



## The Truth About Diabetes

### **Myth #1 Only children get Type 1 diabetes.**

The truth – Any one at any age can get Type 1 or Type 2 diabetes. Sadly more overweight and inactive children are getting Type 2.



### **Myth #2 Nothing can prevent Type 2 Diabetes.**

The truth – Type 2 can be prevented or at least delayed.

- ▶ by losing 5-7% of current weight if a person is overweight
- ▶ by being active for 30 minutes a day 5 or more days a week.



**Myth #4 Diabetes complications can't be prevented.** The truth – Good blood glucose can reduce complications.

### **Myth # 3 To control diabetes, you must lose to an ideal body weight.**

The truth – Losing 10-20 pounds may help lower blood glucose.



### **Myth # 5 If you take insulin, you have Type 1 Diabetes.**

The truth – People with Type 2 diabetes also take insulin. If at one time someone did not need diabetes medicine or only took diabetes pills, they probably have Type 2 diabetes.



**Myth #6 A person on insulin has a more serious type of diabetes.**

The truth – **All diabetes is serious!**

**Myth #8 People with diabetes cannot eat sugar.**

The truth – Equal amounts of carbohydrate from sugar or starch will raise blood glucose to the same level.



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**Myth #7 A person can “feel” whether blood glucose is high.**

The truth – The only way to tell if blood glucose is high is by checking with a blood glucose monitor.



**Myth #9 The Diabetic Meal Plan requires special foods.**

The truth - People with diabetes can eat regular food. They just need to prepare it with less fat, salt and sugar.



**Myth #10 My family will not eat the foods on the diabetic meal plan.**

The truth – The healthy way that people with diabetes eat is the way everyone should eat. We would have less diabetes, high blood pressure and heart disease if everyone ate these good foods.

