

<b>Insulin Index</b>		
<b>Fat &amp; Oils</b>	Butter	2
	Olive Oil	3
	Coconut Oil	3
	Avocado	6
	Peanut Butter	11
<b>Meat &amp; Protein</b>	Bacon	9
	Pork	11
	Duck	12
	Turkey	23
	Chicken	24
	Beef	51
	Fish-Cod	59
<b>Dairy</b>	Cream Cheese	8
	Sour Cream	8
	Eggs	31
	Whole Milk	40
	Cheese	45
	Ice Cream	89
	Yogurt	115
<b>Vegetables</b>	Leafy Greens	0
	Broccoli	3
	Cauliflower	6
<b>Legumes &amp; Nuts</b>	Pecans	5
	Walnuts	9
	Peanuts	20
	Lentils	58
<b>Fruit</b>	Berries	47
	Apple	59
	Orange	60
	Banana	81
	Grapes	82
<b>Rice, Pasta, Starch</b>	White Pasta	40
	Brown Pasta	40
	Brown Rice	62
	White Rice	79
	Potatoes	121
<b>Breads &amp; Cereal</b>	All-Bran	32
	Cornflakes	75
	White Bread	100

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