

[Pers. corres. w/Prof. Brand-
Miller]

Soy milk	30
Cordial, orange	66
Soft drink, Fanta	68
Lucozade	95

BREADS

Bürgen Soy Lin	19
Bürgen Oat Bran & Honey Loaf	30
Bürgen Mixed Grain	34
PerforMAX	38
Barley kernel bread	39
Bürgen Fruit Loaf	43
Holsom's	45
Rye Kernel bread	46
Fruit loaf	47
Ploughman's Loaf	47
Oat bran bread	48
Mixed grain bread	48
Pumpernickel	50
Bulger bread	53
Linseed rye bread	55
Pita bread, white	57
Hamburger bun	61
Rye flour bread	64
Semolina bread	64
Oat kernel bread	65
Barley flour bread	67
Wheat bread, high fiber	68

Wheat bread, wholemeal flour	69
Melba toast	70
Wheat bread, white	71
Bagel, white	72
Kaiser rolls	73
Whole-wheat snack bread	74
Bread stuffing	74
Wheat bread, Wonderwhite	78
Wheat bread, gluten free	90
French baguette	95

BREAKFAST CEREALS

Rice Bran	19
Kelloggs' All Bran Fruit 'n Oats	39
Kelloggs' Guardian	41
All-bran	42
Porridge (oatmeal)	49
Red River Cereal	49
Bran Buds	53
Special K	54
Oat Bran	55
Kelloggs' Honey Smacks	55
Muesli	56
Kelloggs' Mini-Wheats (whole wheat)	57
Bran Chex	58
Kelloggs' Just Right	59
Life	66
Nutri-grain	66

Grapenuts	67
Sustain	68
Shredded Wheat	69
Kelloggs' Mini-Wheats (blackcurrant)	69
Cream of Wheat	70
Wheat Biscuit	70
Golden Grahams	71
Pro Stars	71
Sultana Bran	71
Puffed Wheat	74
Cheerios	74
Corn Bran	75
Breakfast bar	76
Total	76
Cocopops	77
Post Flakes	80
Rice Krispies	82
Team	82
Corn Chex	83
Cornflakes	83
Crispix	87
Rice Chex	89
Rice Bubbles	90

CEREAL GRAINS

Barley, pearled	25
Rye	34
Wheat kernels	41

Rice, instant, boiled 1 min	46
Bulgur	48
Rice, parboiled	48
Rice, parboiled, high amylose	48
Barley, cracked	50
Wheat, quick cooking	54
Buckwheat	55
Sweet corn	55
Rice, specialty	55
Rice, brown	55
Rice, wild, Saskatchewan	57
Rice, white	58
Rice, white, high amylose	58
Couscous	65
Barley, rolled	66
Rice, Mahatma Premium	66
Taco shells	68
Cornmeal	69
Millet	71
Rice, Pedle	76
Rice, Sunbrown Quick	80
Tapioca, boiled with milk	81
Rice, Calrose	87
Rice, parboiled, low amylose	87
Pelde	
Rice, white, low amylose	88
Rice, instant, boiled 6 min	90

COOKIES

Oatmeal cookies	55
Rich Tea cookies	55
Digestives	59
Shredded Wheatmeal	62
Shortbread	64
Arrowroot	67
Graham Wafers	74
Vanilla Wafers	77
Morning Coffee cookies	79

CRACKERS

Jatz	55
High Fibre Rye Crispbread	65
Breton Wheat Crackers	67
Stoned Wheat Thins	67
Sao	70
Water Crackers	71
Rice Cakes	77
Puffed Crispbread	81

DAIRY FOODS

Yogurt, low fat, artificially sweet	14
Milk, chocolate, artificially sweet	24
Milk + 30 g bran	27
Milk, full fat	27
Milk, skim	32
Yogurt, low fat, fruit sugar sweet	33
Milk, chocolate, sugar sweetened	34
Yogurt, unspecified	36

Milk + custard + starch + sugar	43
Yakult (fermented milk)	45
Ice cream, low fat	50
Ice cream	61

