice/2 h |
| 314 | Japan | Rice cracker (senbeo) | 111 | 44 | 25 pieces | 50 | 10 Healthy participants | White rice/2 h |
| 315 | Japan | Low protein white rice (tei-tanpaku gohan) | 86 | 28 | 125 | 50.4 | 10 Healthy participants | White rice/2 h |
| 316 | Japan | Rice and pickled food (beihan, sunomono) (taken before rice) | 73 | 29 | 173 | 49.8 | 11 Healthy participants | White rice/2 h |
| 317 | Japan | Butter rice | 96 | 48 | 157 | 50 | 10 Healthy participants | White rice/2 h |
| 318 | Japan | Rice and yoghurt (taken before rice) | 72 | 28 | 232 | 50.2 | 10 Healthy participants | White rice/2 h |
| 319 | Japan | White rice and pickled food (beihan, sunomono) (taken before rice) | 71 | 24 | 232 | 50.2 | 10 Healthy participants | White rice/2 h |
| 320 | Japan | Spaghetti | 56 | 37 | 131 | 50.2 | 10 Healthy participants | White rice/2 h |
| 321 | Japan | White rice with curry and cheese | 67 | 34 | 255 | 50.1 | 10 Healthy participants | White rice/2 h |
| 322 | Japan | White rice and fermented soybean (natto) | 68 | 30 | 174 | 49.9 | 10 Healthy participants | White rice/2 h |
| 323 | Japan | Soybean paste soup (miso shiru) and rice | 74 | 17 | 160 | 50.1 | 10 Healthy participants | White rice/2 h |
| 324 | Japan | Bread (International Standard Reference Food —white bread) | 92 | 38 | 116 | 50.1 | 10 Healthy participants | White rice/2 h |
| 325 | Japan | Spaghetti | 56 | 37 | 131 | 50.2 | 10 Healthy participants | White rice/2 h |
| 326 | Japan | White rice | 75.9 | 6.6 | 161 | 49.3 | 19 Healthy participants | Glucose/2 h |
| 327 | Japan | Pre-germinated brown rice | 56.9 | 2.9 | 185 | 50.6 | 19 Healthy participants | Glucose/2 h |
| 328 | Japan | Brown rice | 61.5 | 4.7 | 178 | 49.4 | 19 Healthy participants | Glucose/2 h |
| 329 | 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 |
| 330 | 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 |
| 331 | Japan | White rice | 74.6 | 6.2 | 161 | 49.3 | 13 Healthy participants | Glucose/2 h |
| 332 | Japan | Pre-germinated brown rice | 54.4 | 5.1 | 185 | 50.6 | 13 Healthy participants | Glucose/2 h |
| Reference | Country | Food Item | GI (glucose = 100) | Available CHO (g) per experimental portion size | Participants (type and number) | Reference food and time period |
|-----------|---------|-----------|--------------------|-----------------------------------------------|---------------------------------|-------------------------------|
| 335 94    | Japan   | Cake made from whole soy | 22 6 114 | 90.5 | 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 (Koshikari) | 74 23 (SD) 142 | 50.1 | 12 Healthy participants | Glucose/2 h |
| 341 94    | Japan   | Rice-3 (Koshikari) | 82 24 (SD) 142 | 50.1 | 12 Healthy participants | Glucose/3 h |
| 342 94    | Japan   | Rice-4 (Koshikari) | 75 14 (SD) 142 | 50.1 | 12 Healthy participants | Glucose/2 h |
| 343 94    | Japan   | Rice-4 (Koshikari) | 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 (Annoaka) | 63 19 (SD) 284 | 50 | 12 Healthy participants | Glucose/2 h |
| 347 94    | Japan   | Potato-2 (Annoaka) | 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 (Katsuki-chi-udon) | 55 7 (SD) 172 | 49.9 | 12 Healthy participants | Glucose/2 h |
| 355 94    | Japan   | Noodle-3 (Katsuki-chi-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 (Castilla) | 65 19 (SD) 80 | 49.9 | 12 Healthy participants | Glucose/3 h |
| 360 94    | Japan   | White rice | 89 NA NA | 50 | 15 Healthy participants | Glucose/2 h |
| 361 94    | Japan   | Long grain rice | 80 NA NA | 50 | 15 Healthy participants | Glucose/2 h |
| 362 94    | Japan   | Rice vermicelli (a) | 55 NA NA | 50 | 15 Healthy participants | Glucose/2 h |
| 363 94    | Japan   | Rice vermicelli (b) | 50 NA NA | 50 | 15 Healthy participants | Glucose/2 h |
| 364 94    | Japan   | Rice vermicelli (c) | 35 NA NA | 50 | 15 Healthy participants | Glucose/2 h |
| 365 94    | Japan   | Rice vermicelli (d) | 59 NA NA | 50 | 15 Healthy participants | Glucose/2 h |
| 366 94    | Japan   | Rice vermicelli (e) | 60 NA NA | 50 | 15 Healthy participants | Glucose/2 h |
| 367 94    | Japan   | Rice vermicelli (f) | 62 NA NA | 50 | 15 Healthy participants | Glucose/2 h |
| 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 |
|-----------|---------|-----------|--------------------|-----------------------------------------------|------------------------------------------|-------------------------------|----------------------------------|
| 368       | Japan   | Raw herb: corn salad | 97.5 | 18.4 (SD) | 20 | 90 | 11 Healthy participants | White rice/2 h |
| 369       | Japan   | Herbal tea: lemon balm | 99.6 | 22.2 (SD) | 1 | 50 | 10 Healthy participants | White rice/2 h |
| 370       | Japan   | Herbal tea: lemongrass | 112.1 | 28.9 (SD) | 1 | 50 | 10 Healthy participants | White rice/2 h |
| 371       | Japan   | Herbal tea: rosemary | 126.5 | 27.3 (SD) | 0.6 | 50 | 10 Healthy participants | White rice/2 h |
| 372       | Japan   | Herbal tea: spearmint | 108.8 | 30 (SD) | 0.5 | 50 | 10 Healthy participants | White rice/2 h |
| 373       | Japan   | Herbal tea: thyme | 106.1 | 22.6 (SD) | 1 | 50 | 10 Healthy participants | White rice/2 h |
| 374       | Japan   | Boiled Barleymax | 24.3 | 2.5 | 204 | 50 | 11 Healthy participants | Glucose/2 h |
| 375       | Japan   | Noodles made from dehulled yellow pea | 50.4 | 31.6 (SD) | NA | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 376       | Japan   | Noodles made from dehulled yellow pea | 40.3 | 25.3 (SD) | NA | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 377       | Japan   | Noodles made from unshelled yellow pea | 68.8 | 12.4 (SD) | NA | NA | 50 | 11 Healthy participants | White rice/2 h |
| 378       | Japan   | Noodles made from dehulled yellow pea | 40.3 | 25.3 (SD) | NA | NA | 50 | 11 Healthy participants | Glucose/2 h |
| 379       | Korea   | Apple | 33.5 | 11.92 (SD) | 100 | 50 | 13 Healthy participants | Glucose/2 h |
| 380       | Korea   | Tangerine | 50.4 | 15.16 (SD) | 100 | 50 | 13 Healthy participants | Glucose/2 h |
| 381       | Korea   | Pear | 35.7 | 14.38 (SD) | 100 | 50 | 13 Healthy participants | Glucose/2 h |
| 382       | Korea   | Watermelon | 53.5 | 18.07 (SD) | 100 | 50 | 13 Healthy participants | Glucose/2 h |
| 383       | Korea   | Persimmon | 42.9 | 18.92 (SD) | 100 | 50 | 13 Healthy participants | Glucose/2 h |
| 384       | Korea   | Grapes | 48.1 | 14.05 (SD) | 100 | 50 | 13 Healthy participants | Glucose/2 h |
| 385       | Korea   | Oriental melon | 51.2 | 18.14 (SD) | 100 | 50 | 13 Healthy participants | Glucose/2 h |
| 386       | Korea   | Peach | 56.5 | 14.17 (SD) | 100 | 50 | 13 Healthy participants | Glucose/2 h |
| 387       | Korea   | Rice gruel | 92.5 | 8.8 | 447.7 | 50 | 10 Healthy participants | Glucose/2 h |
| 388       | Korea   | Puffed rice grains | 72.4 | 6.6 | 56.2 | 50 | 10 Healthy participants | Glucose/2 h |
| 389       | Korea   | Rice cakes | 80.7 | 8.5 | 93.8 | 50 | 10 Healthy participants | Glucose/2 h |
| 390       | Korea   | Steamed glutinous rice | 75.7 | 10.6 | 111.11 | 50 | 10 Healthy participants | Glucose/2 h |
| 391       | Korea   | Rice balls | 96.9 | 15.1 | 100 | 50 | 10 Healthy participants | Glucose/2 h |
| 392       | Korea   | Barley powder | 69.8 | 6.7 | 67.0 | 50 | 11 Healthy participants | Glucose/2 h |
| 393       | Korea   | Fine noodles | 49.0 | 7.0 | 65.8 | 50 | 13 Healthy participants | Glucose/2 h |
| 394       | Korea   | Fresh wheat noodles | 48.2 | 4.9 | 91.5 | 50 | 13 Healthy participants | Glucose/2 h |
| 395       | Korea   | Hand-pulled dough | 50.2 | 5.6 | 91.4 | 50 | 14 Healthy participants | Glucose/2 h |
| 396       | Korea   | Spaghetti | 55.3 | 6.5 | 72.5 | 50 | 11 Healthy participants | Glucose/2 h |
| 397       | Korea   | Buckwheat noodles | 59.6 | 13.3 | 70.2 | 50 | 13 Healthy participants | Glucose/2 h |
| 398       | Korea   | Sweet potato starch vermicelli | 60.0 | 11.6 | 56.8 | 50 | 11 Healthy participants | Glucose/2 h |
| 399       | Korea   | Plainbread | 70.7 | 11.4 | 116.6 | 50 | 10 Healthy participants | Glucose/2 h |
| 400       | Korea   | Rye bread | 64.9 | 18.4 | 109.4 | 50 | 10 Healthy participants | Glucose/2 h |
| 401       | Korea   | Rice bread | 73.4 | 7.6 | 116.6 | 50 | 11 Healthy participants | Glucose/2 h |
| 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 |
|-----------|---------|-----------|--------------------|-----------------------------------------------|------------------------------------------|--------------------------------|--------------------------------|
| 402 | Korea | Castella | 59.9 | 13.3 | 114.2 | 50 | 10 Healthy participants | Glucose/2 h |
| 403 | Korea | Soft roll | 56.2 | 11.1 | 103.5 | 50 | 10 Healthy participants | Glucose/2 h |
| 404 | Korea | Bagel | 77.4 | 11.5 | 104.1 | 50 | 11 Healthy participants | Glucose/2 h |
| 405 | Korea | Wheat pancakes | 57.0 | 9.7 | 102.8 | 50 | 14 Healthy participants | Glucose/2 h |
| 406 | Korea | Buckwheat pancakes | 49.9 | 8.9 | 169.4 | 50 | 13 Healthy participants | Glucose/2 h |
| 407 | Korea | Cornflakes (Kellogg’s Inc., South Korea) | 51.6 | 10.7 | 56.2 | 50 | 14 Healthy participants | Glucose/2 h |
| 408 | Korea | All-Bran (Kellogg’s Inc., South Korea) | 51.4 | 11.1 | 57.5 | 50 | 11 Healthy participants | Glucose/2 h |
| 409 | Korea | Acorn jelly | 71.7 | 16.0 | 361.2 | 50 | 12 Healthy participants | Glucose/2 h |
| 410 | Korea | Green bean jelly | 55.1 | 8.9 | 443.2 | 50 | 14 Healthy participants | Glucose/2 h |
| 411 | Korea | Buckwheat jelly | 65.7 | 11.8 | 318.5 | 50 | 13 Healthy participants | Glucose/2 h |
| 412 | Korea | Potato starch steamed | 53.3 | 17.3 | 109.3 | 50 | 12 Healthy participants | Glucose/2 h |
| 413 | Korea | Baked sweet potatoes | 90.9 | 9.6 | 160.3 | 50 | 10 Healthy participants | Glucose/2 h |
| 414 | Korea | Steamed chestnuts | 57.8 | 6.3 | 134.8 | 50 | 13 Healthy participants | Glucose/2 h |
| 415 | Korea | Baked chestnuts | 54.3 | 5.8 | 134.8 | 50 | 11 Healthy participants | Glucose/2 h |
| 416 | Korea | Steamed maize | 73.4 | 9.9 | 170.1 | 50 | 11 Healthy participants | Glucose/2 h |
| 417 | Korea | Red bean gruel | 38.5 | 7.3 | 247.9 | 50 | 10 Healthy participants | Glucose/2 h |
| 418 | Korea | Steamed sweet pumpkin | 52.1 | 14.0 | 277.8 | 50 | 11 Healthy participants | Glucose/2 h |
| 419 | China | Cooked rice | 83.2 | 3.1 | NA | 50 | 12 Healthy participants | Glucose/2 h |
| 420 | China | Brown rice (cooked) | 87.0 | 5.0 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 421 | China | Sticky rice (cooked) | 87.0 | 7.0 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 422 | China | Sticky rice (higher amylase) | 50.0 | 6.0 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 423 | China | Rice porridge | 69.4 | 18.5 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 424 | China | Instant rice (in hot water 3 min) | 46.0 | 8.5 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 425 | China | Instant rice (cooked 6 min) | 87.0 | 5.5 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 426 | China | Corn powder porridge | 68.0 | 10.6 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 427 | China | Corn granule | 51.8 | 9.2 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 428 | China | Sweet corn (cooked) | 55.0 | 5.0 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 429 | China | Oat biscuit | 55.0 | 2.5 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 430 | China | Wheat pancake | 79.6 | 11.5 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 431 | China | Bread (refined wheat) | 87.9 | 10.2 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 432 | China | Bread (whole wheat) | 69.0 | 10.4 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 433 | China | Bread (whole wheat with dried fruit) | 47.0 | 7.0 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 434 | China | Wheat noodle (dried) | 46.0 | 5.8 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 435 | China | Dumpling (shallot + meat) | 28.0 | 9.9 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 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 |
|-----------|----------|------------------------------------|--------------------|-----------------------------------------------|---------------------------------------------|--------------------------------|----------------------------------|
| 436       | China    | Steamed stuffed bun (shallot + meat) | 39.1               | 13.0                                          | NA                                          | 50                             | 10 Healthy participants          |
| 437       | China    | Cake crisp                          | 59.0               | 6.0                                           | NA                                          | 50                             | 10 Healthy participants          |
| 438       | China    | Whole-wheat pancake                 | 42.0               | 7.5                                           | NA                                          | 50                             | 10 Healthy participants          |
| 439       | China    | WoTao (corn + wheat)                | 64.9               | 16.5                                          | NA                                          | 50                             | 10 Healthy participants          |
| 440       | China    | Potato (cooked)                     | 66.4               | 3.8                                           | NA                                          | 50                             | 10 Healthy participants          |
| 441       | China    | Potato (steam)                      | 62.0               | 5.7                                           | NA                                          | 50                             | 10 Healthy participants          |
| 442       | China    | Potato crisp (oil fry)              | 60.3               | 7.0                                           | NA                                          | 50                             | 10 Healthy participants          |
| 443       | China    | Yam (steam)                         | 51.0               | 12.0                                          | NA                                          | 50                             | 10 Healthy participants          |
| 444       | China    | Yam (cooked)                        | 54.0               | 5.5                                           | NA                                          | 50                             | 10 Healthy participants          |
