

Table of Insulin Response

The higher the number the faster the food converts into glucose, causing blood sugar to rise rapidly. This can provoke an insulin response. The lower the number the slower the conversion. Your goal is to avoid an insulin response. Pick foods & combine foods that rate below 59.	
Millet, Broad Beans, Dates, Potato, Cornflakes	101-140
Parsnips, Glucose, Popcorn, Rice Cakes, Honey, Dates	101-140
Cereals: Cheerios, Total, Rice Krispies, Cream of Wheat	101-115
Pretzels, Watermelon, Puffed Wheat, Fat Free Cookies	101-115
Donuts, White Bagels, Waffles, White Bread, Pancakes	101-115
Glucose, Melba Toast, Grapenuts, Shredded Wheat,	90-100
Cream of Wheat, Cornmeal, Wheat Bread, Raisins	90-100
Pineapple, Sucrose, Beets, Mueseli, Fat Free Ice Cream	90-100
Corn Chips, Carrots, Yogurt w/ Fruit, Frozen FF Yogurt	90-100
White Rice, Instant Oatmeal, Apricots, Split Pea Soup	80 - 89
Potato Chips, Oat Bran, Banana, Cookies	80 - 89
Pumpnickel Bread, Special K, Brown Rice, Corn	70 - 79
Orange Juice, Sweet Potato, Baked Beans, All Bran	70 - 79
Mango, Papaya, Canned Beans, Buckwheat, Yams	70 - 79
Grapes, Orange, White Pasta, Peas, Lactose, Rye	60 - 69
Yogurt (artificially sweetened), Ice Cream, Beans (can)	60 - 69
Pear, Plum, Apple Juice, Pinto & Black-Eyed Beans	50 - 59
Custard, Plain Yogurt, Wheat Pasta, Chick Peas	50 - 59
Dried Peas & Beans, Skim Milk, Lima Beans, Rye Crisps	40 - 49
Old Fashion Rolled Oats, Protein Pasta, Lentils, Apple	40 - 49
Barley, Whole Milk, Grapefruit, Cherries, Fructose	30 - 39
Green Apple, Peach, Rice Bran, Tomatoes, Berries	30 - 39
Soy Beans, Cauliflower, Artichoke, Asparagus, Sprouts	20 - 29
Broccoli, Most Raw Vegetables,	20 - 29
Meat, Cheese, Peanuts, Almonds, Walnuts	under 20