FRUIT AND FRUIT

PRODUCTS

Cherries	22
Grapefruit	25
Apricots, dried	31
Pear, fresh	38
Apple	38
Plum	39
Apple juice	41
Peach, fresh	42
Orange	44
Pear, canned	44
Grapes	46
Pineapple juice	46
Peach, canned	47
Grapefruit juice	48
Orange juice	52
Kiwifruit	53
Banana	54
Fruit cocktail	55
Mango	56
Sultanas	56
Apricots, fresh	57
Pawpaw	58

Apricots, canned, syrup	64	
Raisins	64	
Rockmelon (muskmelon, cantaloupe)	65	[usually called cantaloupe in the U.S.]
Pineapple	66	
Watermelon	72	

LEGUMES

Soya beans, canned	14
Soya beans	18
Lentils, red	25
Beans, dried, not specified	28
Lentils, not specified	29
Kidney beans	29
Lentils, green	29
Butter beans + 5 g. sucrose	30
Butter beans + 10 g. sucrose	31
Butter beans	31
Split peas, yellow, boiled	32
Lima beans, baby, frozen	32
Chick peas (garbanzo beans)	33
Kidney beans, autoclaved	34
Haricot/navy beans	38
Pinto beans	39
Chick peas, curry, canned	41
Black-eyed beans	41
Chick peas, canned	42
Pinto beans, canned	45
Romano beans	46

Baked beans, canned	48
Kidney beans, canned	52
Lentils, green, canned	52
Butter beans + 15 g. sucrose	54
Beans, dried, <i>P. vulgaris</i>	70
Broad beans (fava beans, fool, foul)	79

PASTA

Spaghetti, protein enriched	27
Fettuccine	32
Vermicelli	35
Spaghetti, wholemeal	37
Star pastina	38
Ravioli, durum, meat filled	39
Spaghetti, boiled 5 min	36
Spaghetti, white	41
Spirali, durum	43
Capellini	45
Macaroni	45
Linguine	46
Instant noodles	47
Tortellini, cheese	50
Spaghetti, durum	55
Macaroni and Cheese	64
Gnocchi	67
Rice pasta, brown	92

ROOT VEGETABLES

Yam	51	
Sweet potato	54	
Potato, white, not specified, boiled	56	
Potato, new	57	
Potato, white, Ontario	60	
Potato, canned	61	
Potato, Prince Edward Island, boiled	63	
Beets	64	
Potato, steamed	65	
Potato mashed	70	
Carrots, cooked	39	[Pers. corres. w/Prof. Brand- Miller]
Carrot juice	45	[Pers. corres. w/Prof. Brand- Miller]
Swede (rutabaga)	72	
Potato, boiled, mashed	73	
French fries	75	
Potato, microwaved	82	
Potato, instant	83	
Potato, baked	85	
Parsnips	97	
SNACK FOOD AND CONFECTIONARY		
Peanuts	15	
Mars M&Ms (peanut)	32	
Mars Snickers Bar	40	

Mars Twix Cookie Bars (caramel)	43	
Mars Chocolate (Dove)	44	[Pers. corres. w/Prof. Brand-Miller]
Jams and marmalades	49	[Pers. corres. w/Prof. Brand-Miller]
Chocolate	49	
Potato crisps	54	
Popcorn	55	
Muesli Bars	61	
Mars Kudos Whole Grain Bars (choc chip)	61	
Mars Bar	64	
Mars Skittles	69	
Life Savers	70	
Corn chips	74	
Jelly beans	80	
Pretzels	81	
Dates (khalas)	36	[Miller, 2002]
Dates (barhi)	50	[Miller, 2002]
Dates (bo ma'an)	31	[Miller, 2002]

SOUPS

Tomato Soup	38
Lentil soup, canned	44
Split pea soup	60
Black bean soup	64
Green pea soup, canned	66

SUGARS

Fructose	22
Lactose	46
Honey	58
High fructose corn syrup	62
Sucrose	64
Glucose	96
Glucose tablets	102
Maltose	105

[Pers. corres. w/Prof. Brand-Miller]

VEGETABLES

Peas, dried	22
Marrowfat, dried	39
Peas, green	48
Sweet corn	55
Pumpkin	75

INDIGENOUS FOODS

PIMA INDIAN:

