

THE CARB INDEX

(The Glycemic Index)

Foods That Trigger Insulin			
<i>Grains, Breads, Cereals, Vegetables</i>		<i>Sweeteners, Fruits, Dairy</i>	
White bread, baked potatoes	95	Maltose	105-150
Instant rice	90	Glucose	100
Cooked carrots	85	Raisins	95
French fries, pretzels, rice cakes	80	Honey	75
Corns flakes, corn on the cob, frozen or canned corn	75	Watermelon, dried apricots	70
Plain bagels, crackers, graham crackers, puffed wheat, sweetened cereals	75	Pineapple	65
White rice, taco shells, beets	70	Ice cream, ripe bananas	60
Spaghetti	60		
Foods That Trigger Less Insulin			
Brown rice, wild rice, oatmeal, sweet potatoes	55	Mango, kiwi	50
Yams	50	Peaches, plums	40
Green beans, green peas	45	Apples, oranges	40
Pinto and lima beans	40	Yogurt with fruit	35+
Kidney beans, black beans, butter beans; nuts (30 or below)	30	Milk, whole and skimmed	30+
Asparagus	20	Cherries, grapefruit	25
Green leafy vegetables, tomatoes	20	Yogurt plain, unsweetened	15

Figure 31.1 The Glycemic Index, a measure of how fast specific foods raise blood sugar.
 (Source: (c) 2021 Nancy Faass, MSW, MPH)

To support steady blood sugar or to lose weight, minimize food choices above 55 on the Index. (There are some surprises here. I thought rice cakes were healthy and maybe sweet potatoes weren't.)

First, go through the list included here and check the entries 55 and below that *you like*. Base your menus and your grocery list on these lower Index foods. If your goal is to lose weight, that will take the weight off gradually, and keep it off, without reducing your food intake, so no dieting needed and no skipping meals.

The end of dieting: For those of you who enjoy food, and don't like dieting, give this system a try. You need never go hungry again.

Weight Loss without Dieting - TheNeverDietDiet.com