

Glycemic Load (GL) Table

Table Compiled from *The New Glucose Revolution* permission granted by author Professor Jennie Brand-Miller. For further information and updates go to www.glycemicindex.com

Coding & Organisation of Table

Foods are listed under major (capitals) and minor headings (large bold) with each grouping organised from lowest GL down to highest. Bolded entries are common foods that are either High GL (marked with a X) or Low GL (marked with a ✓) NS = not specified

Value Range

GL 20 or more = Handle with care! (Breakfast)
 GL 11 to 19 = Ok in moderation (Lunch)
 GL 10 or less = Eat in abundance (Dinner)

VEGETABLES

Artichokes (Jerusalem)	0
✓ Avocado	0
Bokchoy	0
✓ Broccoli	0
Cabbage	0
Capsicum	0
Cauliflower	0
Celery	0
Cucumber	0
French beans (runner beans)	0
✓ Leafy vegetables (spinach, rocket etc)	0
✓ Lettuce	0
Squash	0
✓ Carrots, peeled, boiled	3
✓ Pumpkin	4
✓ Green peas/Sweet Peas	4
Taro	4
Beetroot (Canada)	5
Broad beans (Canada)	9
✓ Sweet corn, 'Honey & Pearl' variety (New Zealand)	11
✓ Sweet potato, Ipomoea batatas (Australia & Canada)	12
Cassava, boiled, with salt (Kenya, Africa)	12
Parsnips	12
Canned potato	12

Yam	13
Tapioca	13
✓ Sweet corn on the cob (boiled 20min)	14
Potato Pontiac, peeled microwaved high 6-7.5 min (Australia)	14
Boiled potato	16
Potato, Ontario, white, baked in skin (Canada)	18
Mashed potato	18
Potato, peeled, steamed (India)	18
Sweet potato (Canada, New Zealand)	18
X French fries	22
Potato dumplings (Italy)	24
X Potato, Russet, Baked	26
X Potato, microwaved (USA)	27

FRUIT & FRUIT PRODUCTS

✓ Strawberries, fresh, raw (Australia)	1
✓ Cherries, raw	3
Grapefruit, raw (Canada)	3
Pears, raw	4
Pear halves, canned in reduced-sugar syrup, SPC Lite (Australia)	4
Rockmelon/Cantaloupe, raw (Australia)	4
✓ Watermelon, raw (Australia)	4
Wild Berry Fruity Bitz TM (Blackmores, Australia)	4
Apricots. Raw	5
✓ Apples, raw	5
Apricot Fruity Bitz (Blackmores, Australia)	5
✓ Oranges, raw	5
Peaches, raw	5
Peach, canned in natural juice (SPC, Australia)	5
Pear halves, canned in natural juice (SPC, Australia)	5
✓ Plums, raw	5
Tropical Fruity BitzTM, (Blackmores, Australia)	5
✓ Kiwi fruit	6
Apricot fruit spread, (Glen Ewin. Australia)	7
Pineapple, raw	7
✓ Apricots dried (Australia)	8
Fruit Cocktail. canned (Delmonte. Canada)	9
Grapefruit juice. unsweetened (Sunpac. Canada)	9
✓ Grapes	9
✓ Mango, raw	9
Marmalade. orange (Australia)	9
Peach, canned in heavy syrup (Letona, Australia)	9
Peach, canned in light syrup (Delmonte, Canada)	9
Apple dried (Australia)	10
Apricots. dried (Wasco, Canada)	10
Custard apple. raw. flesh only (Australia)	10
Prunes, pitted (Sunsweet, USA)	10

Apricots, canned in light syrup (Riviera, Canada)	12
Banana, processed fruit fingers. Heinz Kidz TM (Australia)	12
Chico (Zapota zapotilla coville) raw (Philippines)	12
Vitari, wild berry, non-dairy, frozen dessert (Nestle, Australia)	12
✓ Banana, not over-ripe	12
Figs, dried, tenderised (Dessert Maid, Australia)	16
Lychee canned in syrup and drained. Narcissus brand (China)	16
Apricot fruit bar. (Mother Earth, New Zealand)	17
Breadfruit (Artocarpus altilis), raw (Australia)	18
Strawberry Real Fruit Bars (Uncle Toby's, Australia)	23
X Sultanas	25
X Raisins (Canada)	28
X Dates, dried (Australia)	42

BAKERY PRODUCTS

Crumpet	13
Pound Cake (Sara Lee)	15
Banana cake made without sugar	16
Sponge cake, plain	17
X Croissant	17
Doughnut, cake type	17
Banana cake made with sugar	18
Angel food cake (Loblaw's, Canada)	19
Cupcake, strawberry iced	19
X Chocolate cake, packet mix, chocolate frosting (Betty Crocker)	20
Vanilla cake, packet mix with vanilla frosting (Betty Crocker)	24
X Lamingtons (sponge dipped in chocolate and coconut)	25
Flan Cake	31

