



INSULIN INDEX CHART OF 140+ FOODS

COMPLETE LIST WITH SOURCES

The insulin index of foods demonstrates **how much a food increases the insulin level in the blood**, in the first two-hour period after consumption. The insulin index is measured by using a portion of the given food, along with a reference food, containing equal amounts of calories, usually 250 calories or 1000kJ (1).

Prolonged high levels of insulin in the blood can be a risk factor for various diseases. Therefore, food's ability to induce insulin secretion after consumption can play an important role in the prevention and management of metabolic syndromes, such as insulin resistance and type 2 diabetes (2).

*Whilst the well-studied glycemic index of foods provides an idea of how the given food affects the body, it often falls short when giving information about foods with low carbohydrate content, **such as lean meats, certain vegetables, or dairy products**. For this reason, the insulin index can be a more useful tool when measuring the body's response to food.*

The dietary insulin index depends not only on carbohydrate content but also quantity and quality of protein, fat, and their interactions (2).

The higher the insulin index of the food, the more insulin the body produces as a response. Foods with lower insulinemic indices are recommended as part of a healthy diet, to help reduce risk of developing metabolic syndromes. The insulin index of pure glucose, for example, is 100, while avocados have an insulin index of 6.

Using all reliable and accessible, scientifically-backed information we have collected a complete list of the insulin indices of over 100 foods. This list will grow as more studies are carried out about the insulin index of other foods.

Sources.

1. <https://www.sciencedirect.com/science/article/pii/B9780128132784000099>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4955203/>

INSULIN INDEX TABLE



Image	Name	Insulin index	Source
	Brie	7	https://ses.library.usyd.edu.au/handle/2123/11945
	Cheese	45	https://academic.oup.com/ajcn/article/66/5/1264/4655967 33 here https://clinicaltrials.gov/Provided-Docs/93/NCT03387293/Prot_SAP_000.pdf Fat-free cheddar cheese has an II of 20 https://ses.library.usyd.edu.au/handle/2123/11945











Image	Name	Insulin index	Source
	Cottage cheese	40	II for reduced-fat cottage cheese https://ses.library.usyd.edu.au/handle/2123/11945 II for low-fat cottage cheese is 52 https://ses.library.usyd.edu.au/handle/2123/11945
	Cream cheese	18	https://ses.library.usyd.edu.au/handle/2123/11945
	Milk	34	https://ses.library.usyd.edu.au/handle/2123/11945 24 here https://clinicaltrials.gov/Provided-Docs/93/NCT03387293/Prot_SAP_000.pdf II for whole milk is 33 https://www.researchgate.net/publication/26770180 II for skim milk is 60 https://ses.library.usyd.edu.au/handle/2123/11945
	Chocolate milk	46	https://ses.library.usyd.edu.au/handle/2123/11945 86 in this study https://academic.oup.com/ajcn/article/133/10/3149/4687533 81 here https://polyols-eu.org/wp-content/uploads/Publication.pdf
	Egg	23	https://clinicaltrials.gov/Provided-Docs/93/NCT03387293/Prot_SAP_000.pdf II is 31 for poached egg https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Butter	2	https://ses.library.usyd.edu.au/handle/2123/11945 The fat type (sunflower oil or butter) does not affect the II value https://watermark.silverchair.com/4w0803002577.pdf?token=AQECAHi208BE49Ooan9kkhW_Ercy7Dm3ZL_9Cf3qfKAc485ysgAAAskwggLFBgkqhkiG9w0BBwagggK2MIICsgIBADCCAqsGCSqGSIb3DQEHATAeBglghkgBZQMEAS4wEQ
	Powdered milk	75-95	https://www.mdpi.com/2072-6643/5/1/23/htm
	Soft serve	89	II for vanilla ice cream https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Ice cream sandwich	N/A	II for vanilla ice cream is 89.
	American cheese	42	II for low-fat processed cheese https://ses.library.usyd.edu.au/handle/2123/11945











