

November is Diabetes Month!



Myth or Truth?

People with diabetes need the same healthy food as everyone else and can eat sugar/sweets without losing blood sugar control.

November is Diabetes Month!

Myth or Truth?

People with diabetes need the same healthy food as everyone else and can eat sugar/sweets without losing blood sugar control.

- **All foods raise blood sugar, not just sweets.**
- **Starches and sugars (carbohydrates or carbs) raise blood sugar much more than protein and fats.**
- **Desserts and sweets can be part of a healthy diet for EVERYONE - moderation + combination are key.**

November is Diabetes Month!

Myth or Truth?

Losing ~10% of your body weight can help diabetes control.

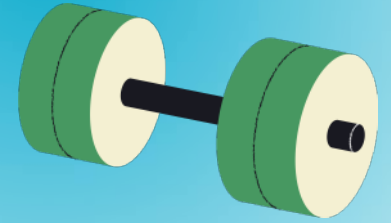
November is Diabetes Month!

Myth or Truth?

Losing ~10% of your body weight can help diabetes

- If insulin resistance (fat around the cells, creating a barrier, making it harder to accept insulin) is an issue, losing ~10-15% of body weight can improve insulin insensitivity.
- However, it's possible to control blood sugars without losing weight by:
 - Testing blood sugars
 - Managing a balanced diet
 - Being active
 - Taking medications as prescribed

November is Diabetes Month!



Myth or Truth?

***Exercise has to be difficult or painful
to be helpful in managing blood
sugars.***



November is Diabetes Month!

Myth or Truth?

Exercise has to be difficult or painful to be helpful in managing blood sugars.

The Truth:

- Exercise helps sugar (glucose) get into the body cells, which lowers blood sugar.
- Exercise also uses up *stored sugar* in the liver and muscles. Blood sugar then moves into the liver and muscles, making your blood sugar levels go down!
- Small increases in movement over time will make a difference in your blood sugars.

November is Diabetes Month!



Myth or Truth?

Stress can raise blood sugar levels.

November is Diabetes Month!

Myth or Truth?

Stress can raise blood sugar levels.

- **Stress causes your body to release hormones that can raise your blood sugar and your blood pressure.**
- **Stressors can be out of your control, but do your best to try to manage what you can. This can include:**
 - **Seeking out mental health support**
 - **Exercise**
 - **Cultural practices**
 - **Or participating in joyful hobbies like beading, dancing, gardening, or spending time outdoors.**

November is Diabetes Month!



Myth or Truth?

Sleep doesn't affect your blood sugar.

November is Diabetes Month!

Myth or Truth?

Sleep doesn't affect your blood sugar.

The Truth:

- Poor sleep can impact your blood sugar control. Waking up in the night could be because of low blood sugar, high blood sugar, or other reasons. Each time we wake up, our body releases sugar, which raises our blood sugar levels.
- If you feel like you aren't sleeping well at night, talk to your healthcare team.

November is Diabetes Month!



Myth or Truth?

People with diabetes should avoid snacking.

November is Diabetes Month!



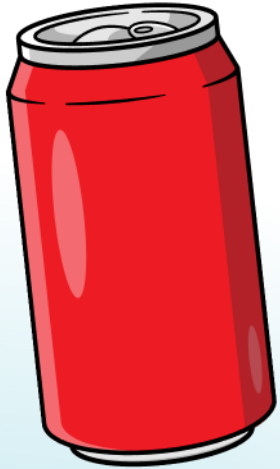
Myth or Truth?

People with diabetes should avoid snacking.

The Truth:

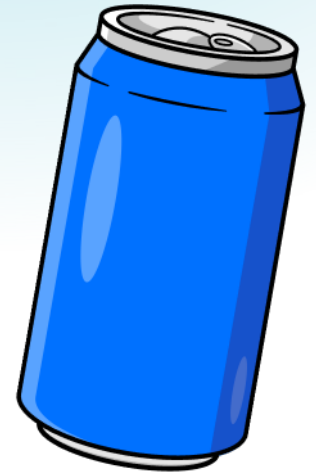
- Having balanced snacks in between meals can help maintain more stable blood sugars throughout the day.
- If you like to snack, have a snack with fibre, protein, and healthy fats. Example: whole wheat toast (fibre) and peanut butter (protein + fat)

November is Diabetes Month!



Myth or Truth?

Drinking diet or zero sugar pop is unhealthy for people with diabetes.



Myth or Truth?

Drinking diet or zero sugar pop is unhealthy for people with diabetes.

The Truth:

- **Pop without real sugar in it (examples: diet pop, zero sugar pop) will not raise blood sugars, making it a better choice than regular pop for blood sugar control.**
- **An artificial (fake) sweetener is used in these drinks instead of sugar. One of the most common artificial sweeteners is called aspartame. Aspartame is safe to drink or eat in small amounts.**
- **Some other health conditions can make it unsafe to drink pop. Talk to your healthcare team if you aren't sure whether you should drink pop or not.**