Muffins

Scones, plain, made from packet mix	7
Apple, made without sugar	9
Waffles, Aunt Jemima	10
✓ Apple, made with sugar	13
Apple, oat, sultana muffin made from packet mix	14
Pastry	15
Chocolate butterscotch muffin made from packet mix	15
Bran muffin	15
Apricot, coconut, honey muffin made from packet mix	16
Blueberry muffin	17
Banana, oat and honey muffin made from packet mix	17
Pikelets, Golden Brand (Tip Top)	18
Carrot muffin	20
Pancakes, buckwheat, gluten-free made from packet mix (Orgran)	22
Oatmeal muffin made from packet mix (Quaker Oats)	24
Pancakes prepared from shake mix	39

BREADS

Coarse barley kernel bread, 75% kernels	5
Wholemeal barley bread, flat, thin, soft, high fibre (Sweden)	5
Sunflower and barley bread (Riga, Australia)	6

Wholemeal barley bread, flat, thin, soft	7
Coarse barley kernel 80% intact kernels (20% white wheat flour)	8
50% oat bran (Australia)	8
45% oat bran and 50% wheat flour (Sweden)	9
Barley kernel bread 50% kernels (Canada)	9
100% barley flour bread (Canada)	9
✓ Wholemeal (whole wheat) wheat flour bread	9
Barley kernel bread 50% kibbled barley (Australia)	10
Buckwheat bread, with 50% white wheat flour (Sweden)	10
White wheat flour bread	10
Wholemeal barley flour bread	12
X Baguette, white, plain (France)	15
X White Turkish bread (Turkey)	15
Pain au lait (Pasquier, France)	20
X Bagel, white, frozen (Canada)	25
X French baguette with butter and strawberry jam (France)	26
Fruit Breads	
Burgen fruit loaf (Tip Top, Australia)	6
Continental fruit loaf, wheat bread with dried fruit (Australia)	7
Muesli bread, made from packet mix in bread oven (Con Agra Inc. USA)	7
✓ Fruit and Spice loaf, thick sliced (Buttercup, Australia)	8
Happiness, cinnamon, raisin, pecan bread (Natural Ovens, USA)	9
Hamburger bun (Loblaw's Toronto, Canada)	9
Kaiser rolls (Loblaw's, Canada)	12
Melba toast, Old London (Best Foods Canada, Inc.)	16
Gluten-free Bread	
Gluten-free fibre-enriched, unsliced (gluten-free wheat starch, soya bran) UK	9
Gluten-free multigrain bread (Country Life Bakeries, Australia)	10
Gluten-free fibre-enriched, sliced (gluten-free wheat starch, soya bran) UK	10
Gluten-free white bread, unsliced (gluten-free wheat starch) UK	11
Speciality Breads	
Coarse Rye kernel bread (Pumpernickel) Canada	5
Sourdough rye (Australia)	6
Rice bread, high-amylose Doongara rice (Pav's Australia)	7
Rye kernel bread, pumpernickel (80% kernels) Canada	7
Burgen Dark/Swiss rye (Tip Top Bakeries, Australia)	7
Linseed rye (Rudolph's, Canada)	7
Volkornbrot, wholemeal rye bread (Dimpflmeier, Canada)	7
Rice bread, low-amylose Calrose rice (Pav's Australia)	8
Cocktail, sliced (Kasselar Food Products, Canada)	8
Wholemeal rye bread (Canada)	8
Roggenbrot, Vogel's (Stevns & Co, Sydney, Australia)	8
Klosterbrot wholemeal rye bread (Dimpflmeier, Canada)	9
Blackbread, Riga (Berzin's, Sydney, Australia)	10
Light rye (Silverstein's, Canada)	10
Schinkenbrot, Riga (Berzin's, Sydney, Australia)	12
Wheat Breads	
Spelt multigrain bread (Pav's, Australia)	7
Coarse wheat kernel bread, 80% intact kernels (Sweden)	10
75% cracked wheat kernels (Canada)	10
50% cracked wheat kernel (Canada)	12
Wholemeal spelt wheat bread (Slovenia)	12
Scalded spelt wheat kernel bread (Slovenia)	15
White spelt wheat bread (Slovenia)	17