| 445       | China    | Potato mashed                       | 73.0               | 9.2                                           | NA                                          | 50                             | 10 Healthy participants          |
| 446       | China    | Resistant starch rice               | 48.4               | 21.8                                          | NA                                          | 40                             | 16 Healthy participants          |
| 447       | China    | Wild-type rice                      | 77.4               | 34.9                                          | NA                                          | 40                             | 16 Healthy participants          |
| 448       | China    | MSB, millet steamed bread           | 89.6               | 8.8                                           | 100                                         | 50                             | 10 Healthy participants          |
| 449       | 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          |
| 450       | China    | MP-2, no. 2 millet pancake (without extrusion flour) | 76.2               | 10.7                                          | 121                                         | 50                             | 10 Healthy participants          |
| 451       | China    | Cooked millet                       | 64.4               | 8.5                                           | 169                                         | 50                             | 10 Healthy participants          |
| 452       | China    | Millet porridge                     | 93.6               | 11.3                                          | 550                                         | 50                             | 10 Healthy participants          |
| 453       | China    | Majia pomelo                        | 78.34              | 1.88                                          | 72.09 ± 1.08 g (fresh weight)               | 50                             | 20 Healthy participants          |
| 454       | China    | Majia pomelo                        | 72.15              | 1.95                                          | 72.09 ± 1.08 g (fresh weight)               | 50                             | 20 T2DM participants            |
| 455       | China    | Rice                                | 81                 | 4                                             | 66.1                                        | 50                             | 11 Healthy participants          |
| 456       | China    | Raisins                             | 56                 | 5                                             | 75.2                                        | 50                             | 11 Healthy participants          |
| 457       | China    | Dried apples                        | 43                 | 4                                             | 76.8                                        | 50                             | 11 Healthy participants          |
| 458       | China    | Dried jujubes                       | 55                 | 6                                             | 84.0                                        | 50                             | 11 Healthy participants          |
| 459       | China    | Dried apricots                      | 56                 | 4                                             | 90.4                                        | 50                             | 11 Healthy participants          |
| 460       | China    | Raisins + rice                      | 77                 | 8                                             | 37.6 (raisins) 33.1 (rice)                   | 50                             | 11 Healthy participants          |
| 461       | China    | Dried apples + rice                 | 65                 | 5                                             | 38.4 (dried apples) 33.1 (rice)             | 50                             | 11 Healthy participants          |
| 462       | China    | Dried jujubes + rice                | 77                 | 6                                             | 42.0 (dried jujubes) 33.1 (rice)           | 50                             | 11 Healthy participants          |
| 463       | China    | Dried apricots + rice               | 75                 | 7                                             | 45.2 (dried apricots) 33.1 (rice)         | 50                             | 11 Healthy participants          |
| 464       | China    | Rice + almonds                      | 70                 | 4                                             | 66.1 (rice) 30 (almonds)                   | 52                             | 11 Healthy participants          |
| 465       | China    | Raisins + rice + almonds            | 54                 | 2                                             | 37.6 (raisins) 33.1 (rice) 30 (almonds)     | 52                             | 11 Healthy participants          |
| 466       | China    | Dried apples + rice + almonds       | 60                 | 4                                             | 38.4 (dried apples) 33.1 (rice) 30 (almonds) | 52                             | 11 Healthy participants          |
| 467       | China    | Dried jujubes + rice + almonds      | 52                 | 4                                             | 42.0 (dried jujubes) 33.1 (rice) 30 (almonds) | 52                             | 11 Healthy participants          |
| 468       | China    | Dried apricots + rice + almonds     | 64                 | 4                                             | 45.2 (dried apricots) 3.1 (rice) 30 (almonds) | 52                             | 11 Healthy participants          |
| Reference | Country          | Food item                                      | GI (glucose — 100) | Mean | SEM | Serving size (g) per experimental portion | Available CHO (g) per experimental portion | Participants | Reference food and time period |
|-----------|------------------|-----------------------------------------------|--------------------|------|-----|------------------------------------------|------------------------------------------|-------------|-------------------------------|
| 469       | 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       | 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       | 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       | 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       | 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       | 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       | 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       | 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       | 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       | China            | White rice cooked for 30 min                  | 83                 | 9    |     | 230 (66.1 g raw rice) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 479       | China            | Waxy black rice cooked for 30 min             | 100                | 10   |     | 230 (66.1 g raw rice) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 480       | China            | Waxy black rice cooked for 60 min             | 109                | 12   |     | 230 (66.1 g raw rice) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 481       | China            | Foxtail millet cooked for 30 min              | 93                 | 8    |     | 230 (72.3 g of millet) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 482       | China            | Foxtail millet cooked for 60 min              | 89                 | 6    |     | 230 (72.3 g of millet) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 483       | China            | Adlay cooked for 30 min                       | 91                 | 10   |     | 230 (75.0 g of adlay) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 484       | China            | Adlay cooked for 60 min                       | 100                | 11   |     | 230 (75.0 g of adlay) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 485       | China            | Dried lily bulb cooked for 30 min             | 83                 | 9    |     | 230 (740 g of dried lily bulb) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 486       | China            | Dried lily bulb cooked for 60 min             | 85                 | 7    |     | 230 (740 g of dried lily bulb) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 487       | China            | Lotus seed cooked for 30 min                  | 45                 | 5    |     | 230 (776 g of lotus seed) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 488       | China            | Lotus seed cooked for 60 min                  | 51                 | 7    |     | 230 (776 g of lotus seed) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 489       | China            | Azuki bean cooked for 40 min                  | 21                 | 4    |     | 230 (83.1 g of azuki bean) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 490       | China            | Azuki bean cooked for 70 min                  | 29                 | 4    |     | 230 (83.1 g of azuki bean) 1.5 (salt) | 50 10 Healthy participants | Glucose and white rice/2 h |
| 491       | Taiwan, China    | Brown rice                                    | 82                 | 0.22 | NA  | NA                                        | 50 10 Healthy participants | White bread/2 h |
| 492       | Taiwan, China    | Taro                                          | 69                 | 0.35 | NA  | NA                                        | 50 10 Healthy participants | White bread/2 h |
| 493       | Taiwan, China    | Adlay                                         | 55                 | 0.4  | NA  | NA                                        | 50 10 Healthy participants | White bread/2 h |
| 494       | Taiwan, China    | Mung bean noodles                             | 28                 | 0.5  | NA  | NA                                        | 50 10 Healthy participants | White bread/2 h |
| Reference | Country       | Food item                   | GI (glucose = 100) | Mean | SEM | Serving size (g) per experimental portion size | Available CHO (g) per experimental portion | Participants (type and number) | Reference food and time period |
|----------|---------------|-----------------------------|-------------------|------|-----|-----------------------------------------------|--------------------------------------------|---------------------------------|-------------------------------|
| 405      | Taiwan, China | Yam                         |                   | 52   | 0.25 NA |                                              |                                            | 50 Healthy participants         | White bread/2h |
| 406      | Taiwan        | Brown rice (Taikeng 9)      | 49.8              | 4.3  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 407      | Taiwan        | Brown rice (Taikeng 9)      | 70.8              | 4.3  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 408      | Taiwan        | Brown rice (Taichung Sen 10)| 51                | 4.9  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 409      | Taiwan        | Brown rice (Taichung Sen 10)| 73                | 4.7  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 500      | Taiwan        | White rice (TRGC9152)       | 52.2              | 6.3  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 501      | Taiwan        | White rice (TRGC9152)       | 73.1              | 5.7  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 502      | Taiwan        | White rice (IR50)           | 55.6              | 4.9  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 503      | Taiwan        | White rice (IR50)           | 77.3              | 4.1  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 504      | Taiwan        | White rice (Taichung Sen 17)| 47.3              | 4.8  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 505      | Taiwan        | White rice (Taichung Sen 17)| 71.7              | 4.2  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 506      | Taiwan        | White rice (Taikeng 9)      | 60.5              | 4.8  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 507      | Taiwan        | White rice (Taikeng 9)      | 87.5              | 4.3  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 508      | Taiwan        | White rice (IR50)           | 55.6              | 4.9  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 509      | Taiwan        | White rice (IR50)           | 82.5              | 5.5  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 510      | Taiwan        | White rice (Khazar)         | 62.4              | 4.9  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 511      | Taiwan        | White rice (Khazar)         | 88.9              | 4.1  | NA   |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 512      | Taiwan        | Steamed white rice          | 91.1              | 6.8  | 107  |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 513      | Taiwan        | Rice porridge               | 98.4              | 8.1  | 290  |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 514      | Taiwan        | Reheated overnight rice     | 90.6              | 6.6  | 107  |                                              |                                            | 50 Healthy participants         | Glucose/2h                        |
