

Myths and Facts

Myths

Individuals with diabetes should **never consume sugar**

Individuals with diabetes **cannot exercise**

Individuals with diabetes can be **cured by taking insulin**

Facts

With good diabetes control and knowing your personal requirements, **you may be able to include some sugars into your daily eating plan.**

You can safely exercise as long as you can keep a close watch on your blood sugar levels. If you are on insulin and oral tablets like sulphonylureas, adjust your dose if necessary, and pack some snacks to consume in the event of hypoglycaemia (low blood sugar).

Taking insulin helps you manage the condition, but it will not make the disease go away.

