

ROMANO'S FOUNDATION PROGRAM
Diet for diabetics

Diabetics should be aware of the intake of glucose and carbohydrates in their diet, since these have the ability to spike up the blood glucose level. If you are a Type 1 Diabetic it is advisable to keep your insulin intake under supervision of your physician. The diet stabilizes your blood glucose level. Symptoms of diabetes might disappear or lessen. A uncontrolled intake of insulin or tablets could eventually end up in feeling more sick.

Meat, Poultry and Fish:

- Pork, beef, goat, lamb, chicken, duck & turkey. Other wild meat and all sorts of fish

including shellfish as shrimp, lobster and crab (be moderate with the usage of redmeat)

- Whole wheat or multi grain bread or crix. **Not more than 3 slices bread or 5 crix p/day**
- Soya and tofu
- Beans and peas (max 1lbs p/day)
- Brown rice (max 4 tbs p/day)
- Whole-wheat pasta (not more than 1 cup 2 times p/week.

EGGS : max 2 eggs a day. (do not remove yolk) According to double blind studies eggs have no contribution to high cholesterol considering the amount of lecithin present in the yolk

Vegetables:

- All sorts of vegetables. Use in moderation pumpkin, carrots, plantain and squash
- 1 Potato/ 1 cassava/ 1 sweet potato/ 1 plantain every 2 days

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Fruit:

- All sorts of fruit. Use in moderation mango, pineapple, avocado, watermelon and bananas.

Drinks: (per day)

- Tea with Splenda and skimmed milk (max. 1 teaspoon of brown sugar)
- Decaf coffee with Splenda and creamer or skimmed milk

(Max. 1 teaspoon of brown sugar)

- 1 Diet Coke or Sprite Light
- Max. 3 bottles of Diet Busta or Viva water
- Water (unlimited)
- 1 glass of coconut water
- 1 glass of red / white wine
- 1 glass unsweetened juice
- Yogurt max. 240mg p/day (normal or light)
- Skimmed milk max. 240mg p/day

(All boxes of juices and other drinks marked “light” should be checked. The Amount of carbohydrates and sugar should not be more than 10 grams per. 240ml.)

Snacks:

- A hand full of all sorts of nuts
- 1 piece of cake (150 grams) (twice a week)/ 50 grams pure chocolate
- Cereals/ Quaker oats/ corn flakes
- 3 slices of (any) cheese

If you are overweight it is advisable that you lose some of your excess weight. This diet cannot be used as a weight loss diet. Physical activity of 20-45 minutes, 3-4 times per week is recommended.

Be moderate with the usage of alcoholic beverages.

Eat on time and drink a minimum of 6- 10 glasses of liquid per day.

If you smoke, quit smoking as soon as you can. Do not use herbs you cannot do research about. According to scientific study CINNAMON and CHROMIUM PICOLONATE have proven to stabilize blood glucose.