



## ASK THE EXPERT

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#### BUSTING FOOD MYTHS FOR DIABETICS

**Myth:** People with diabetes must follow a strict diet.

**Reality:** They can eat the same food that the rest of their family members eat. Everyone, irrespective of whether they have diabetes

or not, should eat a healthy diet that includes fruits, green vegetables, whole grains, proteins and heart-healthy fats.

**Myth:** No starchy foods if you have diabetes.

**Reality:** Carbohydrate is one of the main energy sources for the body. Even diabetics

need some carbohydrate in their diet and starchy food such as *chapati*, rice, pasta and also fruits, milk, yogurt, desserts et al, are rich in carbs and can be included in the diet.

**Myth:** Never succumb to food cravings if you have diabetes

**Reality:** We all go through food craving phases. We often see people who completely cut out on all sweets and reduce the quantity of food way too much as they want to lose weight. But this is not right.

Always remember portion control.

**Myth:** Low-sodium diet is a must for people with diabetes.

**Reality:** There's no reason to reduce salt and sodium from your diet. However, if you have high blood pressure, it is recommended that you control the intake of sodium. The best way to cut down extra sodium is to stay away from canned

food items including soups, fruits, salad dressings, *papad*, pickles, and others.

**Myth:** Fat doesn't affect blood glucose levels

**Reality:** This is wrong. A fat-rich meal slows down digestion. Saturated fats (red meat, butter, cheese, whole milk etc) or trans-fats (common in fast foods, ready-to-eat snacks, margarine etc) must be avoided.

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