| 515      | Taiwan        | Steamed white rice + 10 g of canola oil | 90.3 | 2.1 | 117 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 516      | Taiwan        | Steamed white rice + 5 g dextrin fibre | 89.3 | 2.6 | 112 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 517      | Taiwan        | Steamed white rice + 10 g dextrin fibre | 88.1 | 2.1 | 117 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 518      | Taiwan        | Steamed white rice + 5 g gluten protein | 84.9 | 1.7 | 112 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 519      | Taiwan        | Steamed white rice + 10 g gluten protein | 83.1 | 1.6 | 117 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 520      | Taiwan        | Steamed white rice + 3 g canola oil + 5 g dextrin fibre | 88.5 | 1.9 | 117 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 521      | Taiwan        | Steamed white rice + 3 g gluten protein + 10 g dextrin fibre | 88.8 | 1.3 | 122 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 522      | Taiwan        | Steamed white rice + 5 g gluten protein + 10 g dextrin fibre | 86.2 | 1.3 | 122 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 523      | Taiwan        | Steamed white rice + 10 g gluten protein + 10 g dextrin fibre | 86.1 | 1.7 | 127 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 524      | Taiwan        | Steamed white rice + 3 g canola oil + 5 g gluten protein | 92 | 2.1 | 117 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 525      | Taiwan        | Steamed white rice + 5 g canola oil + 10 g gluten protein | 91.9 | 2.3 | 122 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 526      | Taiwan        | Steamed white rice + 10 g canola oil + 5 g gluten protein | 93.1 | 2.2 | 122 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 527      | Taiwan        | Steamed white rice + 10 g canola oil + 10 g gluten protein | 91.3 | 1.7 | 127 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
| 528      | Taiwan        | Steamed white rice + 5 g canola oil + 5 g dextrin fibre | 92.4 | 2.2 | 117 |                                            |                                            | 50 Healthy participants         | White rice/2h                       |
Table 1 continued

| Reference | Country | Food item | GI (glucose – 100) | Serving size (g) per experimental portion | Available CHO (g) per experimental portion | Participants (type and number) | Reference food and time period |
|-----------|---------|-----------|--------------------|------------------------------------------|-------------------------------------------|---------------------------------|------------------------------|
| 529       | 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       | 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       | 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       | 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       | 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       | 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       | Taiwan  | Steamed white rice + 10 g gluten protein + 10 g dextrin fibre + 5 g canola oil | 89.2 | 2.3 | 132 | 50 | 12 Healthy participants | White rice/2 h |
| 536       | 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       | 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       | Taiwan  | Steamed white rice + 10 g gluten protein + 5 g dextrin fibre + 5 g canola oil | 95.8 | 1.4 | 132 | 50 | 12 Healthy participants | White rice/2 h |
| 539       | 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       | Hong Kong, China | Baked barbecued pork puff | 55 | 8 | 161 | 50 | 15 Healthy participants | Glucose/2 h |
| 541       | Hong Kong, China | Fried rice in Yangzhou style | 80 | 6 | 217 | 50 | 15 Healthy participants | Glucose/2 h |
| 542       | Hong Kong, China | Fried fritter | 69 | 9 | 139 | 50 | 15 Healthy participants | Glucose/2 h |
| 543       | Hong Kong, China | 'Mai-Lai' cake | 61 | 8 | 114 | 50 | 15 Healthy participants | Glucose/2 h |
| 544       | Hong Kong, China | Tuna fish bun | 46 | 4 | 139 | 50 | 15 Healthy participants | Glucose/2 h |
| 545       | Hong Kong, China | Sticky rice wrapped in lotus leaf | 83 | 5 | 167 | 50 | 15 Healthy participants | Glucose/2 h |
| 546       | Hong Kong, China | Steamed glutinous rice roll | 89 | 8 | 109 | 50 | 15 Healthy participants | Glucose/2 h |
| 547       | Hong Kong, China | 'Pineapple' bun | 65 | 8 | 91 | 50 | 15 Healthy participants | Glucose/2 h |
| 548       | Hong Kong, China | Jam and peanut butter toast | 72 | 8 | 106 | 50 | 15 Healthy participants | Glucose/2 h |
| 549       | Hong Kong, China | Fried rice noodles with skiced beef | 66 | 7 | 250 | 50 | 15 Healthy participants | Glucose/2 h |
| 550       | Hong Kong, China | Egg tart | 45 | 3 | 143 | 50 | 15 Healthy participants | Glucose/2 h |
| 551       | Hong Kong, China | Plain steamed vermicelli roll | 90 | 8 | 238 | 50 | 15 Healthy participants | Glucose/2 h |
| 552       | Hong Kong, China | Green bean dessert | 54 | 6 | 333 | 50 | 15 Healthy participants | Glucose/2 h |
| 553       | Hong Kong, China | Barbecue pork bun | 69 | 9 | 119 | 50 | 15 Healthy participants | Glucose/2 h |
| 554       | Hong Kong, China | Red bean dessert | 75 | 8 | 263 | 50 | 15 Healthy participants | Glucose/2 h |
| 555       | Hong Kong, China | Moon cakes | 56 | 7 | 80 | 50 | 15 Healthy participants | Glucose/2 h |
| 556       | Hong Kong, China | Glutinous rice ball | 61 | 10 | 115 | 50 | 15 Healthy participants | Glucose/2 h |
| 557       | Hong Kong, China | Chinese herbal jelly | 47 | 3 | 333 | 50 | 15 Healthy participants | Glucose/2 h |
| 558       | Hong Kong, China | Instant sweet milky bun | 67 | 5 | 114 | 50 | 15 Healthy participants | Glucose/2 h |
| 559       | Hong Kong, China | Fried sweet milky bun | 72 | 8 | 114 | 50 | 15 Healthy participants | Glucose/2 h |
| 560       | Hong Kong, China | Fried rice vermicelli in Singapore style | 54 | 6 | 333 | 50 | 15 Healthy participants | Glucose/2 h |
| 561       | Hong Kong, China | Fried rice vermicelli in Singapore style | 69 | 8 | 167 | 50 | 15 Healthy participants | Glucose/2 h |
| 562       | Hong Kong, China | Salted meat rice dumpling | 58 | 9 | 200 | 50 | 15 Healthy participants | Glucose/2 h |
| Reference | Country                | Food item                                      | GI (glucose = 100) | Available CHO (g) per experimental portion size | Participants (type and number) | Reference food and time period |
|-----------|-----------------------|-----------------------------------------------|-------------------|-----------------------------------------------|--------------------------------|---------------------------------|
| 563       | Hong Kong, China      | Salted meat rice dumpling                     | 81                | 100                                           | 50 Healthy participants     | Glucose/2 h                     |
| 564       | Hong Kong, China      | Spring roll                                   | 50                | 114                                           | 50 Healthy participants     | Glucose/2 h                     |
| 565       | Hong Kong             | Jianx rice vermicelli                         | 56                | 63.3                                          | 50 Healthy participants     | Glucose/2 h                     |
| 566       | Hong Kong             | Sau tai Beijing noodles                      | 61                | 69.2                                          | 50 Healthy participants     | Glucose/2 h                     |
| 567       | Hong Kong             | Taiwan vermicelli                             | 68                | 54.4                                          | 50 Healthy participants     | Glucose/2 h                     |
| 568       | Hong Kong             | Sau tai chicken-flavoured Sichuan spicy noodles | 65               | 75.4                                          | 50 Healthy participants     | Glucose/2 h                     |
| 569       | Hong Kong             | Doll fried noodles                            | 88                | 105.2                                         | 50 Healthy participants     | Glucose/2 h                     |
| 570       | Hong Kong             | Garden milk bar bun                           | 73                | 105                                           | 50 Healthy participants     | Glucose/2 h                     |
| 571       | Hong Kong             | Linola seed bread                             | 90                | 116.8                                         | 50 Healthy participants     | Glucose/2 h                     |
| 572       | West India            | Round leaf yellow yam, boiled                 | 68                | 223.02                                        | 50 Healthy participants     | Glucose/2 h                     |
| 573       | West India            | Round leaf yellow yam, roasted                | 80                | 186.43                                        | 50 Healthy participants     | Glucose/2 h                     |
| 574       | West India            | Negro yam, boiled                             | 73                | 255.07                                        | 50 Healthy participants     | Glucose/2 h                     |
| 575       | West India            | Negro yam, roasted                            | 73                | 194.25                                        | 50 Healthy participants     | Glucose/2 h                     |
| 576       | West India            | Lucea yam, boiled                             | 74                | 274.42                                        | 50 Healthy participants     | Glucose/2 h                     |
| 577       | West India            | Lucea yam, roasted                            | 77                | 198.18                                        | 50 Healthy participants     | Glucose/2 h                     |
| 578       | West India            | White yam, boiled                             | 75                | 239.00                                        | 50 Healthy participants     | Glucose/2 h                     |
| 579       | West India            | White yam, roasted                            | 80                | 214.13                                        | 50 Healthy participants     | Glucose/2 h                     |
| 580       | West India            | Sweet yam, boiled                             | 79                | 297.97                                        | 50 Healthy participants     | Glucose/2 h                     |
| 581       | West India            | Sweet yam, roasted                            | 82                | 192.53                                        | 50 Healthy participants     | Glucose/2 h                     |
| 582       | West India            | Sweet potato, boiled                          | 46                | 234.63                                        | 50 Healthy participants     | Glucose/2 h                     |
| 583       | West India            | Sweet potato, roasted                         | 82                | 167.79                                        | 50 Healthy participants     | Glucose/2 h                     |
| 584       | West India            | Sweet potato, baked                           | 94                | 167.79                                        | 50 Healthy participants     | Glucose/2 h                     |
| 585       | West India            | Sweet potato, fried                           | 76                | 167.79                                        | 50 Healthy participants     | Glucose/2 h                     |
| 586       | West India            | Irish potato, boiled                          | 59                | 230.95                                        | 50 Healthy participants     | Glucose/2 h                     |
| 587       | West India            | Irish potato, baked                           | 83                | 249.63                                        | 50 Healthy participants     | Glucose/2 h                     |
| 588       | West India            | Irish potato, fried                           | 70                | 249.63                                        | 50 Healthy participants     | Glucose/2 h                     |
| 589       | West India            | Dasheen, boiled                               | 72                | 279.30                                        | 50 Healthy participants     | Glucose/2 h                     |
| 590       | West India            | Coco yam, boiled                              | 61                | 482.63                                        | 50 Healthy participants     | Glucose/2 h                     |
| 591       | West India            | Pumpkin, boiled                               | 66                | 223.81                                        | 50 Healthy participants     | Glucose/2 h                     |
| 592       | West India            | Breadfruit, boiled                            | 47                | 276.55                                        | 50 Healthy participants     | Glucose/2 h                     |
| 593       | West India            | Breadfruit, roasted                           | 72                | 221.34                                        | 50 Healthy participants     | Glucose/2 h                     |
| 594       | West India            | Green banana, boiled                          | 37                | 225.23                                        | 50 Healthy participants     | Glucose/2 h                     |
| 595       | West India            | Green banana, fried                           | 35                | 195.31                                        | 50 Healthy participants     | Glucose/2 h                     |
| 596       | West India            | Green plantain, boiled                        | 39                | 259.20                                        | 50 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 |
|------------|-------------|---------------------------------------------------------------------------|--------------------|-----------------------------------------------|-------------------------------------------|------------------------------|-------------------------------|
| 597 114    | West India  | Green plantain, fried                                                      | 40                 | 3                                             | 175.93                                    | 90 Healthy participants      | Glucose/2 h                   |
| 598 114    | West India  | Ripe plantain, boiled                                                      | 66                 | 2                                             | 308.64                                    | 50 Healthy participants      | Glucose/2 h                   |
| 599 114    | West India  | Ripe plantain, fried                                                      | 90                 | 6                                             | 211.60                                    | 50 Healthy participants      | Glucose/2 h                   |
| 600 114    | India       | Biscuits (45% foxtail millet + 55% refined wheat flour)                     | 50.8               | 27.9 (SD)                                     | 90                                         | 50 Healthy participants      | Glucose/2 h                   |
