

Revised International Table of Glycemic Index(GI) and Glycemic Load (GL)

GI=Glycemic Index Vs Glucose - gr/s=grams/serve - GL=Glycemic Load per serve

Breads		GI	gr/s	GL
1	Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	72	70	25
2	Baguette, white, plain (France)	95±15	30	15
3	French baguette with chocolate spread (France)	72±8	70	27
4	French baguette with butter and strawberry jam (France)	62±7	70	26
5	Pain au lait (Pasquier, France)	63±10	60	20
6	Bread stuffing, Paxo (Campbell Soup Co Ltd., Toronto, Canada)	74	30	16
Barley Breads				
7	Coarse barley kernel bread, 75-80% kernels			
	75% kernels	27	30	5
	80% scalded intact kernels (20% white wheat flour)	34	30	7
	80% intact kernels (20% white wheat flour)	40	30	8
	mean of three studies	34±4		
8	Barley kernel bread, 50% kernels			
	50% kernels (Canada)	43	30	9
	50% kibbled barley (Australia)	48	30	10
	mean of two studies	46±2	30	9
9	Sunflower and barley bread (Riga bakeries, Sydney, NSW, Australia)	57±6	30	6
10	Barley flour breads			
	100% barley flour (Canada); (rye bread composition)	67	30	9
	Wholemeal barley flour (80%) bread (20% white wheat flour) (Sweden)	67	30	13
	Wholemeal barley bread, flat, thin, soft	50	30	7
	(50% regular barley flour, 50% high-fibre barley flour) (Sweden)			
	Wholemeal barley bread, flat, thin, soft	43	30	5
	(20% regular barley flour, 80% high-fibre barley flour) (Sweden)			
11	Wholemeal barley flour (80%) and white wheat flour (20%) breads -			
	fermented or with added organic acids or salts (Sweden)			
	Wholemeal barley flour bread (used as reference for the 5 breads below) 1	70	30	14
	Wholemeal barley flour bread with sourdough (lactic acid) 1	53	30	10
	Wholemeal barley flour bread with lactic acid 1	66	30	12
	Wholemeal barley flour bread with calcium lactate 1	59	30	12
	Wholemeal barley flour bread with sodium propionate 1	65	30	13
	Wholemeal barley flour bread with higher dose sodium propionate ¹	57	30	11
Buckwheat bread				
12	Buckwheat bread, 50% dehusked buckwheat groats and 50% white wheat flour (Sweden)	47	30	10
Fruit Breads				
13	Bürgen TM Fruit loaf (Tip Top Bakeries, Chatswood, NSW, Australia)	44±5	30	6
14	Fruit and Spice Loaf, thick sliced (Buttercup bakeries, Moorebank, NSW, Australia)	54±6	30	8
15	Continental fruit loaf, wheat bread with dried fruit (Australia)	47±6	30	7
16	Happiness TM (cinnamon, raisin, pecan bread) (Natural Ovens, Manitowoc, WI, USA)	63±5	30	9
17	Muesli bread, made from packet mix in bread making machine (Con Agra Inc., USA)	54±6	30	7
18	Hamburger bun (Loblaws, Toronto, Canada)	61	30	9
19	Kaiser rolls (Loblaws, Canada)	73	30	12

