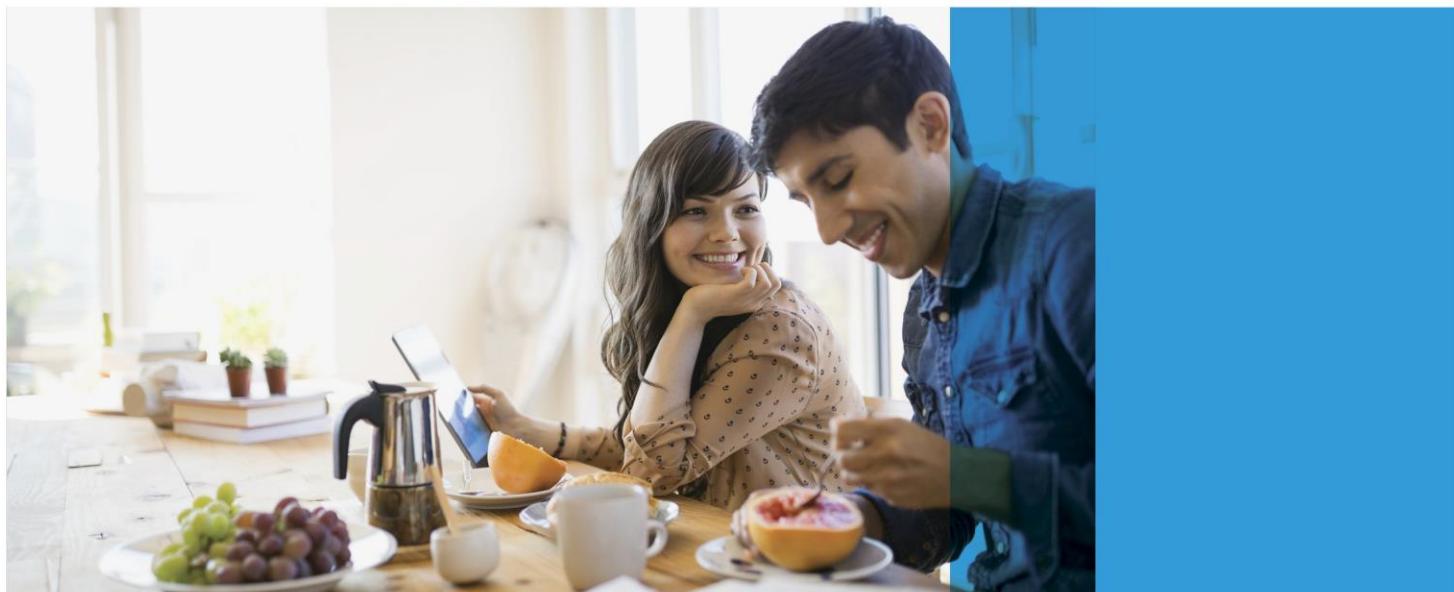


## Common myths about type 2 diabetes



There are a lot of myths about diabetes out there. Let's see if we can clear up a few, that may be keeping you from taking care of yourself properly.

### **Myth: I can't eat sweets or chocolate if I have diabetes.<sup>1</sup>**

There are no foods that are completely off limits – it's all a question of how much and how often. You can continue to eat sweets and desserts as part of a healthy meal plan, in moderation, and combined with regular exercise. It's best to talk to your healthcare provider to understand the diet that's best for you.

### **Myth: I'll have to eat special "diabetic food."<sup>1</sup>**

You eat the same food as other people. "Diabetic" and "dietetic" versions of foods containing sugar offer no special benefit. They still raise blood glucose levels, are often more expensive, and can also have a laxative effect if they contain sugar alcohols.

### **Myth: I can't have bread, potatoes or pasta.<sup>1</sup>**

Yes, you can! These are characterized as starchy foods, and they're part of a healthy meal plan. What's important is the portion size. Whole-grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks.

### **Myth: I can't have diabetes. I have no symptoms!**

You can have type 2 diabetes for many years and not know it. When it's undetected and uncontrolled, diabetes can cause tremendous damage to your body, from blindness to kidney failure.<sup>2</sup> Remember that diabetes can't be cured, but it can be managed. And type 2 diabetes can often be prevented with recommended lifestyle changes in food and exercises, as well as managing your stress levels.<sup>4</sup>

### **Myth: Diabetes isn't life threatening.**

False. Diabetes can kill you. In 2017, diabetes was the seventh leading cause of death in the US. And it may be underreported as the cause of death.<sup>3</sup>

1. <https://www.diabetes.org/diabetes-risk/prediabetes/myths-about-diabetes>, accessed on March 22, 2021
2. <https://www.webmd.com/diabetes/guide/understanding-diabetes-symptoms>, accessed on March 22, 2021
3. U.S. Department of Health and Human Services Centers for Disease Control and Prevention, "National Diabetes Statistics Report 2020. Estimates of Diabetes and Its Burden in the United States," 2020
4. <https://www.diabetes.org/diabetes/type-2>, accessed on March 22, 2021

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