| 601 114    | India       | Biscuits (45% barnyard millet + 55% refined wheat flour)                    | 68                 | 60.3 (SD)                                     | 96                                         | 50 Healthy participants      | Glucose/2.5 h                 |
| 602 114    | India       | Biscuits (crude refined wheat flour)                                        | 68                 | 52.8 (SD)                                     | 90                                         | 50 Healthy participants      | Glucose/2.5 h                 |
| 603 114    | India       | Papaya bar (control)                                                      | 65                 | NA                                            | 64                                         | 50 Healthy participants      | Glucose/2 h                   |
| 604 114    | India       | Papaya bar (treated with inulin and fructooligosaccharides)                | 54                 | NA                                            | 65                                         | 50 Healthy participants      | Glucose/2 h                   |
| 605 114    | India       | Banana (yallakki)                                                         | 43                 | NA                                            | 120                                        | 25 Healthy participants      | Glucose/2 h                   |
| 606 114    | India       | Mango (Raspuri)                                                           | 35                 | NA                                            | 120                                        | 25 Healthy participants      | Glucose/2 h                   |
| 607 114    | India       | Papaya                                                                    | 19                 | NA                                            | 120                                        | 29 Healthy participants      | Glucose/2 h                   |
| 608 114    | India       | Orange                                                                    | 52                 | NA                                            | 120                                        | 10 Healthy participants      | Glucose/2 h                   |
| 609 114    | India       | Guava                                                                     | 78                 | NA                                            | 120                                        | 11.5 Healthy participants    | Glucose/2 h                   |
| 610 114    | India       | Chikku                                                                    | 73                 | NA                                            | 120                                        | 29 Healthy participants      | Glucose/2 h                   |
| 611 114    | India       | Jackfruit                                                                  | 63                 | NA                                            | 120                                        | 28.8 Healthy participants    | Glucose/2 h                   |
| 612 114    | India       | Watermelon                                                                | 37                 | NA                                            | 120                                        | 6 Healthy participants       | Glucose/2 h                   |
| 613 114    | India       | Pineapple                                                                  | 19                 | NA                                            | 120                                        | 10 Healthy participants      | Glucose/2 h                   |
| 614 114    | India       | Apple                                                                     | 45                 | NA                                            | 120                                        | 16 Healthy participants      | Glucose/2 h                   |
| 615 114    | India       | Roasted Amaranth Grains flour chapatti                                     | 84.83              | 50                                            | 117.5                                      | 50 NIDDM participants        | Glucose/2 h                   |
| 616 114    | India       | Boiled Amaranth Grains flour chapatti                                      | 111.83             | 75                                            | 118                                        | 50 NIDDM participants        | Glucose/2 h                   |
| 617 114    | India       | Popped Amaranth Grains flour chapatti                                      | 44                 | 25.08                                         | 116.34                                     | 50 NIDDM participants        | Glucose/2 h                   |
| 618 114    | India       | Raw Amaranth Grains flour chapatti                                         | 102.3              | 76.4                                          | 121.19                                     | 50 NIDDM participants        | Glucose/2 h                   |
| 619 114    | India       | Sona Masuri (parboiled rice)                                               | 72                 | 4.5                                           | 235                                        | 50 Healthy participants      | Glucose/2 h                   |
| 620 114    | India       | Ponni (parboiled rice)                                                    | 70.2               | 3.6                                           | 236                                        | 50 Healthy participants      | Glucose/2 h                   |
| 621 114    | India       | Surti Kolam (parboiled rice)                                               | 77                 | 40                                            | 259                                        | 50 Healthy participants      | Glucose/2 h                   |
| 622 115    | India       | Burfi (made with 43% foxtail millet, 57% bengal gram flour)                 | 37.5               | 18.5 (SD)                                     | NA                                         | 50 Healthy participants      | Glucose/2.5 h                 |
| 623 115    | India       | Burfi (made with 43% barynay millet, 57% bengal gram flour)                 | 45.0               | 14.5 (SD)                                     | NA                                         | 50 Healthy participants      | Glucose/2.5 h                 |
| 624 115    | India       | Burfi (made with 100% bengal gram flour)                                    | 43.0               | 14.9                                          | NA                                         | 50 Healthy participants      | Glucose/2.5 h                 |
| 625 115    | India       | Namkeen sev (without dried bottle gourd pulp powder) [bengal gram flour + kidney bean flour] | 32.82 | NA | 49.5 | 50 Healthy participants | Glucose/2 h |
| 626 115    | India       | Namkeen sev (with dried bottle gourd pulp powder) [bengal gram flour + kidney bean flour + DBPP (40:40:20)] | 21.83 | NA | NA | 50 Healthy participants | Glucose/2 h |
| 627 115    | India       | Idli                                                                      | 67.11              | 3.25                                          | 70                                         | 50 Healthy participants      | Glucose/2 h                   |
| 628 115    | India       | Sewai upma                                                                | 69.1               | 1.74                                          | 147                                        | 50 Healthy participants      | Glucose/2 h                   |
| 629 115    | India       | Idli (60% Kodo millet)                                                    | 58.53              | 1.48                                          | 76                                         | 50 Healthy participants      | Glucose/2 h                   |
| 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 |
|-----------|---------|-----------|-------------------|-----------------------------------------------|---------------------------------------------|--------------------------------|--------------------------------|
| 630 123   | India   | Sevai 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                               |
| 632 124   | 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 barmati rice    | 54.93 1.07 NA | 50 70 Healthy participants                    | Glucose/2 h                               |
| 634 125   | India   | Misi pancake                     | 40.41 NA NA | 50 10 Healthy participants                    | Glucose/2.5 h                             |
| 635 125   | India   | Misi pancake (15% green gram husk) | 32.54 NA NA | 50 10 Healthy participants                    | Glucose/2.5 h                             |
| 636 125   | India   | Dal samosa (added 10% Ficus religiosa leaves) | 35 NA NA | 50 25 Healthy participants                    | Glucose/2 h                               |
| 637 124   | India   | Bati (added 5% Ficus religiosa 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                               |
| 643 128   | India   | Biscuit (refined wheat flour)   | 68.70 NA NA | 50 10 Healthy participants                    | Glucose/2 h                               |
| 644 128   | India   | Biscuit (refined wheat flour with 12% green gram husk) | 46.26 NA NA | 50 10 Healthy participants                    | Glucose/2 h                               |
| 645 129   | India   | Banana (Hendrant)               | 87.29 NA NA | 50 20 Healthy participants                    | Glucose/2 h                               |
| 646 129   | 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 (Chenikadak)             | 82.23 NA NA | 50 20 Healthy participants                    | Glucose/2 h                               |
| 649 130   | India   | Banana (Hijjapoovan)            | 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         | 68.83 119 | 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 |
|-----------|---------|-----------|-------------------|-----------------------------------------------|-------------------------------------------|-----------------------------|--------------------------------|
| 664 132    | India   | Rice khichdi | 62.5 ± 1.38 (SD)  | NA                                            | 50                                        | 10 Healthy participants     | NA                             |
| 665 133    | India   | High fibre white rice | 61.3 ± 2.8 | 67 g (raw) 1:2 water | 50                                        | 39 Healthy participants     | NA                             |
| 666 134    | India   | White rice   | 79.2 ± 4.8       | 65 g (raw) 1:2 water | 50                                        | 40 Healthy participants     | NA                             |
| 667 135    | India   | Dosa (rice-based) | 77.86 ± NA       | 140                                           | 50                                        | 10 Healthy participants     | White bread/2 h                 |
| 668 136    | India   | Dosa (foxtail millet-based) | 59.25 ± NA     | 290                                           | 50                                        | 10 Healthy participants     | White bread/2 h                 |
| 669 137    | India   | Brown ragi roti | 61.0 ± 5.77      | 69.44                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                     |
| 670 138    | India   | White ragi roti | 67.3 ± 2.78      | 69.44                                        | 50                                        | 10 Healthy participants     | Glucose/2 h                     |
| 671 139    | India   | Brown ragi roti + curry leaf powder (CLP) | 56.2 ± 5.36    | 64.58 (flour) 5 CLP | 50                                        | 10 Healthy participants     | Glucose/2 h                     |
| 672 140    | 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                     |
| 673 141    | India   | Wheat chapatti | 48.37 ± 20.59 (SD) | 72.05 wheat flour | 50                                        | 10 Healthy participants     | Glucose/2 h                     |
| 674 142    | 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                     |
| 675 143    | India   | Dalia       | 38.05 ± 27.04 (SD) | 10 g dalai 10 g mung dal 286 ml water | 50                                        | 10 Healthy participants     | Glucose/2 h                     |
| 676 144    | India   | Salty enriched dalia (with carrot grits) | 49.81 ± 25.69 (SD) | 13.34 g dalai 6.66 g mung dal 10.73 g carrot grits 279 ml water | 50                                        | 10 Healthy participants     | Glucose/2 h                     |
| 677 145    | India   | Chakli (added 5% kale powder) | 48.86 ± NA      | NA                                            | 50                                        | 30 Healthy participants     | Glucose/2 h                     |
| 678 146    | India   | Twisters (added 10% kale powder) | 46.44 ± NA     | NA                                            | 50                                        | 30 Healthy participants     | Glucose/2 h                     |
| 679 147    | 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                     |
| 680 148    | India   | Biscuits (100% refined wheat flour) | 83.99 ± NA     | 94                                           | 50                                        | 10 Healthy participants     | White bread/2 h                 |
| 681 149    | India   | Extruded snack (whole-wheat flour, barley and chickpea, 50:25:25) | 48.77 ± NA     | 67.3                                         | 50                                        | 10 Healthy participants     | Glucose/2 h                     |
| 682 150    | India   | Extruded snack (100% whole-wheat flour) | 69.68 ± NA     | 64                                           | 50                                        | 10 Healthy participants     | Glucose/2 h                     |
| 683 151    | India   | Brown rice | 57.6 ± 6.8        | NA                                            | 50                                        | 12 Healthy participants     | Glucose/2 h                     |
| 684 152    | 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                     |
