

Diabetes Myths

True or False?

Eating too much sugar causes diabetes.



It's False!

The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and **lifestyle**

factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugar-sweetened beverages include beverages like:

- regular soda
- fruit punch
- fruit drinks
- energy drinks
- sports drinks
- sweet tea
- other sugary drinks

These will raise blood glucose and can provide several hundred calories in just one serving!

- Just one **12-ounce can of regular soda has** about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in **10 teaspoons of sugar!**
- **One cup of fruit punch** and other sugary fruit drinks have about 100 calories (or more) and 30 grams of carbohydrate. This is the same amount of carbohydrate in over **7 teaspoons of sugar!**

If you are overweight or obese, you will eventually develop type 2 diabetes.



It's False!

Being overweight **is** a risk factor for developing this disease, **but** other risk factors such as **family history, ethnicity and age** also play a role.

Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

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True or False?

People with diabetes can enjoy sweets and sugary foods on occasion.



It's true!

People with diabetes can enjoy sweets and sugary foods on occasion.

The current ADA guidelines suggest that you should be most concerned about the total amount of carbohydrate you consume instead of the sources. You also need to be concerned about eating similar amounts of carbohydrate from meal to meal, unless you take insulin several times a day and adjust your doses based on the amount of carbohydrate you eat.

For people who need to lose weight and for those interested in eating healthfully, the ADA recommends you eat only small amounts of foods containing added sugar because these foods are likely high in calories and possibly fat.

Aspartame, an artificial sweetener, causes Alzheimer's disease.



It's false!

Aspartame has not been shown to cause Alzheimer's disease.

Negative allegations that associate aspartame with dementia are not based on science. Leading diabetes authorities -- such as the American Diabetes Association, the American Dietetic Association, and the American Medical Association -- agree that aspartame is safe for people of all ages, including people with diabetes. The body breaks down aspartame into the amino acids aspartic acid and phenylalanine, as well as a small amount of methanol. These components are found naturally in foods such as meats, milk, fruits, and vegetables, and in higher amounts than what you'd consume by using aspartame. Your body uses these components in exactly the same way, whether they come from common foods or aspartame. Aspartame, along with other sugar substitutes, offers people with diabetes greater variety and flexibility in food choices and helps them satisfy sweet cravings. But like most things in life-use **in moderation**.