

EXPLICATION OF PREB®'S GLYCEMIC INDEX VALUE

| TEST FOOD | GLYCEMIC INDEX | GI VALUE CLASSIFICATION |
|--------------------------|----------------|-------------------------|
| Control (glucose liquid) | 100 | High |
| preB | 42.3 +/- 4.6 | Low |

| FOOD | GI VALUE |
|--------------------------------------|----------|
| *GRAINS, BREADS & NOODLES | |
| Polished Rice | 81 |
| White Bread | 91 |
| French Bread | 93 |
| Udon | 85 |
| Pasta (dry) | 65 |
| Brown Rice | 55 |
| Whole wheat bread | 50 |
| Rye bread | 58 |
| Pasta (whole grain flour) | 50 |
| *VEGETABLES & POTATOES | |
| White potatoes | 90 |
| Carrots | 80 |
| Corn | 70 |
| Pumpkin | 65 |
| Sweet Potatoes | 55 |
| Tomatoes | 30 |
| *FRUIT | |
| Strawberry Jam | 82 |
| Pineapple | 65 |
| Grapes | 50 |
| Watermelon | 60 |
| Bananas | 55 |
| SWEET & SNACKS | |
| Candy | 108 |
| Shortcake | 80 |
| Chocolate | 91 |
| Rice crackers | 89 |
| *CONDIMENTS | |
| Maple Syrup | 73 |
| Brown Sugar | 93 |