White bread with soluble fibre	
White bread eaten with vinegar as vinaigrette (Sweden)	7
White bread eaten with powdered dried seaweed	7
White bread containing Eurylon high-amylose maize starch (France)	8
White bread + 15g psyllium fibre	9
✓ White fibre-enriched bread	9
White resistant starch-enriched bread	
Fibre White (Nature's Fresh, New Zealand)	11
✓ Wonderwhite (Buttercup, Australia)	11
Speciality wheat breads	
Burgen Oat Bran & Honey Loaf with Barley (Tip Top, Australia)	3
✓ Burgen Soy-Lin, kibbled soy (8%) & linseed (8%) loaf (Tip Top)	3
Performax (Country Life Bakeries, Australia)	5
Soy & Linseed bread (packet mix in bread oven) (Con Agra Inc, USA)	5
Burgen Mixed Grain (Tip Top, Australia)	6
Multigrain (50% kibbled wheat grain) (Australia)	6
✓ Tip Top Holsom's 9 Grain	6
Hunger Filler, whole grain bread (Natural Ovens, USA)	7
Nutty Natural, whole grain bread (Natural Ovens, USA)	7
Ploughman's Wholegrain, original recipe (Quality Bakers, Australia)	7
Sunflower & Barley bread, Riga brand (Berzin's, Australia)	7
Vogel's Honey & Oats (Stevns & Co, Australia)	7
100% wholegrain bread (Natural Ovens, USA)	7
Healthy Choice Hearty 7 Grain (Con Agra Inc, USA)	8
Multigrain Loaf, spelt wheat flour (Australia)	8
Sourdough wheat (Australia)	8
Vogel's Roggenbrot (Stevns & Co, Australia)	8
Healthy Choice Heart 100% Whole Grain (Con Agra Inc, USA)	9
Helga's Classic Seed Loaf (Quality Bakers, Australia)	9
Helga's traditional wholemeal bread (Quality Bakers, Australia)	9
Ploughman's Wholemeal, smooth milled (Quality Bakers, Australia)	9
Stay Trim, whole grain bread (Natural Ovens, USA)	10
English Muffin bread (Natural Ovens, USA)	11
Molenberg (Goodman Fielder, Auckland, New Zealand)	11
White wheat flour flat bread (Sweden)	13
Whole-wheat snack bread (Ryvita Co Ltd, UK)	16
Unleavened Breads	
Pitta Bread, white (Canada)	10
Wheat flour flat bread (India)	10
Amaranth: wheat (50:50) composite flour flat bread (India)	11
Lebanese bread, white (Seda Bakery, Australia)	12
Middle Eastern flat bread	15
SPREADS	
✓ Nutella, chocolate hazelnut spread (Australia)	4
✓ Strawberry jam (unsweetened)	10
Honey	
Yellow box (Australia)	6
Locust honey (Romania)	7
Iron Bark (Australia)	7
Red Gum (Australia)	8
Stringy Bark (Australia)	9
Yapunya (Australia)	9
Commercial Blend (Australia)	11

Pure (Capilano, Australia)	12
Honey NS (Canada)	18
SUGARS	
Fructose (in fruit)	2
Sucrose (table sugar)	6
BREAKFAST CEREALS & RELATED	
Oat Bran, raw	3
Rice Bran, extruded (Rice Growers, Australia)	3
All Bran (Kellogg's, Australia)	4
All-Bran Soy 'n' Fibre (Kellogg's, Australia)	4
Guardian (Kellogg's, Australia)	5
Hot Cereal - unflavoured (Con Agra Inc, USA)	5
Ultra-bran (Vogel's, Australia)	5
Bran Buds with psyllium (Kellogg's, Canada)	6
✓ All-Bran Fruit 'n' Oats (Kellogg's, Australia)	7
Bran buds (Kellogg's, Canada)	7
Muesli Gluten-free (Freedom Foods, Australia)	7
Muesli, Toasted (Purina, Australia)	7
Wholemeal high-fibre barley flour porridge (Sweden)	8
Hot Cereal - apple & cinnamon (Con Agra Inc, USA)	8
Muesli, natural (Sanitarium, Australia)	8
All Bran (Kellogg's, USA)	9
All Bran (Kellogg's Inc, Canada)	9
All Bran (Kellogg's Inc, Canada)	9
Healthwise for heart health (Uncle Toby's, Australia)	9
Muesli, Swiss formula (Uncle Toby's, Australia)	9
✓ Hi-Bran Weet-Bix with soy and linseed (Sanitarium, Australia)	9
✓ Nutrigrain (Kellogg's, Australia)	10
Komplete (Kellogg's, Australia)	10
Alpine Muesli (Wheetabix, France)	10
Muesli, lite (Sanitarium, New Zealand)	10
Hi-Bran Weet-Bix, wheat biscuits (Sanitarium, Australia)	10
Bran Chex (Nabisco, Canada)	11
Honey Smacks (Kellogg's, Australia)	11
Muesli, natural (Sanitarium, New Zealand)	11
Muesli, no name (Sunfresh, Canada)	11
✓ Porridge	11
Special K (Kellogg's, Australia)	11
Oat bran Weet-Bix (Sanitarium, Australia)	11
Fruitful Lite (Hubbards, New Zealand)	12
Healthwise for bowel health (Uncle Toby's, Australia)	12
Mini Wheats, whole wheat (Kellogg's, Australia)	12
Raisin Bran (Kellogg's, USA)	12
Soy Tasty (Sanitarium, Australia)	12
Soytana (Vogel's, Australia)	12
✓ Vita-Brits (Uncle Toby's, Australia)	12
✓ Weet-Bix (Sanitarium, Australia)	12
Bran Flakes (Kellogg's, Australia)	13
Grapenuts (Post, Kraft, Canada)	13
Just Right (Kellogg's, Australia)	13
Oat 'n' Honey Bake (Kellogg's, Australia)	13
Puffed Wheat (Quaker Oats, Canada)	13