Acorns stewed with venison	16
Mesquite cakes	25
Yellow teparies broth	29
White teparies broth	31
Lima beans broth	36
Corn tortilla w/desert ironwood	38
Corn hominy (not modern corn)	40
Fruit leather	70
Cactus jam	91

SOUTH AFRICAN:

Brown beans	24
M'fino wild greens	68
Maize meal porridge, unrefined	71
Maize meal porridge, refined	74

MEXICAN:

Nopal prickly pear cactus	7
Black beans	30
Brown beans	38

ASIAN INDIAN:

Bengal gram dal (chana dal)	8	(average of studies in India and South Africa)
Rajmah (red kidney beans)	19	
Baisan (besan, chick pea flour) chapati	27	
Green gram (mung beans)	38	
Barley chapati	43	
Black gram	43	
Black gram dal with semolina	46	
Horse gram	51	
Bengal gram dal with semolina	54	
Whole greengram	57	
Bajra (millet)	57	
Maize chapati	62	
Green gram dal with semolina	62	
Semolina	66	

Varagu	68
Banana, unripe, steamed 1 hr.	70
Tapioca, steamed 1 hr.	70
Jowar	77
Green gram dal + paspalum scorbic.	78
Ragi (or Raggi)	86

AUSTRALIAN ABORIGINAL:

Mulga seed (<i>Acacia aneura</i>)	8
Blackbean seed	8
Cheeky yam	34
<i>Macrozamia communis</i>	40
Bush honey, sugar bag	43
Bread (<i>Acacia coriacea</i>)	46
Bunya nut pine	47
<i>Castanospermum australe</i>	74

PACIFIC ISLAND FOODS:

Sweet potato (<i>Ipamoea batatas</i>)	44
Taro	54
Breadfruit	68

CHINESE FOODS:

Lungkow bean thread	26
Rice vermicelli	58

MISCELLANEOUS

Sausages	28
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Mulga seed (Acacia aneura)	8
Blackbean seed	8
Bengal gram dal (chana dal)	8
Yogurt, low fat, artificially sweet	14
Soya beans, canned	14
Peanuts	15
Acorns stewed with venison	16
Soya beans	18
Rice Bran	19
Rajmah (red kidney beans)	19
Bürgen Soy Lin	19
Cherries	22
Fructose	22
Peas, dried	22
Milk, chocolate, artificially sweet	24
Brown beans (South African)	24
Barley, pearled	25
Grapefruit	25
Lentils, red	25
Mesquite cakes	25
Lungkow bean thread	26
Spaghetti, protein enriched	27
Milk + 30 g bran	27
Milk, full fat	27
Baisen (besan, chick pea flour) chapati	27
Beans, dried, not specified	28
Sausages	28

(average of studies in India and
South Africa)

Vitari	28	
Lentils, not specified	29	
Yellow teparies broth	29	
Kidney beans	29	
Lentils, green	29	
Black beans	30	
Soy milk	30	[Pers. corres. w/Prof. Brand-Miller]
Butter beans + 5 g. sucrose	30	
So Good (Sanitarium)	30	
Bürgen Oat Bran & Honey Loaf	30	
So Good (Sanitarium)	30	
Butter beans + 10 g. sucrose	31	
Apricots, dried	31	
Dates (bo ma'an)	31	[Miller, 2002]
Butter beans	31	
White teparies broth	31	
Split peas, yellow, boiled	32	
Milk, skim	32	
Lima beans, baby, frozen	32	
Fettuccine	32	
Mars M&Ms (peanut)	32	
Nutella spread(Ferrero)	32	
Yogurt, low fat, fruit sugar sweet	33	
Chick peas (garbanzo beans)	33	
Rye	34	
Bürgen Mixed Grain Bread	34	
Milk, chocolate, sugar sweetened	34	
Kidney beans, autoclaved	34	

Cheeky yam	34	
Vermicelli	35	
Yogurt, unspecified	36	
Lima beans broth	36	
Dates (khalas)	36	[Miller, 2002]
Spaghetti, boiled 5 min	36	
Pear, fresh	38	
Spaghetti, wholemeal	37	
Apple	38	
Haricot/navy beans	38	
Star pastina	38	
Tomato Soup	38	
Corn tortilla w/desert ironwood	38	
Brown beans (Mexican)	38	
Green gram (mung beans)	38	
Fish fingers	38	
PerforMAX	38	
Barley kernel bread	39	
Plum	39	
Pinto beans	39	
Ultracal	39	
Kelloggs' All Bran Fruit 'n Oats	39	
Carrots, cooked	39	[Pers. corres. w/Prof. Brand-Miller]
Ravioli, durum, meat filled	39	
Marrowfat, dried	39	
Corn hominy (not modern corn)	40	
Macrozamia communis	40	
Mars Snickers Bar	40	

