

Type 2 Diabetes Myths

You should avoid fruits if you are prediabetic or diabetic.

Myth- Eating fruit is really important as it offers fibre (preventing sugar spike), vitamins and minerals. Although whole fruit is sweet, your body processes the sugar in whole fruit (fructose) differently from free sugars. Avoid drinking a lot of fruit juice as it lacks in these essential nutrients and can give you blood sugar spike.

You must follow a diabetic diet.

Myth- There is no such thing as a diabetic diet and you don't need one. The so called 'Diabetic Foods' doesn't have any special health benefits that you can't get from eating healthily. Your food and drink choices are so important and can make a big difference to your health and wellbeing.

Fat is fat-it's all the same.

Myth- Fats are an essential part of our diet, supporting vitamin absorption, growth and development, and hormone balance. However, diets high in saturated or highly processed fats can negatively affect our health. Unsaturated fats (poly & Mono) offer significant health benefits.

Skipping meals helps with blood sugar control

Myth- Skipping meals can cause blood sugar spikes and energy crashes, increasing cravings for high-sugar foods. Eating a variety at regular intervals helps stabilize blood glucose levels and overall energy.

Fresh vegetables are always more nutritious than frozen.

Myth- Frozen vegetables and fruits, when frozen soon after harvest, retain their nutrients and can be just as nutritious—or even more so—than fresh produce. They're also a convenient, affordable option that helps reduce food waste.

You can drink alcohol.

Myth-Alcohol guidelines are the same as for anyone else. However, Alcohol can affect your blood sugar and increase the risk of both hyper and hypo (if you are on diabetes treatment).

Only people who are overweight get Type 2 Diabetes

Myth- Type 2 Diabetes isn't just linked to weight. Risk factors also include genetics, ethnicity and other health conditions like high BP. People with healthy weight can also develop T2 Diabetes. Activity levels, sleep and stress levels can also impact.

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You don't need to cut down on salt.

Myth-It's true that it doesn't affect your blood sugar but too much salt can increase fluid retention, which increase your blood pressure, and the risk of heart disease and stroke.

You need to cut out sugar.

Myth-You don't need to cut out sugars from fruits, vegetables, and milk (natural sugars). But limiting the free sugars you get from fizzy drinks, fruit juices, cakes, biscuits and other prepared snacks and meals can help with blood sugar management and general health.

Apple cider vinegar can cure diabetes.

Myth- While apple cider vinegar have minor benefits for digestion or blood sugar regulation, it does not cure diabetes. A balanced diet and healthy lifestyle habits are the most effective ways to manager and prevent T2 Diabetes.

You don't need to focus on plant-based foods for gut health.

Myth- A diet rich in plant-based foods not only supports gut health, but also improves nutrient absorption, reduces inflammation, and helps regulate blood sugar and cholesterol levels.

Only formal exercise helps control blood glucose.

Myth- Even small amounts of physical activity, as little as 10-15 walk can improve blood glucose management and improve insulin sensitivity. Aim for Frequency and Consistency over Duration and Intensity.

Sleep doesn't affect appetite or metabolism.

Myth- Good quality and quantity sleep regulates hunger and fullness hormones. Sleep deprivation increases ghrelin (the hunger hormone) and lowers leptin, leading to increased appetite and slower metabolism.

All stress is bad.

Myth- Stress is a natural survival response. Short-term stress can be beneficial, but chronic, long-term stress negatively affects health by increasing the risk of metabolic dysregulation.