Red River Cereal (Maple Leaf Mills, Canada)	13
Shredded Wheat (Canada)	13
Sultana Goldies (Kellogg's, Australia)	13
Just Right Just Grains (Kellogg's, Australia)	14
Special K (Kellogg's, USA)	14
Sultana Bran (Kellogg's, Australia)	14
Whole wheat Goldies (Kellogg's, Australia)	14
Good Start, muesli wheat biscuits (Sanitarium, Australia)	14
Lite-Bix, plain, no added sugar (Sanitarium, Australia)	14
Cheerios (General Mills, Canada)	15
Corn Bran (Quaker Oats, Canada)	15
Frosties, sugar-coated cornflakes (Kellogg's, Australia)	15
Life (Quaker Oats Co, Canada)	15
Mini Wheats, blackcurrent (Kellogg's, Australia)	15
Oat porridge made from thick flakes (Sweden)	15
Sustain (Kellogg's, Australia)	15
Thank Goodness (Hubbards, New Zealand)	15
Honey Goldies (Kellogg's, Australia)	15
Golden Wheats (Kellogg's, Australia)	16
Grapenuts (Kraft, USA)	16
Porridge (Canada)	16
Weetabix (Weetabix, Canada)	16
Barley porridge made from thin dehulled flakes (Sweden)	17
Cornflakes, high-fibre (Presidents' Choice, Canada)	17
Cornflakes, Crunchy-nut (Kellogg's, Australia)	17
Cream of Wheat (Nabisco, Canada)	17
Grapenuts flakes (Post, Canada)	17
Muesli (Canada)	17
Porridge (USA)	17
Instant Porridge	17
Pro Stars (General Mills, Canada)	17
Puffed Wheat (Sanitarium, Australia)	17
Shredded Wheat (Nabisco, Canada)	17
Team (Nabisco, Canada)	17
Total (General Mills, Canada)	17
Amaranth, popped with milk (India)	18
Barley porridge made from thick dehulled flakes (Sweden)	18
Cornflakes (Kellogg's, New Zealand)	18
X Froot Loops (Kellogg's, Australia)	18
Golden Grahams (General Mills, Canada)	18
Wheat-bites (Uncle Toby's, Australia)	18
Energy Mix (Quaker, France)	19
Cocopops (Kellogg's, Australia)	20
X Cornflakes (Kellogg's, Australia)	20
Honey Rice Bubbles (Kellogg's, Australia)	20
Special K (Kellogg's, France)	20
Chocapic (Nestle, France)	21
Corn Chex (Nabisco, Canada)	21
Cornflakes (Kellogg's, Canada)	21
Corn Pops (Kellogg's, Australia)	21
Cornflakes (Kellogg's, Canada)	22
Cream of Wheat, Instant (Nabisco, Canada)	22
X Rice Bubbles (puffed rice)	22
Crispix (Kellogg's, Canada)	22

Oat porridge roasted & steamed thin oat flakes (Sweden)	22
Wholemeal barley flour porridge (100% regular barley) (Sweden)	23
Cornflakes (Kellogg's, USA)	24
Wholemeal oat flour porridge (Sweden)	24
Fruity-Bix, berry (Sanitarium, New Zealand)	25

BREAKFAST CEREAL BARS

Fruity-Bix bar, wild berry (Sanitarium, Australia)	9
Fruity-Bix bar, fruit and nut (Sanitarium, Australia)	10
Sustain bar (Kellogg's, Australia)	14
Rice Bubble Treat bar (Kellogg's, Australia)	15
K-Time Just Right bar (Kellogg's, Australia)	17
Fibre Plus bar (Uncle Toby's, Australia)	18
Crunchy Nut Cornflakes bar (Kellogg's, Australia)	19
K-Time Strawberry Crunch bar (Kellogg's, Australia)	19
Pop Tarts, Double Chocolate (Kellogg's, Australia)	25

CEREAL GRAINS

Cornmeal, boiled in salted water 2 min (Canada)	9
Cornmeal + margarine (Canada)	9
✓ Barley, pot, boiled in salted water 20 min	11
✓ Sweet corn, 'Honey & Pearl' variety (New Zealand)	11
Buckwheat groats, boiled 12 min (Sweden)	13
Sweet corn, canned, diet-pack (USA)	13
Buckwheat (Canada)	16
Sweet corn (Canada, USA)	20
Barley, cracked (Malthouth, Tunisia)	21
Couscous	23
Barley, rolled (Australia)	25
Millet	25
Barley (Hordeum vulgare) (India)	26

BEVERAGES

Yakult (Yakult Australia)	6
Smoothie drink, soy (So Natural)	7
Up & Go (Sanitarium)	11
Cordial, orange, reconstituted (Berri)	13
Xpress, chocolate (So Natural, Australia)	13
X Coco Cola, soft drink (Australia)	15
Smoothie, raspberry (Con Agra)	14
X Solo, lemon squash, soft drink (Australia)	17
X Fanta, orange soft drink (Australia)	23
X Lucozade, original (sparkling glucose drink)	40

