Table 4: glycaemic and insulin response classified by state of milling

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Milling state (brown versus white)** min = min boiled | **Variety** | **Glycaemic response** | **Insulin**\*\* II vs bread | **Publication** |
| **AUC** | GI\*vs bread | **Peak** |
| White, 14 min. | Doongara |  | 64\* |  | 40\*\* | Brand-Miller-1992(9) |
| Brown, 30 min | Doongara |  | 66\* |  | 39\*\* | Brand-Miller-1992(9) |
| White, 14 min | Pelde |  | 93\* |  | 93\*\* | Brand-Miller-1992(9) |
| Brown, 30 min | Pelde |  | 76\* |  | 76\*\* | Brand-Miller-1992(9) |
| White, 14 min | Calrose |  | 83\* |  | 67\*\* | Brand-Miller-1992(9) |
| Brown, 35 min | Calrose |  | 87\* |  | 51\*\* | Brand-Miller-1992(9) |
| White  | Transgressive | 130 | 79 |  | 63 | Karupaiah-2011(37) |
| Brown  | Transgressive | 84 | 51 |  | 39 | Karupaiah-2011(37) |
| White | IR42 | 134 | 94\* |  |  | Panlasigui and Thompson-2006-1-healthy(26) |
| Brown | IR42 | 107 | 83\* |  |  | Panlasigui and Thompson-2006-1 healthy(26) |
| White | IR42 | 626 | 87 |  |  | Panlasigui and Thompson-2006-2-T2DM(26) |
| Brown | IR42 | 406 | 56 |  |  | Panlasigui and Thompson-2006-2-T2DM(26) |
| White | Basmati rice, 10 min | 94 | 50 |  |  | Ranawana-2009(18) |
| Brown | Basmati rice, 25 min | 116 | 75 |  |  | Ranawana-2009(18) |
| White | IR64 | 212 | 57 |  |  | Trinidad-2013(30) |
| Brown | IR64 | 189 | 51 |  |  | Trinidad-2013(30) |
| White | Sinandomeng | 280 | 75 |  |  | Trinidad-2013(30) |
| Brown | Sinandomeng | 204 | 55 |  |  | Trinidad-2013(30) |