20	Melba toast, Old London (Best Foods Canada Inc., Etobicoke, Canada)	70	30	16
Gluten-free bread				
21	Gluten-free multigrain bread (Country Life Bakeries, Dandenong, Vic, Australia)	79±13	30	10
22	Gluten-free white bread, unsliced (gluten-free wheat starch) (UK)	71	30	11
	Gluten-free white bread, sliced (gluten-free wheat starch) (UK)	80	30	12
	mean of two studies	76±5	30	11
23	Gluten-free fiber-enriched, unsliced (gluten-free wheat starch, soya bran) (UK)	69	30	9
	Gluten-free fiber-enriched, sliced (gluten-free wheat starch, soya bran) (UK)	76	30	10
	mean of two studies	73±4	30	9
Oat Bread				
24	Coarse oat kernel bread, 80% intact oat kernels and 20% white wheat flour (Sweden)	65	30	12
Oat bran bread				
25	50% oat bran (Australia)	44	30	8
26	45% oat bran and 50% wheat flour (Sweden)	50	30	9
	mean of two studies	47±3	30	9
Rice bread				
27	Rice bread, low-amylose Calrose rice (Pav's Allergy Bakery, Ingleburn, NSW, Australia)	72±9	30	8
28	Rice bread, high-amylose Doongara rice (Pav's Allergy Bakery, Australia)	61±9	30	7
Rye Bread				
29	Rye kernel (pumpernickel) bread			
	Coarse rye kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	41	30	5
	Rye kernel bread (Pumpernickel) (Canada)	41	30	5
	Wholegrain pumpernickel (Holtzheuser Brothers Ltd., Toronto, Canada)	46	30	5
	Rye kernel bread, Pumpernickel (80% kernels) (Canada)	55	30	7
	Cocktail, sliced (Kasselar Food Products, Toronto, Canada)	55	30	7
	Cocktail, sliced (Kasselar Food Products, Canada)	62	30	8
	mean of six studies	50±4	30	6
30	Wholemeal rye bread			
	Wholemeal rye bread (Canada)	41		
	Wholemeal rye bread (Canada)	62		
	Wholemeal rye bread (Canada)	63		
	Wholemeal rye bread (Canada)	66		
	mean of four studies	58±6	30	8
Specialty rye breads				
31	Blackbread, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	76±14	30	10
32	Bürgen TM Dark/Swiss rye (Tip Top Bakeries, Australia)	55±12		
	Bürgen TM Dark/Swiss rye (Tip Top Bakeries, Australia)	74±6		
	mean of two studies	65±10	30	7
33	Klosterbrot wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	67	30	9
34	Light rye (Silverstein's Bakery, Toronto, Canada)	68	30	10
35	Linseed rye (Rudolph's Specialty Bakery Ltd., Toronto, Canada)	55	30	7
36	Roggenbrot, Vogel's (Stevens & Co, Sydney, NSW, Australia)	59±5	30	8
37	Schinkenbrot, Riga (Berzin's Specialty Bakery, Sydney, NSW, Australia)	86±15	30	12
38	Sourdough rye (Canada)	57		

	Sourdough rye (Australia)	48		
	mean of two studies	53±5	30	6
39	Volkornbrot, wholemeal rye bread (Dimpflmeier Bakery Ltd., Canada)	56	30	7
Wheat Breads				
40	Coarse wheat kernel bread, 80% intact kernels and 20% white wheat flour (Sweden)	52	30	10
41	Cracked wheat kernel (bulgur) bread			
	50% cracked wheat kernel (Canada)	58	30	12
	75% cracked wheat kernels (Canada)	48	30	10
	mean of two studies	53±3	30	11
Spelt wheat breads				
42	White spelt wheat bread 9 (Slovenia)	74	30	17
43	Wholemeal spelt wheat bread 9 (Slovenia)	63	30	12
44	Scalded spelt wheat kernel bread 9 (Slovenia)	67	30	15
45	Spelt multigrain bread ® (Pav's bakery, Australia)	54±10	30	7
46	White wheat flour bread			
	White flour (Canada)	69±5	30	10
	White flour (USA)	70	30	10
	White flour, Sunblest TM (Tip Top Bakeries, Australia)	70	30	10
	White flour (Dempster's Corporate Foods Ltd., Canada)	71	30	10
	White flour (South Africa)	71±7	30	9
	White flour (Canada)	71	30	10
	mean of six studies	70±0	30	10
47	White wheat flour bread, hard, toasted (Italian)	73	30	11
48	Wonder TM, enriched white bread (Interstate Brands Companies, Kansas City, MO, USA)	71±9		
	Wonder TM, enriched white bread (Interstate Brands Companies, USA)	72±4		
	Wonder TM, enriched white bread (Interstate Brands Companies, USA)	77±3		
	mean of three studies	73±2	30	10
49	White Turkish bread (Turkey)	87	30	15
White bread with enzyme inhibitors				
50	White bread + acarbose (200mg) (Mexico)	18	30	3
	White bread + acarbose (200mg) (Mexico)	50	30	8
	mean in two groups of subjects	34±16	30	6
51	White bread roll + 3 mg trestatin (pancreatic alpha-amylase inhibitor) (Switzerland) 5	48	30	6
52	White bread roll + 6 mg trestatin (Switzerland) 1	29	30	4
White bread with soluble fiber				
53	White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	41	30	7
	White bread + 15 g psyllium fiber (Plantago psyllium) (Mexico)	65	30	11
	mean in two groups of subjects	53±12	30	9
54	White bread eaten with vinegar as vinaigrette (Sweden)	45	30	7
55	White bread eaten with powdered dried seaweed (Nori alga) (Spain)	48	30	7
56	White bread containing Eurylon ® high-amylose maize starch (France) 2	42	30	8
White fiber-enriched bread				
57	White, high-fiber (Dempster's Corporate Foods Ltd., Canada)	67		
58	White, high-fiber (Weston's Bakery, Toronto, Canada)	69		
	mean of two studies	68±1	30	9
White resistant starch-enriched bread				
59	Fibre White TM (Nature's Fresh, Auckland, New Zealand)	77±10	30	11