Juices

✓ Tomato juice, canned, no added sugar (Berri, Australia)	4
✓ Orange juice, unsweetened, (Quelch, Australia)	9
✓ Carrot juice, freshly made (Sydney, Australia)	10
✓ Grapefruit juice, unsweetened (Sunpac, Canada)	11
✓ Apple juice, unsweetened	12
✓ Orange juice (Canada)	12
Cranberry juice cocktail (Ocean Spray, Australia, UK)	16
Pineapple juice, unsweetened (Dole, Canada)	16
Cranberry juice cocktail (Ocean Spray, USA)	24

Sports drinks	
✓ Gatorade (Australia)	12
Isostar (Switzerland)	13
Sports Plus (Australia)	13
Sustagen Sport (Australia)	21
Drinks made from drinking mix powders	
Nutrimeal, meal replacement drink, Dutch Chocolate (Usana)	4
Quik, (Nestle, Australia) in water	4
✓ Quik, (Nestle, Australia) in 1.5% fat milk	5
Hi-Pro energy drink mix, vanilla (Harrod)	7
✓ Milo (choc nutrient-added powder) (Nestle, Australia) water/full-fat milk	9
Complete Hot Chocolate mix with hot water (Nestle)	11
Malted milk in full-fat cow's milk (Nestle, Australia)	12
Build Up with fiber (Nestle)	14
Rice	
Converted, white, boiled 20-30 min, Uncle Ben's (USA)	14
Long-grain, boiled 5 min (Canada)	14
Boiled, 12 min (Denmark)	15
Brown, steamed (USA)	16
Brown, (Oriza Sativa) boiled (South India)	16
Converted, white, Uncle Ben's (Canada)	16
Long-grain, boiled 15 min (Canada)	17
Saskatchewan wild rice (Canada)	18
Koshikari (Japonica), short-grain, (Japan)	18
Parboiled rice (Canada)	18
Converted, white, long-grain, boiled 20-30 min, Uncle Ben's (USA)	18
Cajun style, Uncle Ben's (Effem Foods, Canada)	19
Instant rice, white, boiled 1 min (Canada)	19
Bangladeshi rice variety BR2, parboiled (12% amylose)	19
Parboiled, high-amylose (28%) Doongara (Rice Growers, Australia)	19
Long grain and wild, Uncle Ben's (Effem Foods, Canada)	20
- Rice, boiled white	21
Garden style, Uncle Ben's (Effem Foods, Canada)	21
Brown (Canada)	21
Mexican fast and fancy, Uncle Ben's (Effem Foods, Canada)	22
Doongara, white (Rice Growers, Australia)	22
- Basmati, boiled (Mahatma, Australia)	22
Long-grain, boiled 10 min (USA)	22
Quick-cooking basmati, Uncle Ben's Superior (Belgium)	23
Parboiled, cooked 20 min, Uncle Ben's Natur-reis (Belgium)	23
Long grain, boiled	24
Pre-cooked basmati rice, Uncle Ben's Express (UK)	24
Doongara brown, high-amylose (Rice Growers, Australia)	24
Parboiled rice (USA)	26
Pelde brown (Rice Growers, Australia)	29
White (Oryza Sativa), boiled (India)	30
Glutinous rice (Thailand)	31
Sunbrown Quick (Rice Growers, Australia)	31
Puffed, white, cooked 5 min, Uncle Ben's Snabbris (Belgium)	31
Calrose, brown (Rice Growers, Australia)	33
Parboiled Sungold (Rice Growers, Australia)	34
Instant Doongara, white, cooked 5 min (Rice Growers, Australia)	35
Arborio, risotto rice, boiled (Sunrice, Australia)	36

Calrose, white, medium grain, boiled (Rice Growers, Australia)	36
Instant rice, white, cooked 6 min (Trice Brand, Australia)	36
Broken rice (Lion Foods, Thailand)	37
Sungold, Pelde, parboiled (Rice Growers, Australia)	37
Waxy (0-2% amylose) (Rice Growers, Australia)	38
Pelde, white (Rice Growers, Australia)	40
X Jasmine rice (Thailand)	46
White, low-amylose, boiled (Turkey)	60
Others	
✓ Semolina, steamed and gelatinised (India)	6
Wheat, whole kernals (Triticum Aestivum) (India)	11
Cracked wheat (Bulghur)	12
Rye, whole kernals, pressure cooked	13
Wheat, whole kernals (Canada)	15
Durum wheat, precooked	18
Durum Quick-cooking (White Wings, Australia)	25
Wheat, type NS (India)	34
DAIRY PRODUCTS & ALTERNATIVES	
Milk Full-fat	3
Milk, low fat, chocolate, with aspartame, Lite White (Australia)	3
Milk, skim (Canada)	4
Mousse, various flavours (Nestle, Australia)	4
No Bake Egg Custard (Nestle, Australia)	6
TRIM, reduced-fat custard (Pauls, Australia)	6
Soy milk, full-fat, Calciforte (So Natural, Australia)	6
Custard, home made (Australia)	7
Soy smoothie drink, banana, I % fat (So Natural, Australia)	7
Soy milk, full-fat, Original (So Natural, Australia)	8
Soy milk, reduced-fat, Light (So Natural, Australia)	8
Soy smoothie drink, choc/hazelnut, I % fat (So Natural, Australia)	8
Milk, low fat, chocolate, with sugar, Lite White (Australia)	9
✓ Up & Go, cocoa/original malt Sanitarium, Australia	11
Xpress chocolate (So Natural, Australia)	13
Milk, condensed, sweetened (Nestle, Australia)	83
Ice-cream	
✓ Ice-cream, vanilla, (Peter's, Australia)	3
✓ Ice-cream, French vanilla, 16% fat (Sara Lee, Australia)	3
✓ Ice-cream, Ultra chocolate, 15% fat (Sara Lee, Australia)	4
✓ Ice-cream, (1.2 % fat), Prestige Light vanilla (Norco, Australia)	5
✓ Ice-cream, (7.1 % fat), Prestige macadamia (Norco, Australia)	5
Ice-cream, NS (Canada)	8
Ice-cream, NS (USA)	8
Ice-cream, chocolate flavored (USA)	8
Tofu-based frozen dessert, chocolate (USA)	10
Yoghurt	
I Low fat, fruit, aspartame, Ski (Dairy Farmers, Australia)	2
Yoghurt, type (Canada)	3
Diet Vaalia TM, (Pauls, Australia)	3
Reduced-fat, Vaalia TM, French vanilla (Pauls, Australia)	3
Reduced-fat, Vaalia TM, apricot & mango (Pauls, Australia)	8
Low fat (0.9%), fruit, wild strawberry (Ski d'Lite, Dairy Farmers, Australia)	9
Reduced-fat, Extra-Lite TM, strawberry (Pauls, Australia)	9