Apple juice	41
Chick peas, curry, canned	41
Wheat kernels	41
Black-eyed beans	41
Spaghetti, white	41
Kelloggs' Guardian	41
All-bran	42
Peach, fresh	42
Chick peas, canned	42
Milk + custard + starch + sugar	43
Spirali, durum	43
Barley chapati	43
Black gram	43
Bush honey, sugar bag	43
Sustagen Hospital Formula	43
Bürgen Fruit Loaf Bread	43
Mars Twix Cookie Bars (caramel)	43
Orange	44
Pear, canned	44
Lentil soup, canned	44
Sweet potato (Ipamoea batatas)	44
Mars Chocolate (Dove)	44
Pinto beans, canned	45
Carrot juice	45
Capellini	45
Macaroni	45
Holsom's	45

[Pers. corres. w/Prof. Brand-Miller]

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Yakult (fermented milk)	45
Romano beans	46
Linguine	46
Rice, instant, boiled 1 min	46
Lactose	46
Cake, sponge	46
Rye Kernel bread	46
Grapes	46
Pineapple juice	46
Black gram dal with semolina	46
Bread (Acacia coriacea)	46
Cake, banana, made with sugar	47
Fruit loaf (bread)	47
Ploughman's Loaf (bread)	47
Peach, canned	47
Instant noodles	47
Bunya nut pine	47
Oat bran bread	48
Bulgur	48
Rice, parboiled	48
Peas, green	48
Mixed grain bread	48
Rice, parboiled, high amylose	48
Grapefruit juice	48
Baked beans, canned	48
VO2 Max Energy Bar (chocolate; Mars)	48
Porridge (oatmeal)	49
Red River Cereal	49

Chocolate	49	
Jams and marmalades	49	[Pers. corres. w/Prof. Brand-Miller]
Pumpernickel	50	
Ice cream, low fat	50	
Tortellini, cheese	50	
Barley, cracked	50	
Dates (barhi)	50	[Miller, 2002]
Yam	51	
Horse gram	51	
Orange juice	52	
Kidney beans, canned	52	
Lentils, green, canned	52	
Allsport (Orange)	53	
Boost (Vanilla) meal	53	
Bulger bread	53	
Bran Buds	53	
Kiwifruit	53	
Cake, pound	54	
Special K	54	
Wheat, quick cooking	54	
Banana	54	
Sweet potato	54	
Potato crisps	54	
Bengal gram dal with semolina	54	
Taro	54	
Butter beans + 15 g. sucrose	54	
Linseed rye bread	55	
Oat Bran	55	

Buckwheat	55
Sweet corn	55
Rice, specialty	55
Spaghetti, durum	55
Kelloggs' Honey Smacks	55
Cake, banana, made without sugar	55
Rice, brown	55
Oatmeal cookies	55
Rich Tea cookies	55
Jatz	55
Fruit cocktail	55
Popcorn	55
Muesli	56
Mango	56
Sultanas	56
Potato, white, not specified, boiled	56
Rice, wild, Saskatchewan	57
Potato, new	57
Whole greengram	57
Kelloggs' Mini-Wheats (whole wheat)	57
Power Bar (Powerfoods)	58
MET-Rx (Vanilla) meal	58
Pita bread, white	57
Apricots, fresh	57
Bajra (millet)	57
Honey	58
Bran Chex	58

Rice, white	58
Rice, white, high amylose	58
Pawpaw	58
Rice vermicelli	58
Boost High Protein (Vanilla) meal	59
Pastry	59
Digestives	59
Kelloggs' Just Right	59
Potato, white, Ontario	60
Pizza, cheese	60
Split pea soup	60
Hamburger bun	61
Ice cream	61
Muesli Bars	61
Potato, canned	61
Mars Kudos Whole Grain Bars (choc chip)	61
Cytomax (Orange)	62
Muffins	62
Shredded Wheatmeal	62
Maize chapati	62
Green gram dal with semolina	62
High fructose corn syrup	62
Potato, Prince Edward Island, boiled	63
Apricots, canned, syrup	64
Shortbread	64
Raisins	64

