

Glycemic Index And Insulin Index Of Palmyrah based products



Low glycemic index
54

Medium insulin index
62

Jaggery

GI	GI Rating	Effect
HIGH GI	≥ 70	Rapid increase in blood sugar levels
MEDIUM GI	56-69	Moderate increase in blood sugar levels
LOW GI	≤ 55	Slow increase in blood sugar levels

Glycemic index classification

Low glycemic index
52

Medium insulin index
69

Odiyal pittu

Scraped coconut

Salt

Odiyal flour

Odiyal flour soaked in water

Odiyal flour

Odiyal

Fresh Tuber

Boiled tuber

pullukodiya

pullukodiya flour

Scrapped coconut

sugar

Pullukodiya flour snak

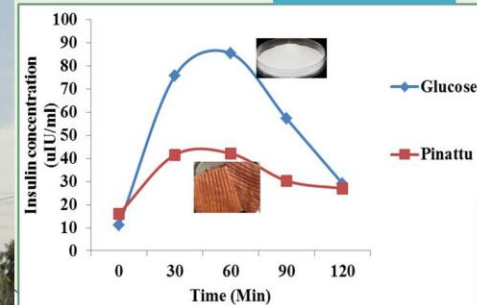
Medium glycemic index
60

Low insulin index
40



Low glycemic index
53

Panattu



Fruit pulp



Low insulin index
36

High Glycemic Foods
= 70+ (STOP - Try to Avoid)

Moderate Glycemic Foods
= 55-69 (Use with Caution)

Low Glycemic Foods
= 0-54 (GO - Ideal to Consume)