Low fat, fruit, sugar, Ski (Dairy Farmers, Australia)	10
Yoghurt drink, reduced-fat, Vaalia TM, passionfruit (Pauls, Australia)	11
Soy yoghurt, peach and mango, 2% fat, sugar (So Natural, Australia)	13

PROTEIN FOODS

Beef	0
Cheese	0
Eggs	0
Fish	0
Lamb	0
Pork	0
Salami	0
Shellfish (prawns, crab, lobster etc)	0
Tuna	0
Veal	0

SOUPS

Noodle soup (Turkish soup with stock and noodles)	0
Tomato soup (Canada)	6
Minestrone, Country ladle TM (Campbell's, Australia)	7
lentil, canned (Unico, Canada)	9
Split Pea (Wil-Pak, USA)	16
Black Bean (WiI-Pack, USA)	17
Green Pea, canned (Campbell's, Canada)	27

PASTA & NOODLES

✓ Split pea and soy pasta shells, gluten-free (Orgran, Australia)	9
Tortellini, cheese (Stouffer, Canada)	10
Lungkow mungbeanthread noodles (National Cereals, China)	12
Spaghetti, protein enriched, boiled 7 min (Catelli, Canada)	14
✓ Fettucine, egg	15
Ravioli (Australia)	15
Rice noodles, freshly made, boiled (Sydney, Australia)	15
✓ Spaghetti, wholemeal, boiled	16
Vermicelli. White, boiled (Australia)	16
Mung bean noodles (Longkou beanthread) (Yantai, China)	18
Spaghetti, white, boiled 5 min	18
Star Pastina, white, boiled 5 minutes (Lancia-Bravo, Canada)	18
X Instant noodles	19
Spaghetti, gluten-free, canned in tomato sauce (Orgran, Australia)	19
Spirali, durum wheat, white. boiled (Vetta, Australia)	19
Capellini (Primo, Canada)	20
X Spaghetti, white, boiled 10-15 min	21
Fettucine, egg (Mother Earth, Australia)	22
Gluten-free pasta, maize starch, boiled (UK)	22
Rice vermicelli, Kongmoon (China)	22
X Linguine thick/thin	23
Macaroni, plain, boiled	23
Rice noodles, dried, boiled (Thai World, Thailand)	23
X Spaghetti, white, boiled 20 min	27
Spaghetti, white, durum wheat semolina	28
Udon noodles, plain. reheated 5 min (Australia)	30
Corn pasta, gluten-free (Orgran, Australia)	32

X Gnocchi, NS (Latina, Australia)	33
X Rice pasta, brown, boiled 16 min (Rice Growers, Australia)	35
Rice and maize pasta, gluten-free, Ris'O'Mais (Orgran, Australia)	37