Image	Name	Insulin index	Source
	Yogurt	46	https://ses.library.usyd.edu.au/handle/2123/11945 115 for strawberry fruit yogurt https://clinicaltrials.gov/Provided-Docs/93/NCT03387293/Prot_SAP_000.pdf II for low fat strawberry yogurt is 84 https://clinicaltrials.gov/Provided-Docs/93/NCT03387293/Prot_SAP_000.pdf 64 for peach-mango frozen yogurt https://
	Vinegar	N/A	Lowers the II of white wheat bread https://www.researchgate.net/publication/7729967 https://www.researchgate.net/publication/10758390
	Baby food	N/A	The II of baby milk formula is 94 https://www.nature.com/articles/ejcn201529?WT.ec_id=E-JCN-201508&spMailingID=49261214&spUserID=ODkwMTM2NjI5MQS2&spJobID=740955785&spReportId=NzQwOTU1Nzg1SO
	Cooking oil	3	https://ses.library.usyd.edu.au/handle/2123/11945
	Sunflower oil	N/A	The fat type (sunflower oil or butter) does not affect the II value https://watermark.silverchair.com/4w0803002577.pdf?to-ken=AQECAHi208BE49Ooan9kkhW_Ercy7Dm3ZL_9Cf3qfKAc485ysgAAAskwggLFBgkqhkiG9w0BBwagggK2MIIcsgIBADCCAqsGCSqGSib3DQEHATAeBgIghkgBZQMEAS4wEQ
	Chicken meat	23	II for roast chicken https://www.researchgate.net/publication/26770180 17 here https://ses.library.usyd.edu.au/handle/2123/11945
	Barbecue chicken	23	II for roast chicken https://www.researchgate.net/publication/26770180 17 here https://ses.library.usyd.edu.au/handle/2123/11945
	Lentil soup	N/A	The II for lentil soup is 42 https://ses.library.usyd.edu.au/bitstream/handle/2123/11945/-Bell_KJ_thesis_2.pdf?sequence=2&isAllowed=y
	Broth	N/A	The II of white rice with chicken broth is 87 https://www.researchgate.net/publication/270676832
	Chicken soup	N/A	II for roast chicken is 23 https://www.researchgate.net/publication/13872119













Image	Name	Insulin index	Source
	Fish soup	N/A	II for white fish is 59. https://www.researchgate.net/publication/13872119
	Fish sauce	N/A	II for white fish is 59. https://www.researchgate.net/publication/13872119
	Tomato soup	N/A	II for tomato sauce is 41 https://ses.library.usyd.edu.au/handle/2123/11945
	Bologna sausage	N/A	https://ses.library.usyd.edu.au/handle/2123/11945
	Hot dog	16	https://ses.library.usyd.edu.au/handle/2123/11945
	Porridge	40	https://academic.oup.com/ajcn/article/66/5/1264/4655967 29 here https://ses.library.usyd.edu.au/handle/2123/11945
	Oatmeal	40	The II for oatmeal porridge https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Cereal	25	II for cornflakes https://academic.oup.com/ajcn/article/66/5/1264/4655967 23 here https://clinicaltrials.gov/Provided-Docs/93/NCT03387293/Prot_SAP_000.pdf
	Apple	59	II for Red Delicious apples https://academic.oup.com/ajcn/article/66/5/1264/4655967 43 here https://clinicaltrials.gov/Provided-Docs/93/NCT03387293/Prot_SAP_000.pdf
	Dried fruit	N/A	The II for raisinins is 42 https://www.researchgate.net/publication/26770180
	Avocado	6	https://www.researchgate.net/publication/26770180
	Banana	81	II for Cavendish bananas https://academic.oup.com/ajcn/article/66/5/1264/4655967 59 here https://clinicaltrials.gov/Provided-Docs/93/NCT03387293/Prot_SAP_000.pdf 68 here https://polyols-eu.org/wp-content/uploads/Publication.pdf















Image	Name	Insulin index	Source
	Dates	64	https://www.researchgate.net/publication/256665818
	Common fig	N/A	Fig extract reduces the II value https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6722713/
	Grape	82	II for black grapes, Waltham cross https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Mango	112	https://www.researchgate.net/publication/247204692
	Melon	127	II for honeydew melon https://www.researchgate.net/publication/26770180
	Orange	60	II for Navel oranges https://academic.oup.com/ajcn/article/66/5/1264/4655967 44 here https://ses.library.usyd.edu.au/handle/2123/11945
	Orange juice	55	https://ses.library.usyd.edu.au/handle/2123/11945
	Mandarin orange	60	Falls in a large range https://synapse.koreamed.org/articles/1043926
	Papaya	129	https://www.researchgate.net/publication/247204692
	Peach	39	https://ses.library.usyd.edu.au/handle/2123/11945 45 for canned https://ses.library.usyd.edu.au/handle/2123/11945
	Pear	45	Falls in a large range https://synapse.koreamed.org/articles/1043926
	Persimmon	47	Falls in a large range https://synapse.koreamed.org/articles/1043926
	Raisin	42	https://www.researchgate.net/publication/26770180 38 here https://www.researchgate.net/publication/265391479
	Watermelon	84	Falls in a large range https://synapse.koreamed.org/articles/1043926















