There are a lot of myths about diabetes out there. Let’s see if we can clear up a few, that may be keeping you from taking care of yourself properly.1,2

**Myth: I can’t eat sweets or chocolate if I have diabetes.**

There are no foods that are off limits. You can continue to eat sweets and desserts as part of a healthy meal plan, in moderation, and combined with exercise. It’s best to talk to your health care provider to understand the diet that’s best for you.

**Myth: I’ll have to eat special “diabetic food.”**

You eat the same food as other people. Diabetic and “dietetic” versions of foods containing sugar offer no special benefit. They still raise blood glucose levels, are often more expensive, and can also have a laxative effect if they contain sugar alcohols.

**Myth: I can’t have bread, potatoes or pasta.**

Yes, you can! These are characterized as starchy foods, and they’re part of a healthy meal plan. What’s important is the portion size. Whole-grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks.

**Myth: I can’t have diabetes. I have no symptoms!**

You can have type 2 diabetes for many years and not know it. When it’s undetected and uncontrolled, diabetes can cause tremendous damage to your body, from blindness to kidney failure. Remember that diabetes can’t be cured, but it can be controlled. And type 2 diabetes can often be prevented with recommended lifestyle changes in food and exercises, as well as managing your stress levels.

**Myth: Diabetes isn’t life threatening.**

False. Diabetes can kill you. In 2010, diabetes was the seventh leading cause of death in the US. And it may be underreported as the cause of death.3