[Pers. corres. w/Prof. Brand-
Miller]

Beets	64	
Mars Bar	64	
Poweraid (Orange)	65	
Rye flour bread	64	
Semolina bread	64	
Macaroni and Cheese	64	
Black bean soup	64	
Sucrose	64	
Cake, flan	65	
Oat kernel bread	65	
Couscous	65	
High Fibre Rye Crisbread	65	
Rockmelon (muskmelon, cantaloupe)	65	[usually called cantaloupe in the U.S.]
Potato, steamed	65	
Barley, rolled	66	
Cordial, orange	66	
Life	66	
Nutri-grain	66	
Rice, Mahatma Premium	66	
Pineapple	66	
Green pea soup, canned	66	
Semolina	66	
Cake, angel food	67	
Barley flour bread	67	
Arrowroot	67	
Gnocchi	67	
XLR8 (Orange)	68	
Croissant	67	

Grapenuts	67
Breton Wheat Crackers	67
Stoned Wheat Thins	67
Soft drink, Fanta	68
Sustain	68
Taco shells	68
M'fino wild greens	68
Varagu	68
Breadfruit	68
Wheat bread, high fiber	68
Crumpet	69
Cornmeal	69
Mars Skittles	69
Wheat bread, wholemeal flour	69
Shredded Wheat	69
Kelloggs' Mini-Wheats (blackcurrant)	69
Power bar (Chocolate)	69
Melba toast	70
Cream of Wheat	70
Wheat Biscuits	70
Sao	70
Beans, dried, <i>P. vulgaris</i>	70
Potato mashed	70
Life Savers	70
Fruit leather	70
Banana, unripe, steamed 1 hr.	70
Tapioca, steamed 1 hr.	70
Millet	71

Maize meal porridge, unrefined	71
Wheat bread, white	71
Golden Grahams	71
Pro Stars	71
Water Crackers	71
Sultana Bran	71
Bagel, white	72
Watermelon	72
Swede (rutabaga)	72
Kaiser rolls	73
Potato, boiled, mashed	73
MET-Rx bar (Vanilla)	74
Whole-wheat snack bread	74
Puffed Wheat	74
Corn chips	74
Ensure (Vanilla) meal	75
Bread stuffing	74
Cheerios	74
Graham Wafers	74
Maize meal porridge, refined	74
Castanospermum australe	74
Corn Bran	75
French fries	75
Pumpkin	75
Donut	76
Waffles	76
Breakfast bar	76
Total	76
Rice, Pedle	76

Optifuel meal	78
Cocopops	77
Vanilla Wafers	77
Rice Cakes	77
Jowar	77
Green gram dal + paspalum scorbic.	78
Wheat bread, Wonderwhite	78
Morning Coffee cookies	79
Broad beans (fava beans, fool, foul)	79
PR-bar (Cookies 'N Cream)	81
Post Flakes	80
Rice, Sunbrown Quick	80
Jelly beans	80
Tapioca, boiled with milk	81
Puffed Crispbread	81
Pretzels	81
Rice Krispies	82
Team	82
Potato, microwaved	82
Corn Chex	83
Potato, instant	83
Cornflakes	83
Potato, baked	85
Ragi (or Raggi)	86
Crispix	87
Rice, Calrose	87
Rice, parboiled, low amylose	87

Pelde	
Gatorade (Orange)	89
GatorPro (Chocolate) meal	89
Rice, white, low amylose	88
Rice Chex	89
Rice Bubbles	90
Rice, instant, boiled 6 min	90
Wheat bread, gluten free	90
Cactus jam	91
Rice pasta, brown	92
Lucozade	95
French baguette	95
Glucose	96
Parsnips	97
GatorLode (Orange)	100
Cliff bar (Cookies & Cream)	101
Glucose tablets	102
Maltose	105
Tofu frozen dessert, non-dairy	115