



Balancing Nutrition
Tu cuerpo en Equilibrio

Insulin index

Lamb's fat	0,5%	Pumpkin	14%	Full fat milk	40%
Butter	2%	Almonds	14%	Half hard cheese or fresh cheese	43%
Olives or olive oil	3%	Cheddar cheese	15%	Forest fruits	49%
Cream (30%+)	4%	Sunflower seeds	15%	Lean beef, chicken or turkey	51%
Pecan or Macadamia	5%	Chia seeds	15%	Popcorn	54%
Avocado	6%	Egg yolk	15%	Egg white	55%
Coconut	7%	Hard cheese	16%	Clams or lean fish	59%
Cream cheese	8%	Pistachio	19%	Sweet potato	61%
Fatty meat lamb or beef (50%)	9%	Cabbage salad	20%	Brown rice	62%
Walnuts/ pine nuts	9%	Swiss cheese (half hard)	21%	Banana	84%
Pepperoni (no mono sodium)	10%	A whole egg/ salmon	21%	Whole grain bread	96%
Tahina	11%	Dark choc (85%+)	22%	White bread	100%
Peanut butter	11%	Turkey (not lean)	23%	Cooked white/brown beans	100%
Codfish	12%	Chicken (not lean)	24%	Sweetened yogurt	

Fatty goose or duck	12%	Quinoa or buckwheat	29%	Potatoes	121%
Peanuts	13%			Milk chocolate	160%