| 685 153    | India   | Fully polished white rice (94%) with 9.7% degree of polish | 79.6 ± 6.8     | NA                                            | 50                                        | 12 Healthy participants     | Glucose/2 h                     |
| 686 154    | India   | Uzhunnu vada | 21.54 ± NA       | 172                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 687 155    | India   | Tapioca      | 83.57 ± NA       | 135                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 688 156    | India   | Dosa         | 55.80 ± NA       | 120                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 689 157    | India   | Puttu        | 62.68 ± NA       | 141                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 690 158    | India   | Plantain (unripe) | 73.9 ± NA      | 422                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 691 159    | India   | Chapathi     | 54.43 ± NA       | 110                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 692 160    | India   | Poori        | 58.53 ± NA       | 121                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 693 161    | India   | Idiyappam    | 59.41 ± NA       | 131                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 694 162    | India   | Appam        | 59.94 ± NA       | 122                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 695 163    | India   | Yam          | 55.53 ± NA       | 282                                          | 50                                        | 11 Healthy participants     | Glucose/2 h                     |
| 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 | Healthy participants | Glucose/2 h                  |
| 697 142   | India   | Semolina upma | 62.37 | NA | 142 | 50 | Healthy participants | Glucose/2 h                  |
| 698 142   | India   | Idli     | 62.45 | NA | 149 | 50 | Healthy participants | Glucose/2 h                  |
| 699 142   | India   | Thepla   | 57.77 | NA | NA | 50 | Healthy participants | Glucose/2 h                  |
| 700 142   | India   | Thepla (2% ashwagandha root powder) | 37.30 | NA | NA | 50 | Healthy participants | Glucose/2 h                  |
| 701 144   | India   | Maize    | 75.15 | 0.60 (SD) | NA | 50 | Healthy participants | Glucose/2 h                  |
| 702 144   | India   | Boiled maize (with whole bengal gram) | 68.72 | 0.86 (SD) | NA | 50 | Healthy participants | Glucose/2 h                  |
| 703 144   | India   | Alikali-treated maize (with whole bengal gram) | 69.01 | 0.66 (SD) | NA | 50 | Healthy participants | Glucose/2 h                  |
| 704 144   | India   | Roasted maize (with whole bengal gram) | 72.15 | 0.60 (SD) | NA | 50 | Healthy participants | Glucose/2 h                  |
| 705 144   | India   | Dextrose herbal sugar (DHS) | 46.5 | NA | 50 | 16 Healthy participants | Glucose/2 h                  |
| 706 144   | India   | Mixed mini meal: wheat, pear barley and Bengal gram flour (besan) mix with chana whole (unhusked chana + curd) | 71.9 | 7.4 | NA | 50 | Healthy participants | Glucose/2 h                  |
| 707 147   | India   | Upma (added dehulled finger millet with lower degree of polish) | 84.7 | 8.2 | NA | 50 | Healthy participants | Glucose/2 h                  |
| 708 147   | India   | Upma (added finger millet flakes) | 82.3 | 6.8 | NA | 50 | Healthy participants | Glucose/2 h                  |
| 709 147   | India   | Upma (added finger millet vermicelli) | 65.5 | 5.5 | NA | 50 | Healthy participants | Glucose/2 h                  |
| 710 147   | India   | Finger millet extruded snack | 65 | 6.6 | NA | 50 | Healthy participants | Glucose/2 h                  |
| 711 148   | India   | Roti (whole-wheat flour) | 44.6 | NA | 55 | 50 | Healthy participants | Dextrose/2 h                  |
| 712 148   | India   | Chappati (multigrain flour) | 28.4 | NA | 84 | 50 | Healthy participants | Dextrose/2 h                  |
| 713 149   | India   | Green jaggery (freeze-dried jaggery) | 65 | 5 | NA | 25 or 50 | Healthy participants | Glucodin/2 h                  |
| 714 150   | India   | Kashi 7 whole-grain pilaf | 58.9 | 5.1 | 160 | 50 | 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 | Healthy participants | Glucose/2 h                  |
| 716 150   | India   | Refined maize ugali flour | 71.4 | 5.1 | 161 | 50 | Healthy participants | Glucose/2 h                  |
| 717 150   | India   | Whole maize ugali flour | 74.7 | 6.5 | 164 | 50 | Healthy participants | Glucose/2 h                  |
| 718 151   | India   | Millet-based roti | 53 | NA | NA | 50 | Healthy participants | Glucose/2 h                  |
| 719 151   | India   | Millet-based dosa | 37 | NA | NA | 50 | Healthy participants | Glucose/2 h                  |
| 720 151   | India   | Millet-based dumpling | 48 | NA | NA | 50 | Healthy participants | Glucose/2 h                  |
| 721 152   | India   | Preserved coconut sugar | 52.47 | NA | 62.5 | 50 | Healthy participants | Glucose/2 h                  |
| 722 153   | Sri Lanka | White sliced bread | 77 | 6 | 114 | 50 | Healthy participants | Glucose/2 h                  |
| 723 153   | Sri Lanka | Wholemeal bread | 77 | 6 | 128 | 50 | Healthy participants | Glucose/2 h                  |
| 724 153   | Sri Lanka | Ordinary white bread | 80 | 4 | 121 | 50 | Healthy participants | Glucose/2 h                  |
| 725 153   | Sri Lanka | Wholemeal bread and lentil curry | 61 | 6 | Bread: 83 Curry: 150 | 50 | Healthy participants | Glucose/2 h                  |
| 726 153   | Sri Lanka | White sliced bread | 100 | NA | 114 | 50 | Healthy participants | White bread/ 2 h              |
| 727 153   | Sri Lanka | Wholemeal bread | 103 | 10 | 128 | 50 | Healthy participants | White bread/ 2 h              |
| 728 153   | Sri Lanka | Ordinary white bread | 114 | 11 | 121 | 50 | Healthy participants | White bread/ 2 h              |
| 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 |
|-----------|-------------|----------------------------------------|--------------------|----------------------------------------------|---------------------------------------------|---------------------------------|-------------------------------|
| 729       | Sri Lanka   | Wholemeal bread and lentil curry       | 87 6               | Bread: 83 Curry: 150                          | 90 10 Healthy participants                 | White bread/2 h                 |                                |
| 730       | Sri Lanka   | Wheat flour roti                       | 72 6               | NA                                           | 50 10 Healthy participants                 | White bread/2 h                 |                                |
| 731       | Sri Lanka   | Rice flour roti                        | 69 7               | NA                                           | 50 10 Healthy participants                 | White bread/2 h                 |                                |
| 732       | Sri Lanka   | Kurakkan flour roti                    | 70 8               | NA                                           | 50 10 Healthy participants                 | White bread/2 h                 |                                |
| 733       | Sri Lanka   | Atta flour roti                        | 67 9               | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 734       | Sri Lanka   | Wheat flour pittu                      | 101 8              | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 735       | Sri Lanka   | Rice flour pittu                       | 103 7              | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 736       | Sri Lanka   | Kurakkan flour pittu                   | 85 6               | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 737       | Sri Lanka   | Boiled chickpea                        | 29 5               | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 738       | Sri Lanka   | Boiled mung bean                      | 57 6               | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 739       | Sri Lanka   | Boiled cowpea                         | 49 8               | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 740       | Sri Lanka   | Olu-milk rice                          | 91 8               | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 741       | Sri Lanka   | Breadfruit                              | 65 7               | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 742       | Sri Lanka   | Hoppers                                | 120 8              | NA                                           | 25 10 Healthy participants                 | White bread/2 h                 |                                |
| 743       | Sri Lanka   | Parboiled rice with green curry        | 47.47 11.20        | 375                                          | 75 20 Healthy participants                 | White bread/2 h                 |                                |
| 744       | Sri Lanka   | Parboiled rice with gravy              | 56.30 9.31         | 355                                          | 75 20 Healthy participants                 | Glucose/2 h                     |                                |
| 745       | Sri Lanka   | Parboiled rice with green curry and gravy | 54.67 10.03      | 405                                          | 75 20 Healthy participants                 | Glucose/2 h                     |                                |
| 746       | Sri Lanka   | Kurakkan pittu with green curry        | 57.51 5.52         | 262                                          | 75 20 Healthy participants                 | Glucose/2 h                     |                                |
| 747       | Sri Lanka   | Kurakkan pittu with gravy              | 63.25 8.86         | 242                                          | 75 20 Healthy participants                 | Glucose/2 h                     |                                |
| 748       | Sri Lanka   | Kurakkan pittu with green curry and gravy | 59.25 5.49        | 292                                          | 75 20 Healthy participants                 | Glucose/2 h                     |                                |
| 749       | Sri Lanka   | Atta pittu with green curry            | 44.40 14.27        | 327                                          | 75 20 Healthy participants                 | Glucose/2 h                     |                                |
| 750       | Sri Lanka   | Atta pittu with gravy                  | 50.80 9.35         | 307                                          | 75 20 Healthy participants                 | Glucose/2 h                     |                                |
| 751       | Sri Lanka   | Atta pittu with green curry and gravy  | 46.29 8.90         | 357                                          | 75 20 Healthy participants                 | Glucose/2 h                     |                                |
| 752       | Sri Lanka   | Chickpea meal                          | 40 7               | 186                                          | 25 11 T2DM participants                    | White bread/3 h                 |                                |
| 753       | Sri Lanka   | Red rice meal + accompaniments         | 64 11              | 149                                          | 25 11 T2DM participants                    | White bread/3 h                 |                                |
| 754       | Sri Lanka   | Atta roti meal + accompaniments        | 88 9               | 85                                           | 25 11 T2DM participants                    | White bread/3 h                 |                                |
| 755       | Sri Lanka   | Rice with lentil curry, boiled egg, coconut gravy and Trichosanthes cucumerina (snake gourd) salad | 61 5 | 285 + 30 mL coconut gravy | 50 10 Healthy participants | Bread/2 h |                                |
| 756       | Sri Lanka   | Chickpea meal                          | 40 7               | 186                                          | 25 11 T2DM participants                    | White bread/3 h                 |                                |
| 757       | Sri Lanka   | Red rice meal + accompaniments         | 64 11              | 85                                           | 25 11 T2DM participants                    | White bread/3 h                 |                                |
| 758       | Sri Lanka   | Atta roti meal + accompaniments        | 88 9               | 149                                          | 25 11 T2DM participants                    | White bread/3 h                 |                                |
| 759       | Sri Lanka   | Banana (Silk)                          | 61 5               | 190                                          | 50 10 Healthy participants                 | Glucose/2 h                     |                                |
| 760       | Sri Lanka   | Banana (Mysore)                        | 61 6               | 220                                          | 50 10 Healthy participants                 | Glucose/2 h                     |                                |
| 761       | Sri Lanka   | Banana (Gros Michel)                   | 67 7               | 270                                          | 50 10 Healthy participants                 | Glucose/2 h                     |                                |
| 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 |
|-----------|-------------|------------------------------------------------|--------------------|-----------------------------------------------|-------------------------------------------|-------------------------------|--------------------------------|
| 762       | Sri Lanka   | Banana (Pisang Awak)                            | 69                 | 9                                             | 220                                       | 90                            | 10 Healthy participants       |
| 763       | Sri Lanka   | White rice                                     | 66.61              | 9.86 (SD)                                     | 286.04                                   | 75                            | 22 Healthy participants       |
| 764       | Sri Lanka   | Brown rice                                     | 60.24              | 8.16 (SD)                                     | 338                                       | 75                            | 22 Healthy participants       |