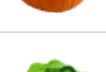

Image	Name	Insulin index	Source
	Clementine	N/A	The II for tangerine is 60 https://synapse.koreamed.org/articles/1043926
	Pork	19	II for grilled pork https://ses.library.usyd.edu.au/handle/2123/11945
	Pork chop	19	II for grilled pork https://ses.library.usyd.edu.au/handle/2123/11945
	Meat	19	II for grilled pork https://ses.library.usyd.edu.au/handle/2123/11945
	Ham	19	II for shaved ham https://ses.library.usyd.edu.au/handle/2123/11945
	Navy bean	120	II for canned navy beans in tomato sauce https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Broccoli	29	https://ses.library.usyd.edu.au/handle/2123/11945
	Carrot	42	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3127522/44 here https://ses.library.usyd.edu.au/handle/2123/11945
	Cassava	N/A	II for cassava dough, cassava chips and cassava flakes https://www.ffhdj.com/index.php/ffhd/article/view/772/1371
	Cauliflower	48	II for steamed cauliflower https://ses.library.usyd.edu.au/handle/2123/11945
	Maize	53	https://www.researchgate.net/publication/26770180
	Pea	37	II for steamed, frozen peas https://ses.library.usyd.edu.au/handle/2123/11945
	Potato	121	II for boiled Russet potatoes https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Gratin	N/A	The II for boiled potatoes is 121.
	Pumpkin	77	II for butternut pumpkin https://ses.library.usyd.edu.au/handle/2123/11945
	Spinach	N/A	Lowers the II of white rice https://www.researchgate.net/publication/270676832

















Image	Name	Insulin index	Source
	Sweet potato	96	II fot steamed orange sweet potato https://ses.library.usyd.edu.au/handle/2123/11945
	Taro	73	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2957607/
	Yam	64	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2957607/
	Mexican tea	N/A	The II for the Mexican herb nopal is 36 https://www.researchgate.net/publication/264868472
	Walnut	7	https://www.researchgate.net/publication/26770180
	Beef tenderloin	51	II for topside lean beef steak https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Flank steak	51	II for topside lean beef steak https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Beer	20	https://ses.library.usyd.edu.au/handle/2123/11945 130 here https://academic.oup.com/ajcn/article/96/1/44/4571450
	White wine	3	https://ses.library.usyd.edu.au/handle/2123/11945
	Tea	N/A	II for ice tea is 95 https://www.researchgate.net/publication/26770180
	Coca-Cola	60	https://www.researchgate.net/publication/26770180
	Distilled beverage	1	II for 40% gin https://ses.library.usyd.edu.au/handle/2123/11945
	Cod	59	II for white fish https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Haddock	59	II for white fish https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Halibut	59	II for white fish https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Alaska pollock	59	II for white fish https://academic.oup.com/ajcn/article/66/5/1264/4655967














Image	Name	Insulin index	Source
	Swordfish	59	II for white fish https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Tuna	22	https://www.researchgate.net/publication/26770180 II for tuna in oil is 16. II for tuna in water is 26 https://ses.library.usyd.edu.au/handle/2123/11945
	Bass	59	II for white fish https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Baked beans	88	https://ses.library.usyd.edu.au/handle/2123/11945 II for canned navy beans in tomato sauce is 120 https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Kidney bean	69	II for dried kidney beans https://www.researchgate.net/publication/19614236
	Bean	34	II for four bean mix https://ses.library.usyd.edu.au/handle/2123/11945 88 for baked beans https://ses.library.usyd.edu.au/bitstream/handle/2123/11945/Bell_KJ_thesis_2.pdf?sequence=2&isAllowed=y
	Chickpea	N/A	The II for hummus is 52 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4730744/ The II for chickpeas with Lebanese bread is 243 https://www.researchgate.net/publication/19880445
	Lentil	58	II for lentils served in tomato sauce https://academic.oup.com/ajcn/article/66/5/1264/4655967 103 here https://www.researchgate.net/publication/19614236
	Cellophane noodles	38	II for mung bean noodles https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2957607/
	Peanut	20	https://academic.oup.com/ajcn/article/66/5/1264/4655967 17 here https://polyols-eu.org/wp-content/uploads/Publication.pdf
	Soy milk	10	https://www.medigraphic.com/pdfs/revinvcli/nn-2006/nn065j.pdf The II of white bread with soy milk is 111 https://www.researchgate.net/publication/6608811
	Hummus	52	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4730744/
	Peanut butter	15	https://www.researchgate.net/publication/26770180