SNACK FOODS, NUTS & CANDY

Almonds	0
Brazil nuts	0
Hazelnuts	0
Macadamia	0
Pecan	0
Walnuts	0
Peanuts	2
✓ Cashew nuts, salted	3
Nougat,jijona (La Fama, Spain)	4
Fruity Bitz, apricot (Blackmores, Australia)	5
✓ M & M's, peanut (Australia)	6
✓ Popcorn, plain, cooked in microwave oven (Green's, Australia)	6
Chocolate, milk, plain with sucrose (Belgium)	7
✓ Chocolate, milk, plain, low-sugar with maltitol (Belgium)	8
✓ Popcorn, plain, microwaved (Uncle Toby's, Australia)	10
✓ Potato crisps, plain, salted (Arnott's, Australia)	10
✓ Corn chips, plain, salted (Doritos™, Australia)	11
Heinz Kidz Fruit Fingers, banana (Heinz, Australia)	12
Potato crisps, plain, salted (Canada)	12
✓ Chocolate, milk, Dove@ (Mars, Australia)	13
Chocolate, milk (Nestle, Australia)	13
Chocolate, white, Milky Bar@ (Nestle, Australia)	13
Muesli bar containing dried fruit (Uncle Toby's, Australia)	13
Chocolate, milk (Cadbury's, Australia)	14
✓ Snickers Bar (Australia)	15
Pretzels, (Parker's, Australia)	16
Apricot filled fruit bar (Mother Earth, New Zealand)	17
Twix Cookie Bar, caramel (USA)	17
Kudos Whole Grain Bars, chocolate chip (USA)	20
Nachips (Old EI Paso, Canada)	21
Life Savers, peppermint candy (Nestle, Australia)	21
Jelly beans, assorted colors (Australia)	22
X Twisties (Smith's,Australia)	22
Real Fruit Bars, strawberry (Uncle Toby's, Australia)	23
Snickers Bar (USA)	23
Roll-Ups (Uncle Toby's, Australia)	24
Pop Tarts, double choc (Kellogg's, Australia)	24
X Mars Bar	26
Snack bar, Peanut Butter & Choc-Chip (USA)	27
Burger Rings TM (Smith's, Australia)	28
Snack bar, Apple Cinnamon (Con Agra, USA)	29
X Skittles (Australia)	32

BISCUITS & COOKIES

Gran'Dia Banana, Oats and Honey (LU, Brazil)	6
Grany en-cas Fruits des bois (LU, France)	7
Highland Oatcakes (Walker's, Scotland)	8
Sable des Flandres (LU, France)	8

Grany en-cas Abricot (LU, France)	9
Maltmeal wafer (Griffin's, New Zealand)	9
Oatmeal (Canada)	9
✓ Snack Right Fruit Slice (97% fat-free) (Arnott's, Australia)	9
Veritable Petit Beurre (LU, France)	9
Digestives (Canada)	10
Digestives, gluten-free (Nutricia, UK)	10
Highland Oatmeal (Westons,Australia)	10
Petit LU Normand (LU, France)	10
Rich Tea (Canada)	10
Shortbread (Arnotts, Australia)	10
Arrowroot plus (McCormick's, Canada)	11
Shredded Wheatmeal (Arnotts, Australia)	11
✓ Milk Arrowroot (Arnotts, Australia)	12
Grany Rush Apricot (LU, Netherlands)	12
Arrowroot (McCormick's, Canada)	13
Golden Fruit (Griffin's, New Zealand)	13
Bebe Jemne Susenky (LU, Czech Republic)	14
Evergreen met Krenten (LU, Netherlands)	14
Graham Wafers (Christie Brown, Canada)	14
Vanilla Wafers (Christie Brown, Canada)	14
Morning Coffee (Arnotts, Australia)	15
LU P'tit Dejeuner (LU, France)	16
Prince Petit DejeunerVanille (LU, France and Spain)	16
Bebe Dobre Rano Honey and Hazelnuts (LU, Czech Republic)	17
Ora (Saiwa, Italy)	21
Barquette Abricot (LU, France)	23

CRACKERS

High-calcium cracker (Danone, Malaysia)	9
✓ High-fibre rye crispbread (Ryvita, UK)	9
Breton wheat crackers (Dare Foods, Canada)	10
✓ JatzTM, plain salted cracker biscuits (Arnotts, Australia)	10
Ryecrispbread (Canada)	10
✓ Vita-wheat, original, crispbread (Arnott's, Australia)	10
Cream Cracker (LU, Brazil)	11
Ryvita (Canada)	11
Rye crispbread (Ryvita, UK)	11
Water cracker (Canada)	11
Kavli Norwegian Crispbread (Players, Australia)	12
✓ Sao plain square crackers (Arnotts, Australia)	12
Stoned Wheat Thins (Christie Brown, Canada)	12
Premium Soda Crackers (Christie Brown, Canada)	12
Rice cakes, Doongara (high-amylose) (Rice Growers, Australia)	13
Water cracker (Arnotts, Australia)	14
Puffed Crispbread (Westons, Australia)	15
Puffed rice cakes (Rice Growers, Australia)	17
Corn Thins, puffed corn cakes, gluten-free (Real Foods, Australia)	18
Rice cakes, Calrose (low-amylose) (Rice Growers, Australia)	19

MIXED MEALS & CONVENIENCE FOODS

Chicken nuggets. frozen, reheated (Australia)	7
Fish Fingers (Canada)	7
✓ Taco shells, Cornmeal - based, baked (Old El Paso, Canada)	8
✓ Corn tortilla, fried, mashed potato, tomato & lettuce	11
Pies, beef, party size (Farmland, Australia)	12
Greek lentil stew with a bread roll, home made (Australia)	15
Lean Cuisine chicken with rice (Nestle. Australia)	24
Kugel (Polish dish containing egg noodles. Sugar, cheese and raisins) (Israel)	31

