

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

Bakery Products		GI	gr/s	GL
	Cakes			
1	Angel food cake (Loblaws, Toronto, Canada)	67	50	19
2	Banana cake, made with sugar	47±8	80	18
3	Banana cake, made without sugar	55±10	80	16
4	Chocolate cake made from packet mix with chocolate frosting (Betty Crocker, General Mills Inc., Minneapolis, MN, USA)	38±3	111	20
5	Cupcake, strawberry-iced (Squiggles, Farmland, Grocery Holdings, Tooronga, Vic, Australia)	73±12	38	19
6	Lamingtons (sponge dipped in chocolate and coconut) (Farmland, Grocery Holdings, Australia)	87±17	50	25
7	Pound cake (Sara Lee Canada, Bramalea, Canada)	54	53	15
8	Sponge cake, plain	46±6	63	17
9	Vanilla cake made from packet mix with vanilla frosting (Betty Crocker, USA)	42±4	111	24
10	Croissant (Food City, Toronto, Canada)	67	57	17
11	Crumpet (Dempster's Corporate Foods Ltd., Etobicoke, Canada)	69	50	13
12	Doughnut, cake type (Loblaws, Canada)	76	47	17
13	Flan cake (Weston's Bakery, Toronto, Canada)	65	70	31
14	Muffins			
	Apple, made with sugar 1	44±6	60	13
	Apple, made without sugar 1	48±10	60	9
	Apple, oat, sultana, made from packet mix (Defiance Milling Co., Acacia Ridge, Qld, Australia)	54±4	50	14
	Apricot, coconut and honey, made from packet mix (Defiance Milling Co., Australia)	60±4	50	16
	Banana, oat and honey, made from packet mix (Defiance Milling Co., Australia)	65±11	50	17
	Bran (Culinar Inc., Grandma Martin's Muffins, Aurora, Canada)	60	57	15
	Blueberry (Culinar Inc., Canada)	59	57	17
	Carrot (Culinar Inc., Canada)	62	57	20
	Chocolate butterscotch, made from packet mix (Defiance Milling Co., Australia)	53±5	50	15
	Corn muffin, low-amylose 2	102	57	30
	Corn muffin, high-amylose 2	49		
	Oatmeal, muffin, made from mix (Quaker Oats Co. of Canada, Peterborough, Canada)	69	50	24
15	Pancakes, prepared from shake mix (Green's General Foods, Glendenning, NSW, Australia)	67±5	80	39
16	Pancakes, buckwheat, gluten-free, made from packet mix (Orgran Natural Foods,	102±11	77	22
17	Pastry	59±6	57	15
18	Pikelets, Golden brand (Tip Top Bakeries, Chatswood, NSW, Australia)	85±14	40	18
19	Scones, plain, made from packet mix (Defiance Milling Co., Australia)	92±8	25	8
20	Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	76	35	10

Footnotes:

1. Human Nutrition Unit (Sydney University, Australia), unpublished observations, 1995-2002.
2. The low GI may be explained by the inclusion of rolled oats in the recipe.