

MYTHBUSTING

WITH YOUR DIABETES EDUCATOR

"Diabetes is caused by eating sugar".

"White sugar, raw sugar, honey, golden syrup - they're all sugar".

"Coconut oil is not the healthiest type of oil".

"ONLY OLD PEOPLE GET DIABETES".

"I need to check my blood sugar eight times a day if I have diabetes".

"FROZEN AND TINNED VEGGIES CAN BE AS HEALTHY AS FRESH".

"Diabetes is hereditary".

"IT'S OK TO WALK BAREFOOT SOMETIMES".

"DIABETES IS CONTAGIOUS".

Not sure about the answer? Why not book an appointment with our diabetes educator to find out more about your health today? Don't leave it until tomorrow!