

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

Pasta and Noodles		GI	gr/s	GL
1	Capellini (Primo Foods Ltd., Toronto, Canada)	45	180	20
2	Corn pasta, gluten-free (Orgran Natural Foods, Carrum Downs, Vic, Australia)	78±10	180	32
3	Fettucine, egg			
	Fettucine, egg	32±4	180	15
	Fettucine, egg (Mother Earth Fine Foods, Rowville, Vic, Australia)	47±6	180	22
	mean of two studies	40±8	180	18
4	Gluten-free pasta, maize starch, boiled 8 min (UK)	54	180	22
5	Gnocchi, NS (Latina, Pillsbury Australia Ltd., Mt. Waverley, Vic, Australia)	68±9	180	33
6	Instant noodles			
	Instant 'two-minute' noodles, Maggi ® (Nestlé, Sydney, NSW, Australia)	46±5		
	Instant 'two-minute' noodles, Maggi ® (Nestlé, Auckland, New Zealand)	48±8		
	Instant noodles (Mr Noodle, Vancouver, Canada)	47		
	mean of three studies	47±1	180	19
7	Linguine			
	Thick, durum wheat, white, fresh (Sweden)	43	180	21
	Thick, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 8 min (Sweden)	48	180	23
	mean of two studies	46±3	180	22
	Thin, durum wheat (Sweden)	49	180	23
	Thin, fresh, durum wheat flour, 0.6% w/w monoglycerides, boiled 3 min (Sweden)	61	180	29
	Thin, fresh, durum wheat with 39% w/w egg, (Sweden)	45	180	18
	Thin, fresh, with 0.6% w/w monoglycerides and 30% w/w egg, boiled 3 min (Sweden)	53	180	22
	mean of four studies	52±3	180	23
8	Mung bean noodles			
	Lungkow beanthread noodles (National Cereals, Oils & Foodstuffs, Qingdao & Guangdong, China)	26	180	12
	Mung bean noodles (Longkou beanthread), dried, boiled (Yantai cereals, China)	39±9	180	18
	mean of two studies	33±7		
9	Macaroni			
	Macaroni, plain, boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	45	180	22
	Macaroni, plain, boiled (Turkey)	48	180	23
	mean of two studies	47±2	180	23
	Macaroni and Cheese, boxed (Kraft General Foods Canada Inc., Don Mills, Ontario)	64	180	32
10	Ravioli, durum wheat flour, meat filled, boiled (Australia)	39±1	180	15
11	Rice noodles/pasta			
	Rice noodles, dried, boiled (Thai World, Bangkok, Thailand)	61±6	180	23
	Rice noodles, freshly made, boiled (Sydney, NSW, Australia)	40±4	180	15
	Rice pasta, brown, boiled 16 min (Rice Grower's Co-op., Leeton, NSW, Australia)	92±8	180	35
	Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran Foods, Carrum Downs, Vic, Australia)	76±6	180	37
	Rice vermicelli, Kongmoon (National Cereals, Oils & Foodstuffs, China)	58	180	22
	Spaghetti			

12	Spaghetti, gluten-free, rice and split pea, canned in tomato sauce (Orgran Foods, Australia)	68±9	220	19
13	Spaghetti, protein enriched, boiled 7 min (Catelli Plus, Catelli Ltd., Montreal, Canada)	27	180	14
14	Spaghetti, white, boiled 5 min			
	Boiled 5 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
	Boiled 5 min (Canada)	34	180	16
	Boiled 5 min (Canada)	40	180	19
	Boiled 5 min (Middle East)	44	180	21
	mean of four studies	38±3	180	18
15	Spaghetti, white or type NS, boiled 10-15 min			
	White, durum wheat, boiled 10 min in salty water (Barilla, Parma, Italy) 1	58	180	28
	White, durum wheat flour, boiled 12 min (Starhushålls, Kungsörnen AB, Järna, Sweden)	47	180	23
	White, durum wheat flour, 0.6% w/w monoglycerides, boiled 12 min (Sweden)	53	180	25
	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	32	180	15
	Boiled 15 min (Lancia-Bravo Foods Ltd., Canada)	36	180	17
	Boiled 15 min (Canada)	41	180	20
	White, boiled 15 min in salted water (Unico, Concord, Canada)	44±3	180	21
	mean of seven studies	44±3	180	21
16	Spaghetti, white or type NS, boiled 20 min			
	White, durum wheat, boiled 20 min (Australia)	58±7	180	26
	Durum wheat, boiled 20 min (USA)	64±15	180	27
	mean of two studies	61±3	180	27
17	Spaghetti, white, boiled			
	White (Denmark)	33	180	16
	White, durum wheat (Catelli Ltd, Montreal, Canada)	34	180	16
	White (Australia)	38	180	17
	White (Canada)	42	180	20
	White (Canada)	48	180	23
	White (Vetta, Greens Foods, Glendenning, NSW, Australia)	49±7	180	22
	White (Canada)	50±8	180	24
	mean of seven studies	42±3	180	20
17	Spaghetti, white, durum wheat semolina (Panzani, Marseilles, France)			
	Boiled in 0.7% salted water for 11 min	59±15	180	28
	Boiled in 0.7% salted water for 16.5 min	65±15	180	31
	Boiled in 0.7% salted water for 22 min	46±10	180	22
	mean of three cooking times	57±6	180	27
18	Spaghetti, wholemeal, boiled			
	Wholemeal (USA)	32	180	14
	Wholemeal (Canada)	42±4	180	17
	mean of two studies	37±5	180	16
19	Spirali, durum wheat, white, boiled to al denté texture (Vetta, Australia)	43±10	180	19
20	Split pea and soya pasta shells, gluten-free (Orgran Foods, Australia)	29±6	180	9
30	Star Pastina, white, boiled 5 minutes (Lancia-Bravo Foods Ltd., Canada)	38	180	18
31	Tortellini, cheese (Stouffer, Nestlé, Don Mills, Canada)	50	180	10
32	Udon noodles, plain, reheated 5 min (Fantastic, Windsor Gardens, SA, Australia) 2	62±8	180	30
33	Vermicelli, white, boiled (Australia)	35±7	180	16

Footnotes:

- 1-Both the test food and the reference food contained 100 g carbohydrate.
- 2-Portions of the test food and the reference food contained 25 g carbohydrate.