

Fact or Fiction:

You have to be overweight to get  
Type 2 diabetes; thin people  
don't get it.

# Answer: Fiction

Being overweight is a risk factor for developing diabetes, but other risk factors such as family history, ethnicity, and age also play a role. Most overweight people never develop Type 2 diabetes, and many people with Type 2 diabetes are at a normal weight.

Fact or Fiction:

Eating too much sugar or sweets  
causes diabetes.

# Answer: Fiction

The answer is not that simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of diabetes. Type 2 diabetes is caused by genetics and lifestyle factors. A diet high in calories from any source contributes to weight gain and more resistance to the action of insulin in the body.

# Fact or Fiction

People with diabetes do not need to eat special “diabetic” foods.

# Answer: Fact

A healthy food plan for people with diabetes is generally the same as a healthy diet for anyone-low in fat, moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. Diabetic or dietetic foods offer no special benefit. Most of them still raise blood sugar levels, are more expensive, and can cause diarrhea if they contain sugar alcohols.

Fact or Fiction:

Starting insulin means your diabetes is worse and you're failing to take care of your diabetes properly.

# Answer: Fiction

For most people, Type 2 diabetes is a progressive disease. When first diagnosed, many people can control blood sugars with healthy diet, regular exercise, and oral medications, if needed. Over time, the body gradually makes less insulin, so you need to take insulin injections to replace what your body doesn't make.



Fact or Fiction:

You can't tell if you're OK by how you feel; you need to test your blood sugars to know what is really happening.

# Answer: Fact

Studies have shown that people are very inaccurate at guessing their blood sugar levels by how they feel. Also, some of the symptoms of high and low blood sugar are the same. A person's body can get used to having high blood sugar and they feel "bad" when it goes into the normal range. People who have frequent low blood sugars lose the ability to sense when blood sugars are dropping.

Fact or Fiction:

Switching from regular pop to milk or juice will help improve blood sugar levels.

# Answer: Fiction

Fruit and milk are healthier than regular pop; they provide important vitamins and minerals. However, both fruits and milk products are sources of natural sugars, or carbohydrates. If portion sizes are too large, they can cause blood sugars to go up.

Fact or Fiction:

If I try really hard to work on lowering my blood sugars right before my doctor's appointment, my A1c test will be better.

# Answer: Fiction

The A1c test shows your average blood sugar control over the past 3 months. It doesn't change quickly, so if your blood sugars improve just before the test, it won't show that.