| 765       | Sri Lanka   | Parboiled rice                                 | 55.97              | 6.01 (SD)                                     | 324.67                                   | 75                            | 22 Healthy participants       |
| 766       | Sri Lanka   | Pittu (from cereal flour)                      | 43.74              | 9.09 (SD)                                     | 166.55                                   | 75                            | 22 Healthy participants       |
| 767       | Sri Lanka   | ’String hopper’ (from cereal flour)            | 50.01              | 7.06 (SD)                                     | 200                                       | 75                            | 22 Healthy participants       |
| 768       | Sri Lanka   | Cassava (tuber)                                | 78.67              | 7.30 (SD)                                     | 232.56                                   | 75                            | 22 Healthy participants       |
| 769       | Sri Lanka   | Green gram (legume)                            | 31.43              | 6.96 (SD)                                     | 294.92                                   | 75                            | 22 Healthy participants       |
| 770       | Sri Lanka   | Chickpea (legume)                              | 33.27              | 6.23 (SD)                                     | 253.2                                    | 75                            | 22 Healthy participants       |
| 771       | Sri Lanka   | Kathali                                        | 54.45              | 9.26 (SD)                                     | 325.95                                   | 75                            | 20 Healthy participants       |
| 772       | Sri Lanka   | Kappal                                         | 50.43              | 5.79 (SD)                                     | 314.33                                   | 75                            | 20 Healthy participants       |
| 773       | Sri Lanka   | Ithana                                         | 48.47              | 10.13 (SD)                                    | 277.16                                   | 75                            | 20 Healthy participants       |
| 774       | Sri Lanka   | Jackfruit                                      | 65.36              | 8.00 (SD)                                     | 578.70                                   | 75                            | 20 Healthy participants       |
| 775       | Sri Lanka   | Papaya                                         | 34.90              | 12.78 (SD)                                    | 903.60                                   | 75                            | 20 Healthy participants       |
| 776       | Sri Lanka   | Coconut milk porridge (Cocos nucifera)         | 31                 | 5                                             | 25                                        | 10 Healthy participants       |
| 777       | Sri Lanka   | Rice porridge                                  | 46                 | 17                                            | 25                                        | 10 Healthy participants       |
| 778       | Sri Lanka   | Muraya koenigo Spreng (Karapincha)             | 44                 | 8                                             | 25                                        | 10 Healthy participants       |
| 779       | Sri Lanka   | Hemidesmus inodorus (Kramusu)                  | 40                 | 8                                             | 25                                        | 10 Healthy participants       |
| 780       | Sri Lanka   | Aegle marmelos (Belt)                          | 50                 | 8                                             | NA                                        | 25                            | 10 Healthy participants       |
| 781       | Sri Lanka   | Coreopsis auriculata Linn. (Ranawara)          | 77                 | 12                                            | NA                                        | 25                            | 10 Healthy participants       |
| 782       | Sri Lanka   | Citrus limon Linn. (L. cattarula)               | 53                 | 10                                            | NA                                        | 25                            | 10 Healthy participants       |
| 783       | Sri Lanka   | Cordispermum halvorotum (Wel Perela)            | 46                 | 8                                             | NA                                        | 25                            | 10 Healthy participants       |
| 784       | Sri Lanka   | Alphonsea zeylanica Linn. (Yaki narangi)        | 52                 | 13                                            | NA                                        | 25                            | 10 Healthy participants       |
| 785       | Sri Lanka   | Cannobis indica (Kowakka)                      | 49                 | 8                                             | NA                                        | 25                            | 10 Healthy participants       |
| 786       | Sri Lanka   | Osbeckia octana (Heen buntiya)                 | 55                 | 7                                             | NA                                        | 25                            | 10 Healthy participants       |
| 787       | Sri Lanka   | Aerva lanata (Polpala)                         | 32                 | 5                                             | NA                                        | 25                            | 10 Healthy participants       |
| 788       | Sri Lanka   | Asparagus racemosus (haathwaariya)              | 37                 | 4                                             | NA                                        | 25                            | 10 Healthy participants       |
| 789       | Sri Lanka   | Scoparia dulcis (Wel kothhamani)                | 39                 | 8                                             | NA                                        | 25                            | 10 Healthy participants       |
| 790       | Sri Lanka   | Rice with lentil curry, boiled egg, coconut gravy and Centella asiatica (gudukola) leaves salad | 63                 | 6                                             | 285 + 30 ml coconut gravy                  | 50                            | 10 Healthy participants       |
| 791       | Sri Lanka   | Rice with lentil curry, boiled egg, coconut gravy and Lusia spinosa (kohila) salad | 57                 | 5                                             | 285 + 30 ml coconut gravy                  | 50                            | 10 Healthy participants       |
| 792       | Sri Lanka   | Brown rice flour string hoppers + beans curry  | 39.93              | 8.14                                          | NA                                        | 50                            | 30 Healthy participants       |
| 793       | Sri Lanka   | White rice flour string hoppers + beans curry  | 41.96              | 9.86                                          | NA                                        | 50                            | 30 Healthy participants       |
| 794       | Sri Lanka   | Brown rice flour string hoppers + lentil curry  | 44.30              | 9.25                                          | NA                                        | 50                            | 30 Healthy participants       |
Table 1 continued

| Reference | Country   | Food item                                                                 | Mean (glucose – 100) | Serving size (g) per experimental portion | Available CHO (g) per experimental portion | Participants (type and number) | Reference food and time period |
|-----------|-----------|---------------------------------------------------------------------------|-----------------------|------------------------------------------|------------------------------------------|--------------------------------|--------------------------------|
| 795       | Sri Lanka | White rice flour string hoppers + lentil curry                            | 53.46 ± 9.37          | NA                                       | 50                                       | 30 Healthy participants        | Glucose/2 h                    |
| 796       | Sri Lanka | Brown rice flour string hoppers + fish curry                              | 45.26 ± 9.25          | NA                                       | 50                                       | 30 Healthy participants        | Glucose/2 h                    |
| 797       | Sri Lanka | White rice flour string hoppers + fish curry                              | 56.13 ± 9.94          | NA                                       | 50                                       | 30 Healthy participants        | Glucose/2 h                    |
| 798       | Sri Lanka | Brown rice flour string hoppers + coconut gravy + polsambol               | 50.46 ± 9.74          | NA                                       | 50                                       | 30 Healthy participants        | Glucose/2 h                    |
| 799       | Sri Lanka | White rice flour string hoppers + coconut gravy + polsambol               | 69.20 ± 9.47          | NA                                       | 50                                       | 30 Healthy participants        | Glucose/2 h                    |
| 800       | 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       | Sri Lanka | Pittu with vegetable curry                                                | 30.2 ± 6.5 (SD)       | 386.2                                    | 50                                       | 13 Healthy participants        | Glucose/2 h                    |
| 802       | 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       | Sri Lanka | Rotti with vegetable curry                                                | 31.15 ± 4.6 (SD)      | 311.7                                    | 50                                       | 13 Healthy participants        | Glucose/2 h                    |
| 804       | 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       | Sri Lanka | Wandu with vegetable curry                                                | 36.46 ± 5.4 (SD)      | 446.9                                    | 50                                       | 13 Healthy participants        | Glucose/2 h                    |
| 806       | 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       | Sri Lanka | Hopper with vegetable curry                                                | 38.3 ± 5.6 (SD)       | 394.9                                    | 50                                       | 13 Healthy participants        | Glucose/2 h                    |
| 808       | Sri Lanka | Thosai (made with 25% soy flour and 75% rice flour)                        | 47.34 ± 3.3 (SD)      | 353 (7 pcs)                              | 50                                       | 13 Healthy participants        | Glucose/2 h                    |
| 809       | Sri Lanka | Thosai and sambol                                                         | 63.93 ± 7.62          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 810       | Sri Lanka | Thosai, sambol and plantain                                                | 60.17 ± 3.58          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 811       | Sri Lanka | Thosai and Sampar                                                        | 71.90 ± 4.73          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 812       | Sri Lanka | Thosai, sampar and plantain                                                | 68.57 ± 4.18          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 813       | Sri Lanka | Thosai, sambol and sampar                                                  | 65.63 ± 3.46          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 814       | Sri Lanka | Thosai, sambol, sampar and plantain                                        | 63.04 ± 5.05          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 815       | Sri Lanka | Pakistani Basmati rice (rice cooker) + 20 g coconut sambol                 | 64 ± 12 ± 147 g (cooked) | 50 | 10 Healthy participants        | Glucose/2 h                    |
| 816       | 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       | Sri Lanka | Pakistani Basmati rice (microwave) + 100 g coconut sambol                   | 56 ± 14 (SD) ± 147 g (cooked) | 50 | 10 Healthy participants        | Glucose/2 h                    |
| 818       | Sri Lanka | Indian Basmati rice (microwave) + 0 g coconut sambol                        | 43 ± 6 (SD) ± 151 g (cooked) | 50 | 10 Healthy participants        | Glucose/2 h                    |
| 819       | Sri Lanka | Parboiled rice                                                            | 55.97 ± 6.01          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 820       | Sri Lanka | White rice (Sampa)                                                        | 66.61 ± 9.86          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 821       | Sri Lanka | Brown rice                                                                | 60.24 ± 8.16          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 822       | Sri Lanka | String hoppers                                                            | 50.01 ± 7.06          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 823       | Sri Lanka | Pittu                                                                      | 43.74 ± 9.09          | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 824       | Sri Lanka | Parboiled rice + green leafy curry                                        | 47.5 ± NA              | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 825       | Sri Lanka | Parboiled rice + gravy                                                     | 56.3 ± NA              | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 826       | Sri Lanka | Parboiled rice + green leafy curry and gravy                               | 54.7 ± NA              | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 827       | Sri Lanka | Pittu (kurakan flour) + green leafy curry                                 | 57.5 ± NA              | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| 828       | Sri Lanka | Pittu (kurakan flour) + gravy                                              | 63.3 ± NA              | NA                                       | 75                                       | 20 Healthy participants        | Glucose/2 h                    |
