

Myths VS FACTS

4 common myths debunked about diabetes



Only overweight people get diabetes

Diabetes transcends body types, affecting individuals irrespective of their weight



Diabetes is easy to control with medication alone

Lifestyle changes are fundamental to effective diabetes management



'Brown sugar is healthier than white sugar, syrup or honey

All sugars impact blood-sugar levels



Diabetic patients cannot eat carbohydrates or foods containing sugar

Carbohydrates can be part of a balanced diet, portion control is key



**For confidential assistance on health matters, contact your
EMPLOYEE WELLNESS PROGRAMME
SMS your name to 31581**