

INSULIN INDEX OF COMMON FOODS

An insulin index of 38 common foods can be found in the November 1997 issue of the *American Journal of Clinical Nutrition*. The portion size of each food tested contained 240 calories. Each food was given a score relative to white bread used as a reference at 100 %.

There were significant differences among foods containing a similar amount of carbohydrate. Overall, the insulin index of foods was similar to the glycemic index; however, protein rich foods and bakery products – that were rich in fat and refined carbohydrate – had a higher insulin index than glycemic index.

The amount of total carbohydrate and sugar in foods were positively related to their insulin index, whereas fat and protein contents were negatively related. That is, the more carbohydrate and sugar a food contained, the more insulin was released, but the more fat and protein, the less insulin was released.

Insulin Index																																																																					
(240 calorie portion, relative to white bread)																																																																					
<table style="width: 100%; border-collapse: collapse;"> <tr><td>Peanuts</td><td style="text-align: right;">++ 20</td></tr> <tr><td>Eggs</td><td style="text-align: right;">+++ 31</td></tr> <tr><td>All-Bran</td><td style="text-align: right;">+++ 32</td></tr> <tr><td>Porridge</td><td style="text-align: right;">++++ 40</td></tr> <tr><td>Brown Pasta</td><td style="text-align: right;">++++ 40</td></tr> <tr><td>White Pasta</td><td style="text-align: right;">++++ 40</td></tr> <tr><td>Cheese</td><td style="text-align: right;">++++ 45</td></tr> <tr><td>Muesli</td><td style="text-align: right;">++++ 46</td></tr> <tr><td>Beef</td><td style="text-align: right;">+++++ 51</td></tr> <tr><td>Popcorn</td><td style="text-align: right;">+++++ 54</td></tr> <tr><td>Grain Bread</td><td style="text-align: right;">+++++ 56</td></tr> <tr><td>Lentils</td><td style="text-align: right;">+++++ 58</td></tr> <tr><td>Apples</td><td style="text-align: right;">+++++ 59</td></tr> <tr><td>Fish</td><td style="text-align: right;">+++++ 59</td></tr> <tr><td>Oranges</td><td style="text-align: right;">++++++ 60</td></tr> <tr><td>Potato Chips</td><td style="text-align: right;">++++++ 61</td></tr> <tr><td>Brown Rice</td><td style="text-align: right;">++++++ 62</td></tr> </table>	Peanuts	++ 20	Eggs	+++ 31	All-Bran	+++ 32	Porridge	++++ 40	Brown Pasta	++++ 40	White Pasta	++++ 40	Cheese	++++ 45	Muesli	++++ 46	Beef	+++++ 51	Popcorn	+++++ 54	Grain Bread	+++++ 56	Lentils	+++++ 58	Apples	+++++ 59	Fish	+++++ 59	Oranges	++++++ 60	Potato Chips	++++++ 61	Brown Rice	++++++ 62	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Special – K</td><td style="text-align: right;">++++++ 66</td></tr> <tr><td>Honey Smacks</td><td style="text-align: right;">++++++ 67</td></tr> <tr><td>Sustain</td><td style="text-align: right;">+++++++ 71</td></tr> <tr><td>Doughnuts</td><td style="text-align: right;">+++++++ 74</td></tr> <tr><td>French Fries</td><td style="text-align: right;">+++++++ 74</td></tr> <tr><td>Corn Flakes</td><td style="text-align: right;">+++++++ 75</td></tr> <tr><td>Croissants</td><td style="text-align: right;">+++++++ 79</td></tr> <tr><td>White Rice</td><td style="text-align: right;">+++++++ 79</td></tr> <tr><td>Bananas</td><td style="text-align: right;">+++++++ 81</td></tr> <tr><td>Cake</td><td style="text-align: right;">+++++++ 82</td></tr> <tr><td>Grapes</td><td style="text-align: right;">+++++++ 82</td></tr> <tr><td>Crackers</td><td style="text-align: right;">+++++++ 87</td></tr> <tr><td>Ice Cream</td><td style="text-align: right;">+++++++ 89</td></tr> <tr><td>Cookies</td><td style="text-align: right;">+++++++ 92</td></tr> <tr><td>Whole Bread</td><td style="text-align: right;">+++++++ 96</td></tr> <tr><td>White Bread</td><td style="text-align: right;">+++++++ 100</td></tr> <tr><td>Yogurt</td><td style="text-align: right;">+++++++ 115</td></tr> </table>	Special – K	++++++ 66	Honey Smacks	++++++ 67	Sustain	+++++++ 71	Doughnuts	+++++++ 74	French Fries	+++++++ 74	Corn Flakes	+++++++ 75	Croissants	+++++++ 79	White Rice	+++++++ 79	Bananas	+++++++ 81	Cake	+++++++ 82	Grapes	+++++++ 82	Crackers	+++++++ 87	Ice Cream	+++++++ 89	Cookies	+++++++ 92	Whole Bread	+++++++ 96	White Bread	+++++++ 100	Yogurt	+++++++ 115
Peanuts	++ 20																																																																				
