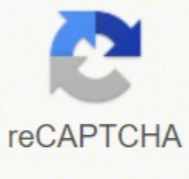




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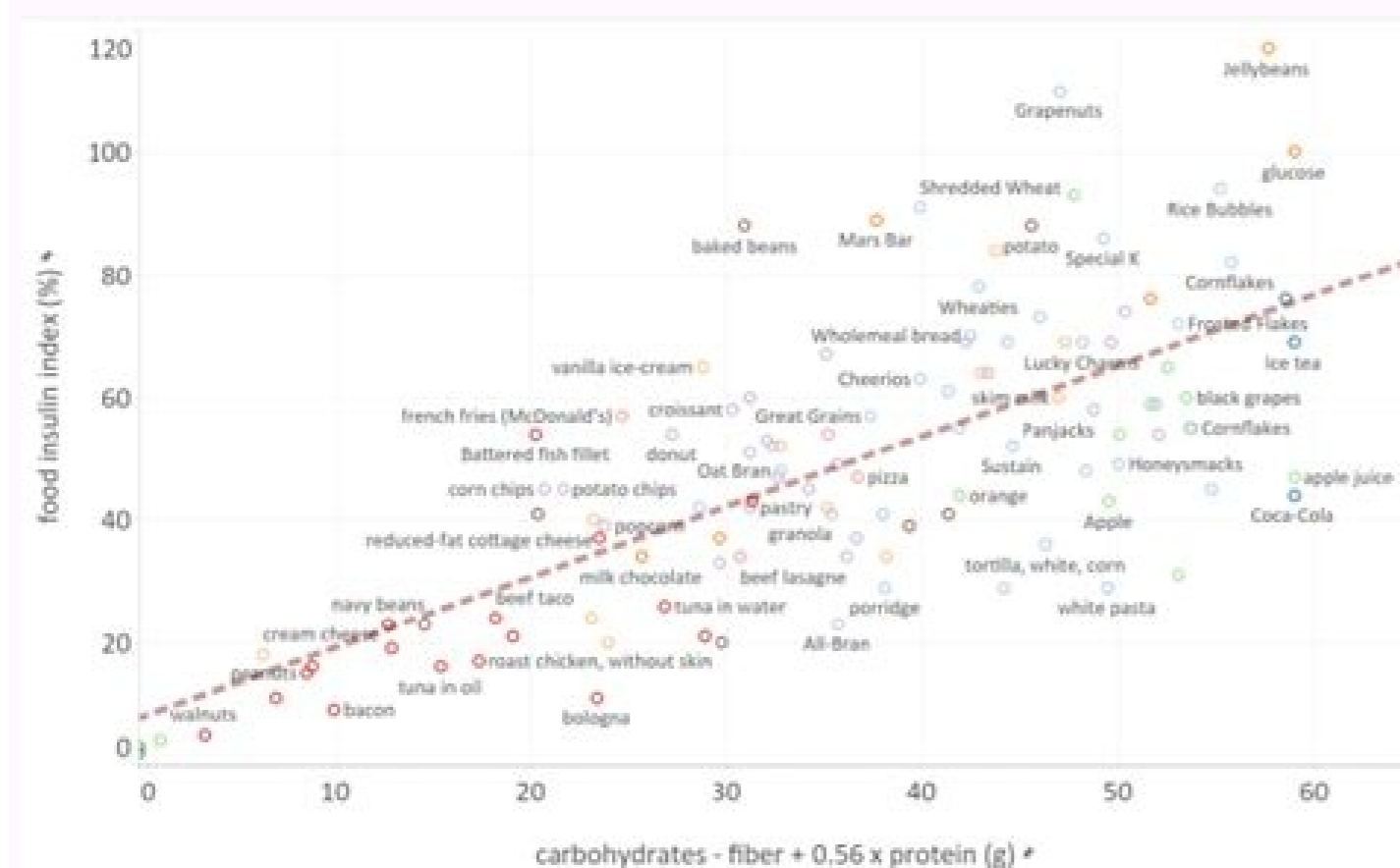


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## How is IIR Different from Glycemic Index

INSULIN INDEX	GLYCEMIC INDEX
Measures postprandial increase in insulin secretion from a whole food	Measures effect of carbohydrate-containing foods on postprandial increase in blood-glucose levels
Dependent on carbohydrate, quantity and quality of protein and fat and their interactions	GI is not always proportional to the insulin response



Mean average glucose, [1] insulin [1] and satiety scores [3]

Food	Food Type	Glycemic index	Insulin index	Satiety score
All-Bran	Breakfast cereal	40 ± 7	32 ± 4	151
Porridge	Breakfast cereal	60 ± 12	40 ± 4	209
Muesli	Breakfast cereal	43 ± 7	46 ± 5	100
Special K	Breakfast cereal	70 ± 9	66 ± 5	116
Honeysmacks	Breakfast cereal	60 ± 7	67 ± 6	132
Sustain	Breakfast cereal	66 ± 6	71 ± 6	112
Cornflakes	Breakfast cereal	76 ± 11	75 ± 8	118
<b>Average:</b>	Breakfast cereal	59 ± 3	57 ± 3	134
White bread (baseline)	Carbohydrate-rich	100 ± 0	100 ± 0	100
White pasta	Carbohydrate-rich	46 ± 10	40 ± 5	119
Brown pasta	Carbohydrate-rich	68 ± 10	40 ± 5	188
Grain bread [n 1]	Carbohydrate-rich	60 ± 12	56 ± 6	154
Brown rice	Carbohydrate-rich	104 ± 18	62 ± 11	132
French fries	Carbohydrate-rich	71 ± 16	74 ± 12	116
White rice	Carbohydrate-rich	110 ± 15	79 ± 12	138
Whole-meal bread [n 2]	Carbohydrate-rich	97 ± 17	96 ± 12	157
Potatoes	Carbohydrate-rich	141 ± 35	121 ± 11	323
<b>Average:</b>	Carbohydrate-rich	88 ± 6	74 ± 8	158.6
Eggs	Protein-rich	42 ± 16	31 ± 6	150
Cheese	Protein-rich	55 ± 18	45 ± 13	146





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