Image	Name	Insulin index	Source
	Tofu	21	https://ses.library.usyd.edu.au/handle/2123/11945
	Lamb and mutton	21	II for grilled lamb https://ses.library.usyd.edu.au/handle/2123/11945
	Biscuit	48	II for plain arrowroot biscuit https://ses.library.usyd.edu.au/handle/2123/11945
	Bread	100	II for fresh white bread from wheat flour https://academic.oup.com/ajcn/article/66/5/1264/4655967 II for whole-meal bread is 96, and II for grain bread is 56.
	White Bread	100	II for fresh white bread from wheat flour https://academic.oup.com/ajcn/article/66/5/1264/4655967 82 here https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770275/
	Chocolate cake	82	II for chocolate cake with frosting https://academic.oup.com/ajcn/article/66/5/1264/4655967 88 in this study https://academic.oup.com/jn/article/133/10/3149/4687533
	Gingerbread	73	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770275/
	Pound cake	N/A	The II for vanilla cake is 67 https://www.researchgate.net/publication/5607016_
	Chocolate brownie	60	https://ses.library.usyd.edu.au/handle/2123/11945
	Butter cookie	N/A	II for cookies is 62 or 58 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770275/
	Saltine cracker	87	II for water crackers https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Cracker	87	II for water crackers https://academic.oup.com/ajcn/article/66/5/1264/4655967 71 in here https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770275/
	Croissant	79	https://academic.oup.com/ajcn/article/66/5/1264/4655967













Image	Name	Insulin index	Source
	French toast	79	https://pubmed.ncbi.nlm.nih.gov/2841177/
	Muffin	69	https://ses.library.usyd.edu.au/handle/2123/11945
	Pancake	58	https://ses.library.usyd.edu.au/handle/2123/11945
	Sweet roll	42	II for cinnamon swirl pastry https://ses.library.usyd.edu.au/handle/2123/11945
	Baker's yeast	N/A	II for cinnamon swirl pastry https://ses.library.usyd.edu.au/handle/2123/11945
	Chocolate chip cookie	92	https://academic.oup.com/ajcn/article/66/5/1264/4655967 33 or 67 here https://ses.library.usyd.edu.au/handle/2123/11945
	Apple pie	47	https://ses.library.usyd.edu.au/handle/2123/11945
	Pretzel	102	https://www.nature.com/articles/ejcn20169/tables/2 74 for fat-free pretzels https://ses.library.usyd.edu.au/handle/2123/11945 79 for wheat pretzel, 75 for soy pretzel https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3686824/
	White chocolate	63	https://academic.oup.com/jn/article/133/10/3149/4687533
	Ice cream	89	https://academic.oup.com/ajcn/article/66/5/1264/4655967 65 here https://ses.library.usyd.edu.au/handle/2123/11945 69 for vanilla ice cream
	Sherbet	89	https://ses.library.usyd.edu.au/handle/2123/11945
	Jelly bean	160	https://academic.oup.com/ajcn/article/66/5/1264/4655967 117 here https://ses.library.usyd.edu.au/handle/2123/11945
















Image	Name	Insulin index	Source
	Candy bar	37	The II for a Snickers bar https://ses.library.usyd.edu.au/handle/2123/11945
	Cocoa bean	N/A	Cococa powder increases II https://www.researchgate.net/publication/5607016_
	Custard	57	https://ses.library.usyd.edu.au/handle/2123/11945
	Pudding	80	https://academic.oup.com/jn/article/133/10/3149/4687533
	Rice pudding	62	II for vanilla pudding https://academic.oup.com/jn/article/133/10/3149/4687533
	Chocolate ice cream	71	https://academic.oup.com/jn/article/133/10/3149/4687533
	MARS	122	https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Honey	62	II for 7 types of honey https://www.researchgate.net/publication/236880818
	Fruit preserves	85	II for raspberry jam https://www.researchgate.net/publication/26770180
	Molasses	N/A	Decreases II response https://www.researchgate.net/publication/267871575
	Brown sugar	83	II for sucrose https://www.nature.com/articles/1600666.pdf?origin=ppub
	Corn syrup	N/A	The II for high-fructose corn syrup is 65 https://www.researchgate.net/publication/267871575
	Snickers	37	https://ses.library.usyd.edu.au/handle/2123/11945
	Potato chip	61	https://academic.oup.com/ajcn/article/66/5/1264/4655967 45 here https://ses.library.usyd.edu.au/handle/2123/11945
	Chocolate	34	II for milk chocolate https://ses.library.usyd.edu.au/handle/2123/11945 102 here https://polyols-eu.org/wp-content/uploads/Publication.pdf https://www.pnfs.or.kr/journal/view.html?uid=1409&vmd=Full