Eggs	+++ 31																																																																				
All-Bran	+++ 32																																																																				
Porridge	++++ 40																																																																				
Brown Pasta	++++ 40																																																																				
White Pasta	++++ 40																																																																				
Cheese	++++ 45																																																																				
Muesli	++++ 46																																																																				
Beef	+++++ 51																																																																				
Popcorn	+++++ 54																																																																				
Grain Bread	+++++ 56																																																																				
Lentils	+++++ 58																																																																				
Apples	+++++ 59																																																																				
Fish	+++++ 59																																																																				
Oranges	++++++ 60																																																																				
Potato Chips	++++++ 61																																																																				
Brown Rice	++++++ 62																																																																				
Special – K	++++++ 66																																																																				
Honey Smacks	++++++ 67																																																																				
Sustain	+++++++ 71																																																																				
Doughnuts	+++++++ 74																																																																				
French Fries	+++++++ 74																																																																				
Corn Flakes	+++++++ 75																																																																				
Croissants	+++++++ 79																																																																				
White Rice	+++++++ 79																																																																				
Bananas	+++++++ 81																																																																				
Cake	+++++++ 82																																																																				
Grapes	+++++++ 82																																																																				
Crackers	+++++++ 87																																																																				
Ice Cream	+++++++ 89																																																																				
Cookies	+++++++ 92																																																																				
Whole Bread	+++++++ 96																																																																				
White Bread	+++++++ 100																																																																				
Yogurt	+++++++ 115																																																																				
	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Baked Beans</td><td style="text-align: right;">+++++++ 120</td></tr> <tr><td>Potatoes</td><td style="text-align: right;">+++++++ 121</td></tr> <tr><td>Mars Bar</td><td style="text-align: right;">+++++++ 122</td></tr> <tr><td>Jellybeans</td><td style="text-align: right;">+++++++ 160</td></tr> </table>	Baked Beans	+++++++ 120	Potatoes	+++++++ 121	Mars Bar	+++++++ 122	Jellybeans	+++++++ 160																																																												
Baked Beans	+++++++ 120																																																																				
Potatoes	+++++++ 121																																																																				
Mars Bar	+++++++ 122																																																																				
Jellybeans	+++++++ 160																																																																				

The reason to be concerned about the Insulin Index is that insulin is essentially a storage hormone, evolved to put aside excess carbohydrate calories and store them in the form of fat in case of future famine. In other words, when we eat too much carbohydrate, we're sending a hormonal message, via insulin, to the body (actually, to the adipose cells). The message is "STORE FAT" It is even worse than that. Not only do increased insulin levels tell the body to store fat; they also tell it to NOT release any stored fat. This makes it impossible for you to use your own stored body fat for energy. So the excess carbohydrates in your diet not only make you fat, they make sure you stay fat.