

Type 2 Diabetes Myths and Facts



Myth- You should avoid fruits if you are prediabetic or diabetic

Fact- Eating whole fruit is really important as it offers fibre (important for gut health and prevent sugar spike), vitamins and minerals. Sugar in whole fruit (fructose) is processed differently when consumed as part of balanced diet.

Myth- You must follow a diabetic diet

Fact- 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 important and can make a big difference to your health and wellbeing.

Myth- Skipping meals helps with blood sugar control

Fact- Skipping meals can cause blood sugar spikes and energy crashes, increasing cravings for high-sugar foods. Eating a variety in right portion at regular intervals helps regulate blood glucose levels and improve overall energy.

Myth- Fresh vegetables are always more nutritious than frozen

Fact- 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.

Myth- You can drink alcohol

Fact- 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).

Myth- You need to cut out sugar

Fact- 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.

Myth: Apple cider vinegar can cure diabetes

Fact: While apple cider vinegar have minor benefits for digestion or blood sugar regulation, it does not cure diabetes and is not suitable for all. Balanced diet and healthy lifestyle are the most effective ways to manage and prevent T2 Diabetes



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Myth- You don't need to cut down on salt

Fact- 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.

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

Fact- 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. Good gut health support mental wellbeing.

Myth- Fat is fat-it's all the same.

Fact- 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. Poly and mono-unsaturated fats offer significant health benefits.

Myth- Only people who are overweight get Type 2 Diabetes

Fact- 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.

Myth- Only formal exercise helps control blood glucose

Fact- Even small amounts of regular physical activity, as little as 10-15 walk can improve blood glucose management and improve insulin sensitivity.

Myth- Sleep doesn't affect appetite or metabolism

Fact- 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.

Myth- All stress is bad

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