Image	Name	Insulin index	Source
	Sugar substitute	35	II for malitol https://pubmed.ncbi.nlm.nih.gov/19087388/
	Barley	46	https://www.nature.com/articles/ejcn201128/tables/3 70 here https://www.researchgate.net/publication/10758390 71 here https://www.researchgate.net/publication/21344061
	Cornmeal	N/A	https://www.researchgate.net/publication/238715976_
	Couscous	84	https://ses.library.usyd.edu.au/handle/2123/11945
	Millet	104	II for pearl millet https://www.researchgate.net/publication/21344061
	Bran	51	The II value for an oat product containing 45g of oat bran https://www.nature.com/articles/1602561/tables/2
	Brown rice	62	https://academic.oup.com/ajcn/article/66/5/1264/4655967 81 here https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2957607/
	Oat	75	The II value for an oat product containing 6g of oat starch https://www.nature.com/articles/1602561/tables/2
	Rice	79	https://academic.oup.com/ajcn/article/66/5/1264/4655967 IIs for Basmati and Jasmine rice are 57 and 76 https://pubmed.ncbi.nlm.nih.gov/25789978/
	Rye	N/A	Rye bread has an II of 73 https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-8-42/tables/5
	Tagliatelle	42	II for long pasta https://www.scielo.cl/scielo.php?script=sci_arttext&pid=S0717-75182010000400008
	Pasta	40	https://academic.oup.com/ajcn/article/66/5/1264/4655967 29 here https://ses.library.usyd.edu.au/handle/2123/11945
	Noodle	22	II for Hokkien noodles https://ses.library.usyd.edu.au/handle/2123/11945
	Spaghetti	46	The II for semolina spaghetti https://www.mdpi.com/2072-6643/13/2/451 42 here https://www.researchgate.net/publication/10758390 61 here https://www.nature.com/articles/1600718.pdf?origin=ppub





















Image	Name	Insulin index	Source
	Semolina	N/A	The II for semolina spaghetti is 53 https://www.md-pi.com/2072-6643/13/2/451/pdf
	Taco	24	https://ses.library.usyd.edu.au/handle/2123/11945
	Coleslaw	20	https://ses.library.usyd.edu.au/handle/2123/11945
	French fries	74	https://academic.oup.com/ajcn/article/66/5/1264/4655967 54 or 57 here https://ses.library.usyd.edu.au/handle/2123/11945
	Mashed potato	118	https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/protein-and-fat-modify-the-glycaemic-and-insulinaemic-responses-to-a-mashed-potatobased-meal/51D3162EA04C1473FD5C59C450CD0E9D
	Pizza	64	https://www.researchgate.net/publication/2677018047 for cheese pizza https://ses.library.usyd.edu.au/handle/2123/11945
	Chicken fingers	41	II for chicken nuggets https://ses.library.usyd.edu.au/handle/2123/11945
	Lasagne	34	II for beef lasagne https://ses.library.usyd.edu.au/handle/2123/11945
	Fettuccine	N/A	The II for long pasta is 42. https://www.scielo.cl/scielo.php?script=sci_arttext&pid=S0717-75182010000400008
	Penne	N/A	The II for short pasta is 118 https://www.scielo.cl/scielo.php?script=sci_arttext&pid=S0717-75182010000400008
	Rib eye steak	51	II for topside lean beef steak https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Steak	51	II for topside lean beef steak https://academic.oup.com/ajcn/article/66/5/1264/4655967
	Beefsteak	51	II for topside lean beef steak https://academic.oup.com/ajcn/article/66/5/1264/4655967 37 for grilled beef steak https://ses.library.usyd.edu.au/handle/2123/11945
	Beef	51	II for topside lean beef steak https://academic.oup.com/ajcn/article/66/5/1264/4655967

Image	Name	Insulin index	Source
	Tortilla	36	https://ses.library.usyd.edu.au/handle/2123/11945
	Rose hip	N/A	Reduces II https://d-nb.info/1098714520/34 The II of a fermented oatmilk drink with rose hip is 71 https://nutritionj.biomedcentral.com/articles/10.1186/s12937-018-0335-0/tables/3
	Juice	55	https://ses.library.usyd.edu.au/handle/2123/11945 II for apple juice is 64 https://www.researchgate.net/publication/26770180
	Vermicelli	N/A	The II for spaghetti is 46 https://www.mdpi.com/2072-6643/13/2/451/pdf
	Tomato sauce	41	https://ses.library.usyd.edu.au/handle/2123/11945
	Vegetable oil	3	II for olive oil https://ses.library.usyd.edu.au/handle/2123/11945



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