











R

1. Institute of Medicine (2002) *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington DC: The National Academies Press.
2. Brand-Miller J, Stockmann K, Atkinson F *et al.* (2009) Glycemic index, postprandial glycemia, and the shape of the curve in healthy subjects: analysis of a database of more than 1000 foods. *Am J Clin Nutr*, **89**, 97–105.
3. Parkin CG & Brooks N (2002) Is postprandial glucose control important? Is it practical in primary care settings? *Diabetes* **20**, 71–76.
4. International Organization for Standardization (2016) 26642:2010 Food products—Determination of the glycaemic index (GI) and recommendation for classification. <https://www.iso.org/standard/43633.html> (accessed May 2020).
5. Jenkins DJA, Wolever TMS, Collier RH *et al.* (1981) Glycemic index of foods: a physiological basis for carbohydrate exchange. *Am J Clin Nutr*, **34**, 362–366.
6. Food and Agriculture Organization (2019) Value of Agricultural Production. <http://www.fao.org/faostat/en/#data/QV> (accessed May 2020).
7. Wolever TMS & Jenkins DJA (1984) The use of the glycemic index in predicting the blood glucose response to mixed meals. *Am J Clin Nutr*, **43**, 167–172.
8. Allison DB, Paultre F, Maggio C

-.Ca h e P f . D E F i g u r e 1 0 F i g u r e 1 1 . 1 1 D e F i g u r e 1 0 D F i g u r e 0 0 0 D 1 - 1 - . 1 - 1 . F 1 . c . 1 A - O F d - 0 1 0 d - 1 . D , - 0 . A d a s i - 1 . 0 1 0 . 1 S e e f c a j 1 . 1 - 1 . 1 1 D A E e i - 1 f . M



68. Diabetes Australia (2020) Glycemic Index. <https://www.>