Pizza

Sausages NS (Canada)	1
✓ Pizza. Super Supreme. thin and crispy (Pizza Hut, Australia)	7
Pizza. Super Supreme, pan (Pizza Hut. Australia)	9
Pizza, Vegetarian Supreme, thin and crispy (Pizza Hut, Australia)	12
Pizza. cheese (Pillsbury. Canada)	16
Pizza. plain (Italy)	22
Spaghetti bolognaise. home made (Australia)	25
Sirloin chop with mixed vegetables and mashed potato (Australia)	35
Stirfried vegetables with chicken and rice, home made (Australia)	55

Sushi

White boiled rice, grilled beefburger, cheese and butter (France)	11
White boiled rice, grilled beefburger. cheese, and butter (France)	14
Sushi, salmon (Australia)	17
Sushi, roasted sea algae. vinegar and rice (Japan)	20

White bread with toppings

White bread, butter, yoghurt and pickled cucumber (Sweden)	11
White bread with butter and skim milk cheese (Canada)	23
White/wholemeal bread with peanut butter (Canada)	23
White bread with skim milk cheese (Canada)	26
White bread with butter (Canada)	29
White/wholemeal bread with peanut butter (Canada)	30
White bread, butter, regular cheese, cucumber (Sweden)	38

LEGUMES

Soy beans	1
Peas, dried, boiled (Australia)	2
Pigeon Pea (Cajanus cajan Linn Huth), boiled (Philippines)	4
Butter beans (South Africa)	5
Lentils, type NS	5
Mung beans	5
Beans, dried, type NS (Italy)	6
Butter beans, dried, cooked (South Africa)	6
Butter beans, dried, boiled + 5g sucrose (South Africa)	6
Lentils, red	6
Split peas, yellow, boiled (Nupack, Canada)	6
Baked Beans	7
Butter beans (Canada)	7
Chickpeas, curry, canned (Canasia, Canada)	7

Kidney Beans	7
Marrowfat peas	7
Romano beans (Canada)	8
Chickpeas, dried, boiled (Canada)	9
Chickpeas, canned in brine (Lancia-Bravo, Canada)	9
Pinto beans	9
Blackeyed beans (Canada)	10
Chickpeas (Canada)	10
Haricot/navy beans	10
Beans, dried, type NS (Italy)	11
Butter beans, dried, boiled + 15g sucrose (South Africa)	11
Blackeyed beans (Canada)	15

INFANT FORMULA & WEANING FOODS

Formula

Karicare formula with omega oils (Nutricia, New Zealand)	2
Nan-I infant formula with iron (Nestle, Australia)	2
S-26 infant formula (Wyeth, Australia)	3
Infasoy, soy-based, milk-free (Wyeth, Australia)	4

Weaning Foods

Creamed porridge	5
Farex baby rice (Heinz, Australia)	6
Rice pudding	6
Robinsons First Tastes from 4 months (Nutricia, UK) Apple, apricot and banana ce	11

NUTRITIONAL SUPPORT PRODUCTS

Choice DM, vanilla (Mead Johnson, USA)	6
Glucerna, vanilla (Abbott, USA)	7
Ensure bar, chocolate fudge brownie (Abbott, Australia)	8
Resource Diabetic, vanilla (Novartis, USA)	8
Ensure Pudding, vanilla (Abbott, USA)	9
Ultracal with fiber (Mead Johnson, USA)	12
Resource fruit beverage, peach flavour (Novartis, New Zealand)	13
Sustagen, Dutch Chocolate (Mead Johnson, Australia)	13
Su stage n Instant Pudding, vanilla (Mead Johnson, Australia)	13
Resource thickened orange juice (Novartis, New Zealand)	14
Sustagen Hospital with extra fibre (Mead Johnson, Australia)	15
Ensure , vanilla (Abbott, Australia)	16
Jevity (Abbott, Australia)	17
Enercal Plus (Wyeth-Ayerst, USA)	19
Ensure (Abbott, Australia)	19
Ensure Plus , vanilla (Abbott, Australia)	19
Resource Diabetic, chocolate (Novartis, New Zealand)	19
Resource thickened orange juice (Novartis, New Zealand)	21

MEAL REPLACEMENT PRODUCTS

Hazelnut and Apricot bar (Dietworks, Australia)	9
L.E.A.N products (Usana, USA)	
Nutrimeal, drink powder, Dutch Chocolate	3

L.E.A.N (Life long) Nutribar, Peanut Crunch	6
L.E.A.N (Life long) Nutribar, Chocolate Crunch	6
L.E.A.N Fibergy bar, Harvest Oat	13
Worldwide Sport Nutrition low-carb products (USA)	
Designer chocolate, sugar-free	3
Burn-it bars	
Peanut butter	1
Chocolate deluxe	2
Pure-protein bars	
Peanut butter	2
Chewy choc-chip	4
Chocolate deluxe	5
Strawberry shortcake	6
White chocolate mousse	6
Pure-protein cookies	
Choc-chip cookie dough	3
Peanut butter	3
Coconut	4
Ultra pure-protein shakes	
Cappuccino	1
Frosty chocolate	1
Strawberry shortcake	1
Vanilla ice cream	1