| Reference | Country                        | Food item                                      | GI (glucose — 100) | Serving size (g) per experimental portion size | Available CHO (g) per experimental portion size | Participants (type and number) | Reference food and time period |
|-----------|--------------------------------|-----------------------------------------------|--------------------|-----------------------------------------------|-----------------------------------------------|-------------------------------|-------------------------------|
| 829       | Sri Lanka                      | Pittu (kurakan flour) + green leafy curry + gravy | 59.3               | NA                                           | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 830       | Sri Lanka                      | Pittu (atta flour) + green leafy curry         | 44.4               | NA                                           | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 831       | Sri Lanka                      | Pittu (atta flour) + gravy                     | 50.8               | NA                                           | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 832       | Sri Lanka                      | Pittu (atta flour) + green leafy curry + gravy | 46.3               | NA                                           | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 833       | Sri Lanka                      | Boiled potato                                 | 65.2               | 6.56                                         | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 834       | Sri Lanka                      | Boiled cassava                                | 78.7               | 7.3                                          | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 835       | Sri Lanka                      | Boiled chickpea                               | 33.3               | 6.23                                         | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 836       | Sri Lanka                      | Boiled green gram                             | 31.4               | 6.96                                         | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 837       | Sri Lanka                      | Wheat flour bread                             | 68.59              | NA                                           | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 838       | Sri Lanka                      | Normal bun                                    | 67.3               | NA                                           | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 839       | Sri Lanka                      | Hard bun                                      | 52.78              | NA                                           | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 840       | Sri Lanka                      | Butter cake                                   | 64.72              | NA                                           | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 841       | Sri Lanka                      | Rusk                                          | 50.30              | NA                                           | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 842       | Sri Lanka                      | Idli and sambol                               | 56.85              | 6.26                                         | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 843       | Sri Lanka                      | Idli, sambol and plantain                     | 51.10              | 6.57                                         | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 844       | Sri Lanka                      | Idli and sampar                              | 70.32              | 8.22                                         | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 845       | Sri Lanka                      | Idli, sampar and plantain                     | 67.45              | 7.87                                         | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 846       | Sri Lanka                      | Idli, sambol and sampar                       | 63.09              | 3.29                                         | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 847       | Sri Lanka                      | Idli, sampar and plantain                     | 61.30              | 3.09                                         | NA                                            | 75                            | Healthy participants Glucose/2 h |
| 848       | Sri Lanka                      | Roti (Caryote urensi)                         | 57                 | 4                                            | 114                                           | 50                            | 10 Healthy participants White bread/2 h |
| 849       | Sri Lanka                      | Porridge (Caryote urensi)                     | 128                | 11                                           | 530                                           | 50                            | 10 Healthy participants White bread/2 h |
| 850       | Sri Lanka                      | Muffin (Caryote urensi)                       | 92                 | 9                                            | 126                                           | 50                            | 10 Healthy participants White bread/2 h |
| 851       | Sri Lanka                      | Roti (Cycas circanlis)                        | 66                 | 6                                            | 135                                           | 50                            | 10 Healthy participants White bread/2 h |
| 852       | Sri Lanka                      | Pittu (Cycos cirrivaldi)                     | 72                 | 4                                            | 145                                           | 50                            | 10 Healthy participants White bread/2 h |
| 853       | Sri Lanka                      | Pittu (Vlasta copoWoro)                       | 67                 | 7                                            | 215                                           | 50                            | 10 Healthy participants White bread/2 h |
| 854       | Sri Lanka                      | Skimmed milk powder with powdered oats and whey | 12                | 2                                            | NA                                            | 50                            | 11 Healthy participants Glucose/2 h |
| 855       | Sri Lanka                      | Red pigmented rice (Kaluheenati)              | 56.3               | 2.5                                          | NA                                            | 50                            | 12 Healthy participants Glucose/2 h |
| 856       | Sri Lanka                      | Red pigmented rice (Wedakeerati)              | 52.5               | 1.5                                          | NA                                            | 50                            | 12 Healthy participants Glucose/2 h |
| 857       | Sri Lanka                      | Red pigmented rice (Rathikaral)               | 62.0               | 3.1                                          | NA                                            | 50                            | 12 Healthy participants Glucose/2 h |
| 858       | Sri Lanka                      | Red pigmented rice (Madathawalu)              | 64.0               | 2.5                                          | NA                                            | 50                            | 12 Healthy participants Glucose/2 h |
| 859       | United Arab Emirates (UAE)     | Rutab (dates)                                 | 47.2               | 17.4                                         | 101.8                                         | 50                            | 11 Healthy participants Glucose/2 h |
| 860       | United Arab Emirates (UAE)     | Commercial tamer (dates)                      | 35.5               | 9.7                                          | 66.7                                          | 50                            | 11 Healthy participants Glucose/2 h |
| 861       | United Arab Emirates (UAE)     | Traditional dates                            | 45.3               | 25.6                                         | 66.8                                          | 50                            | 11 Healthy participants Glucose/2 h |
| 862       | United Arab Emirates (UAE)     | Faral d (dates)                               | 54.0               | 6.1                                          | 72.5                                          | 50                            | 13 Healthy participants Glucose/2 h |
| 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 |
|-----------|-------------------------------|----------------------------------------|--------------------|-----------------------------------------------|-------------------------------------------|--------------------------------|--------------------------------|
| 863       | United Arab Emirates (UAE)   | Fara’d (dates)                         | 46.1               | 6.2                                           | 72.5                                      | 50 T2DM participants              | Glucose/3 h                    |
| 864       | United Arab Emirates (UAE)   | Lulu (dates)                           | 53.5               | 8.6                                           | 75.6                                      | 50 Healthy participants           | Glucose/2 h                    |
| 865       | United Arab Emirates (UAE)   | Lulu (dates)                           | 43.8               | 7.7                                           | 75.6                                      | 50 T2DM participants              | Glucose/3 h                    |
| 866       | United Arab Emirates (UAE)   | Bo’alan (dates)                        | 46.3               | 7.1                                           | 72.7                                      | 50 Healthy participants           | Glucose/2 h                    |
| 867       | United Arab Emirates (UAE)   | Bo’alan (dates)                        | 51.8               | 6.9                                           | 72.7                                      | 50 T2DM participants              | Glucose/3 h                    |
| 868       | United Arab Emirates (UAE)   | Dabbas (dates)                         | 49.1               | 3.6                                           | 76.2                                      | 50 Healthy participants           | Glucose/2 h                    |
| 869       | United Arab Emirates (UAE)   | Dabbas (dates)                         | 50.2               | 3.9                                           | 76.2                                      | 50 T2DM participants              | Glucose/3 h                    |
| 870       | United Arab Emirates (UAE)   | Khalas (dates)                         | 55.1               | 7.7                                           | 72.6                                      | 50 Healthy participants           | Glucose/2 h                    |
| 871       | United Arab Emirates (UAE)   | Khalas (dates)                         | 53.0               | 6.0                                           | 72.6                                      | 50 T2DM participants              | Glucose/3 h                    |
| 872       | United Arab Emirates (UAE)   | Khalas (dates)                         | 55.1               | 7.7                                           | NA                                        | 50 Healthy participants           | Glucose/2 h                    |
| 873       | United Arab Emirates (UAE)   | Khalas (dates)                         | 53.0               | 6.0                                           | NA                                        | 50 T2DM participants              | Glucose/3 h                    |
| 874       | United Arab Emirates (UAE)   | Khalas with Arabic coffee              | 52.7               | 6.2                                           | NA                                        | 50 Healthy participants           | Glucose/2 h                    |
| 875       | United Arab Emirates (UAE)   | Khalas with Arabic coffee              | 41.5               | 5.4                                           | NA                                        | 50 T2DM participants              | Glucose/3 h                    |
| 876       | United Arab Emirates (UAE)   | Arabic bread                           | 67                 | 5                                             | 78.8                                      | 50 Healthy participants           | Glucose/2 h                    |
| 877       | United Arab Emirates (UAE)   | Regag bread                            | 76                 | 7                                             | 112.7                                     | 50 Healthy participants           | Glucose/2 h                    |
| 878       | United Arab Emirates (UAE)   | Chebab bread                           | 54                 | 8                                             | 109                                       | 50 Healthy participants           | Glucose/2 h                    |
| 879       | United Arab Emirates (UAE)   | Muhalla bread                          | 77                 | 2                                             | 73.9                                      | 50 Healthy participants           | Glucose/2 h                    |
| 880       | United Arab Emirates (UAE)   | Khamnee bread                          | 47                 | 3                                             | 91.0                                      | 50 Healthy participants           | Glucose/2 h                    |
| 881       | United Arab Emirates (UAE)   | Fendal                                 | 74                 | 7                                             | 158                                       | 50 Healthy participants           | Glucose/2 h                    |