60	Wonderwhite TM (Buttercup Bakeries, Australia)	80±8	30	11
70	Wholemeal (whole wheat) wheat flour bread			
	Wholemeal flour (Canada)	52	30	6
	Wholemeal flour (Canada)	64	30	8
	Wholemeal flour (Canada)	65	30	8
	Wholemeal flour (Canada)	67	30	8
	Wholemeal flour (Canada)	67	30	8
	Wholemeal flour (Canada)	69	30	8
	Wholemeal flour (Canada)	71	30	8
	Wholemeal flour (Canada)	72±6	30	8
	Wholemeal flour (USA) 5	73	30	10
	Wholemeal flour (South Africa)	75±9	30	9
	Wholemeal flour (Tip Top Bakeries, Australia)	77±9	30	9
	Wholemeal flour (Tip Top Bakeries, Australia)	78±16	30	9
	Wholemeal flour (Kenya)	87	30	11
	mean of thirteen studies	71± 2	30	9
71	Wholemeal Kurdish bread	49	30	8
	Specialty wheat breads			
72	Bürgen® Mixed Grain bread (Australia)			
	Bürgen® Mixed Grain (Tip Top Bakeries, Chatswood, NSW, Australia)	34±4		
	Bürgen® Mixed Grain	45±12		
	Bürgen® Mixed Grain	69±6		
	mean of three studies	49±10	30	6
73	Bürgen® Oat Bran & Honey Loaf with Barley (Tip Top Bakeries, Australia)	31±3	30	3
74	Bürgen® Soy-Lin, kibbled soy (8%) and linseed (8%) loaf (Tip Top Bakeries, Australia)	36±4	30	3
75	English Muffin TM bread (Natural Ovens, USA)	77±7	30	11
76	Healthy Choice TM Hearty 7 Grain (Con Agra Inc., USA)	55±6	30	8
77	Healthy Choice TM Hearty 100% Whole Grain (Con Agra Inc., USA)	62±6	30	9
78	Helga's TM Classic Seed Loaf (Quality Bakers, Sydney, NSW, Australia)	68±9	30	9
79	Helga's TM traditional wholemeal bread (Quality Bakers, Australia)	70±14	30	9
80	Hunger Filler TM, whole grain bread (Natural Ovens, USA)	59±8	30	7
81	Molenberg TM (Goodman Fielder, Auckland, New Zealand)	75±10		
	Molenberg TM (Goodman Fielder, New Zealand)	84±8		
	mean of two studies	80±5	30	11
82	9-Grain Multi-Grain (Tip Top Bakeries, Australia)	43±5	30	6
83	Multigrain Loaf, spelt wheat flour (Australia)	54±10	30	8
84	Multigrain (50% kibbled wheat grain) (Australia)	43	30	6
85	Nutty Natural TM, whole grain bread (Natural Ovens, USA)	59±7	30	7
86	Performax TM (Country Life Bakeries, Dandenong, Vic, Australia)	38±3	30	5
87	Ploughman's TM Wholegrain, original recipe (Quality Bakers, Australia)	47	30	7
88	Ploughman's TM Wholemeal, smooth milled (Quality Bakers, Australia)	64±10	30	9
89	Semolina Bread (Kenya)	64		
90	Sourdough wheat (Australia)	54	30	8
91	Soy & Linseed bread (made from packet mix in bread maker) (Con Agra Inc., USA)	50±6	30	5
92	Stay Trim TM, whole grain bread (Natural Ovens, USA)	70±10	30	10
93	Sunflower & Barley bread, Riga brand (Berzin's Specialty Bakery, Australia)	57±6	30	7
94	Vogel's Honey & Oats (Stevens & Co., Sydney, NSW, Australia)	55±5	30	7

95	Vogel's Roggenbrot (Stevns & Co., Australia)	59±5	30	8
96	Whole-wheat snack bread (Ryvita Co Ltd., Poole, Dorset, UK)	74	30	16
97	100% Whole Grain TM bread (Natural Ovens, USA)	51±11	30	7
98	White wheat flour flatbread (Sweden)	79	30	13
Unleavened Breads				
99	Lebanese bread, white (Seda Bakery, Sydney, NSW, Australia)	75±9	30	12
100	Middle Eastern flatbread	97±29	30	15
101	Pita bread, white (Canada)	57	30	10
102	Wheat flour flatbread (India)	66±9	30	10
103	Amaranth : wheat (25:75) composite flour flatbread (India)	66±10	30	10
104	Amaranth : wheat (50:50) composite flour flatbread (India)	76±20	30	11

Footnotes:

1. The low GI may be explained by the inclusion of rolled oats in the recipe.
2. Both the test food and the reference food contained 100 g carbohydrate.