| 882       | United Arab Emirates (UAE)   | Charni (cottage cheese)                | 60                 | 9                                             | 470.0                                     | 25 Healthy participants           | Glucose/2 h                    |
| 883       | United Arab Emirates (UAE)   | Habba Hanna                            | 47                 | 3                                             | 313.3                                     | 50 Healthy participants           | Glucose/2 h                    |
| 884       | United Arab Emirates (UAE)   | Harees                                 | 42                 | 2                                             | 323.0                                     | 50 Healthy participants           | Glucose/2 h                    |
| 885       | United Arab Emirates (UAE)   | Thareed (beef)                         | 74                 | 3                                             | 460.0                                     | 50 Healthy participants           | Glucose/2 h                    |
| 886       | United Arab Emirates (UAE)   | Biyani (chicken)                       | 52                 | 4                                             | 253.9                                     | 50 Healthy participants           | Glucose/2 h                    |
| 887       | United Arab Emirates (UAE)   | Machbous (fish)                        | 60                 | 3                                             | 277.0                                     | 50 Healthy participants           | Glucose/2 h                    |
| 888       | United Arab Emirates (UAE)   | Asreyah                                | 72                 | 4                                             | 507.6                                     | 50 Healthy participants           | Glucose/2 h                    |
| 889       | United Arab Emirates (UAE)   | Khabisa                                | 67                 | 4                                             | 89.1                                      | 50 Healthy participants           | Glucose/2 h                    |
| 890       | United Arab Emirates (UAE)   | Lqemat                                 | 44                 | 4                                             | 113.1                                     | 50 Healthy participants           | Glucose/2 h                    |
| 891       | United Arab Emirates (UAE)   | Batheetha                              | 59                 | 4                                             | 130.8                                     | 50 Healthy participants           | Glucose/2 h                    |
| 892       | United Arab Emirates (UAE)   | Khanfarooosh                           | 45                 | 3                                             | 126.2                                     | 50 Healthy participants           | Glucose/2 h                    |
| 893       | United Arab Emirates (UAE)   | Balalet                                | 68                 | 5                                             | 179.3                                     | 50 Healthy participants           | Glucose/2 h                    |
| 894       | United Arab Emirates (UAE)   | Dried Bisr (mature unripe) dates       | 54.6               | 15.2                                          | NA                                        | 25 Healthy participants           | Glucose/2 h                    |
| 895       | United Arab Emirates (UAE)   | Dried Tamr (mature ripe) dates         | 54.3               | 14.3                                          | NA                                        | 25 Healthy participants           | Glucose/2 h                    |
| 896       | Oman                         | Doughnut with water                   | 75.49              | 3.44                                          | 250 (ml) water                           | 50 Healthy participants           | Glucose/2 h                    |
| Reference | Country | Food item | GI (glucose = 100) | Serving size (g) per experimental portion | Available CHO (g) per experimental portion | Participants (type and number) | Reference food and time period |
|-----------|---------|-----------|-------------------|------------------------------------------|------------------------------------------|---------------------------------|-------------------------------|
| 897       | Oman    | Doughnut with Omani coffee | 76.50 ± 3.45 | 130 (ml) coffee | 50 | 12 Healthy participants | Glucose/2 h |
| 898       | Oman    | Croissant with water | 67.46 ± 2.47 | 250 (ml) water | 50 | 12 Healthy participants | Glucose/2 h |
| 899       | Oman    | Croissant with Omani coffee | 65.32 ± 3.69 | 130 (ml) coffee | 50 | 12 Healthy participants | Glucose/2 h |
| 900       | Oman    | Cheese sandwich with water | 72.41 ± 3.61 | 250 (ml) water | 50 | 12 Healthy participants | Glucose/2 h |
| 901       | Oman    | Cheese sandwich with Omani coffee | 78.40 ± 3.67 | 130 (ml) coffee | 50 | 12 Healthy participants | Glucose/2 h |
| 902       | Oman    | Chicken sandwich with water | 65.68 ± 3.00 | 250 (ml) water | 50 | 12 Healthy participants | Glucose/2 h |
| 903       | Oman    | Chicken sandwich with Omani coffee | 70.61 ± 3.66 | 130 (ml) coffee | 50 | 12 Healthy participants | Glucose/2 h |
| 904       | Oman    | Fried egg sandwich with water | 73.38 ± 4.46 | 250 (ml) water | 50 | 12 Healthy participants | Glucose/2 h |
| 905       | Oman    | Fried egg sandwich with Omani coffee | 73.14 ± 4.03 | 130 (ml) coffee | 50 | 12 Healthy participants | Glucose/2 h |
| 906       | Oman    | Samboza vegetable with water | 60.35 ± 5.11 | 250 (ml) water | 50 | 12 Healthy participants | Glucose/2 h |
| 907       | Oman    | Samboza vegetable with Omani coffee | 57.25 ± 3.97 | 130 (ml) coffee | 50 | 12 Healthy participants | Glucose/2 h |
| 908       | Oman    | Fried vermicelli with water | 71.77 ± 3.72 | 250 (ml) water | 50 | 12 Healthy participants | Glucose/2 h |
| 909       | Oman    | Fried vermicelli with Omani coffee | 64.99 ± 4.92 | 130 (ml) coffee | 50 | 12 Healthy participants | Glucose/2 h |
| 910       | Oman    | Boiled vermicelli with water | 67.46 ± 5.01 | 250 (ml) water | 50 | 12 Healthy participants | Glucose/2 h |
| 911       | Oman    | Boiled vermicelli with Omani coffee | 64.02 ± 5.26 | 130 (ml) coffee | 50 | 12 Healthy participants | Glucose/2 h |
| 912       | Oman    | Red bean with white bread and water | 61.70 ± 3.94 | 250 (ml) water | 50 | 12 Healthy participants | Glucose/2 h |
| 913       | Oman    | Red bean with white bread and Omani coffee | 65.22 ± 3.64 | 130 (ml) coffee | 50 | 12 Healthy participants | Glucose/2 h |
| 914       | Saudi Arabia | Hassawi rice | 59 ± 5 | 150 | 25 | 13 Healthy participants | Glucose/2 h |
| 915       | Saudi Arabia | Uncle Ben's rice | 54 ± 7 | 150 | 25 | 13 Healthy participants | Glucose/2 h |
| 916       | Saudi Arabia/United Kingdom | Khulas (dates) | 55.0 ± 6.0 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 917       | Saudi Arabia/United Kingdom | Khulas with Arabic coffee | 63.0 ± 5.0 | NA | 50 | 10 Healthy participants | Glucose/2 h |
| 918       | Saudi Arabia | Makoomi | 71.0 ± 11.1 | 68.51 | 50 | 10 Healthy participants | Glucose/2 h |
| 919       | Saudi Arabia | Khudri | 61.7 ± 7.4 | 67.06 | 50 | 10 Healthy participants | Glucose/2 h |
| 920       | Saudi Arabia | Nabtahali | 59.9 ± 6.9 | 69.27 | 50 | 10 Healthy participants | Glucose/2 h |
| 921       | Saudi Arabia | UmKalbar | 58.7 ± 7.3 | 69.11 | 50 | 10 Healthy participants | Glucose/2 h |
| 922       | Saudi Arabia | Aywah | 55.9 ± 5.9 | 70.13 | 50 | 10 Healthy participants | Glucose/2 h |
| 923       | Saudi Arabia | Medjool | 55.3 ± 6.8 | 70.54 | 50 | 10 Healthy participants | Glucose/2 h |
| 924       | Saudi Arabia | Sabika | 54.9 ± 11.5 | 69.52 | 50 | 10 Healthy participants | Glucose/2 h |
| 925       | Saudi Arabia | Ruthana | 52.5 ± 4 | 73.44 | 50 | 10 Healthy participants | Glucose/2 h |
| 926       | Saudi Arabia | Rashdia | 50.9 ± 6.5 | 67.27 | 50 | 10 Healthy participants | Glucose/2 h |
| 927       | Saudi Arabia | Wannanah | 50.9 ± 7.3 | 67.54 | 50 | 10 Healthy participants | Glucose/2 h |
| 928       | Saudi Arabia | Shishi | 50.2 ± 7.2 | 71.81 | 50 | 10 Healthy participants | Glucose/2 h |
| 929       | Saudi Arabia | Sukkary | 48.4 ± 4.7 | 77.63 | 50 | 10 Healthy participants | Glucose/2 h |
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, 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.

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 |
|-----------|--------------|---------------------|--------------------|-----------------------------------------------|---------------------------------------------|--------------------------------|-------------------------------|
| 936 178    | Saudi Arabia | Shaqra              | 42.8               | 5.5                                           | 66.92                                       | 50                             | 10 Healthy participants       | Glucose/2h                    |
| 931 179    | Lebanon      | Bourgoul A banadoura| 50.09              | 8.72                                          | 420                                         | 50                             | 12 Healthy participants       | Glucose/2h                    |
| 932 179    | Lebanon      | Fattit hommos       | 37.21              | 3.73                                          | 225                                         | 50                             | 12 Healthy participants       | Glucose/2h                    |
| 933 179    | Lebanon      | Loubieh bzet        | 12.76              | 4.90                                          | 240                                         | 50                             | 12 Healthy participants       | Glucose/2h                    |
| 934 179    | Lebanon      | Meghlehd            | 49.50              | 7.69                                          | 390                                         | 50                             | 12 Healthy participants       | Glucose/2h                    |
| 935 179    | Lebanon      | Mehseh mallouf      | 67.93              | 7.89                                          | 525                                         | 50                             | 12 Healthy participants       | Glucose/2h                    |
| 936 179    | Lebanon      | Pizza               | 56.04              | 6.71                                          | 96                                          | 50                             | 12 Healthy participants       | Glucose/2h                    |
| 937 179    | Lebanon      | Riz A dgeg          | 57.34              | 6.67                                          | 600                                         | 50                             | 12 Healthy participants       | Glucose/2h                    |
| 938 179    | Lebanon      | Riz Bi halib        | 56.83              | 7.35                                          | 165                                         | 50                             | 12 Healthy participants       | Glucose/2h                    |
| 939 179    | Lebanon      | Sfouf               | 48.59              | 4.94                                          | 70                                          | 50                             | 12 Healthy participants       | Glucose/2h                    |
| 940 179    | Lebanon      | Siyadieh            | 14.62              | 3.24                                          | 450                                         | 50                             | 12 Healthy participants       | Glucose/2h                    |

GI: glycaemic index, NA: not available.

Fig. 1 Flowchart illustrating number of studies screened, excluded and included. N - number of studies, ISO - International Organisation for Standardisation, FAO - Food and Agriculture Organisation.
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**Author details**

1. Singapore Institute of Food and Biotechnology Innovation (SIFBI), Clinical Nutrition Research Centre (CNRC), 14 Medical Drive, #07-02, Singapore 117599, Singapore.  
2. Department of Biochemistry, National University of Singapore (NUS), 8 Medical Drive, Singapore 117596, Singapore.  
3. Division of Nutrition and Dietetics, School of Health Sciences, International Medical University (IMU), No. 126, Jln Jalil Perkasa 19, Bukit Jalil 57000 Kuala Lumpur, Malaysia.  
4. Centre for Environmental and Population Health, Institute for Research, Development and Innovation (IRDI), International Medical University (IMU), No. 126, Jln Jalil Perkasa 19, Bukit Jalil 57000 Kuala Lumpur, Malaysia.  
5. Centre for Translational Research, Institute for Research, Development and Innovation (IRDI), International Medical University (IMU), No. 126, Jln Jalil Perkasa 19, Bukit Jalil 57000 Kuala Lumpur, Malaysia.  
6. Centre for Environmental and Population Health, Institute for Research, Development and Innovation (IRDI), International Medical University (IMU), No. 126, Jln Jalil Perkasa 19, Bukit Jalil 57000 Kuala Lumpur, Malaysia.  

**Conflict of interest**

The authors declare that they have no conflict of interest.

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**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.

**WAYS TO REDUCE GI OF CARBOHYDRATE-RICH STAPLES**

- **Add fat such as olive oil, ground nut oil, butter to white bread or rice**
- **Add legumes and high fibre vegetables to highly polished grains to lower GI**
- **Use coarse grains instead of refined flour for food preparations**
- **Choose parboiled rice or basmati rice instead of processed white rice**
- **Include protein sources such as meat, fish, eggs when consuming carbohydrates as proteins lowers GI and promotes insulin secretion**
- **Incorporate condiments such as cinnamon, vinegar, ginger into meals as they have shown to lower blood glucose levels**
- **Include whole grain rice, basmati rice, red rice, buckwheat and lentils in diet**
- **Apply rehydration: include water, tea, and honey in diet**
- **Choose legumes and beans in diet**
- **Use macronutrient intake and physical capability in the MRC National Survey of Health and Development.**

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**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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