

MyCARE

With me, every step of the way



“Let’s look at the
**COMMON MISCONCEPTIONS
REGARDING NUTRITION**
while managing Diabetes”

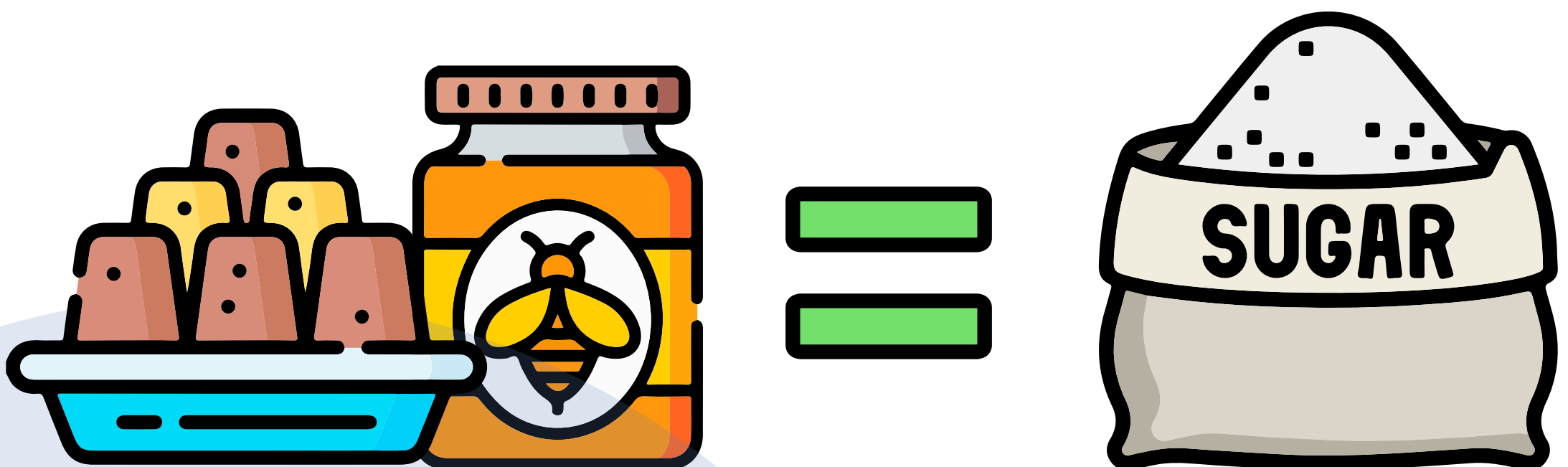


MYTH

**JAGGERY AND HONEY
CAN BE USED INSTEAD
OF SUGAR TO AVOID A
RISE IN BLOOD SUGAR
LEVELS.**

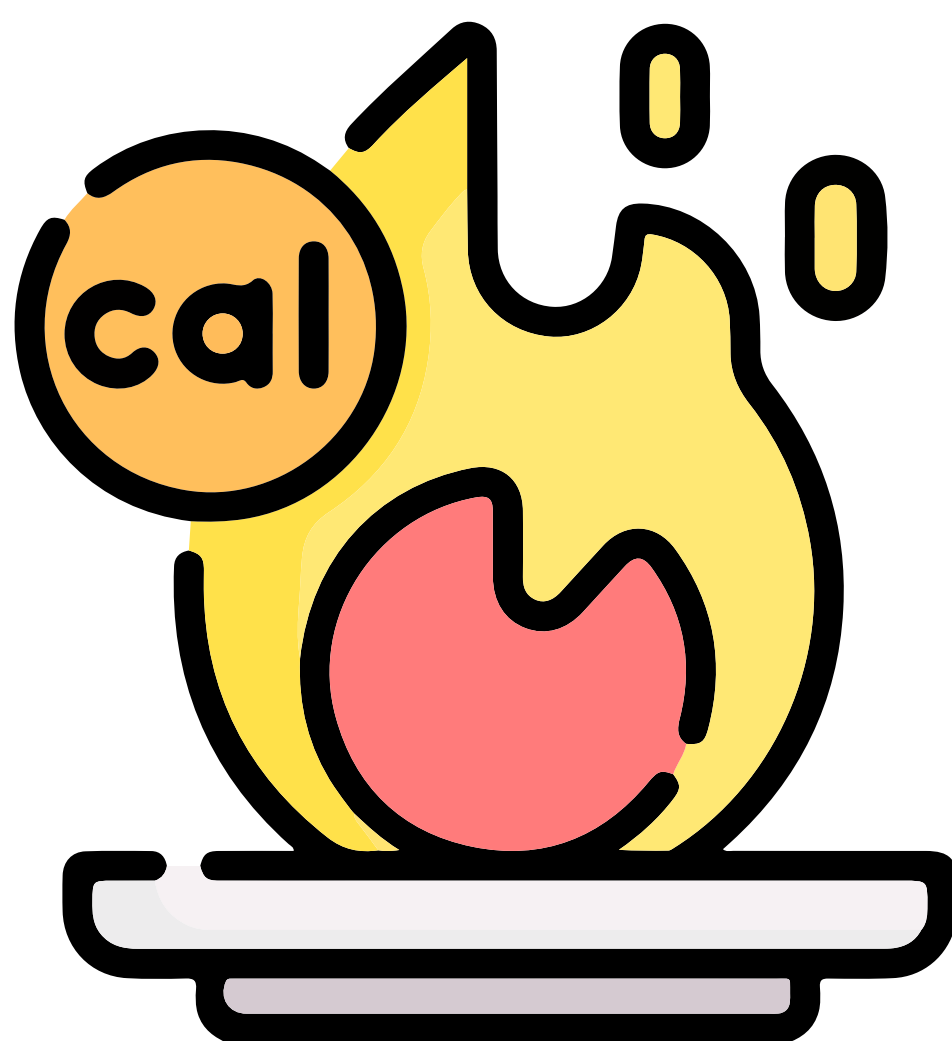
THE FACT IS

Sugar, jaggery, and honey are all forms of simple sugar and have a similar impact on the blood sugar levels.

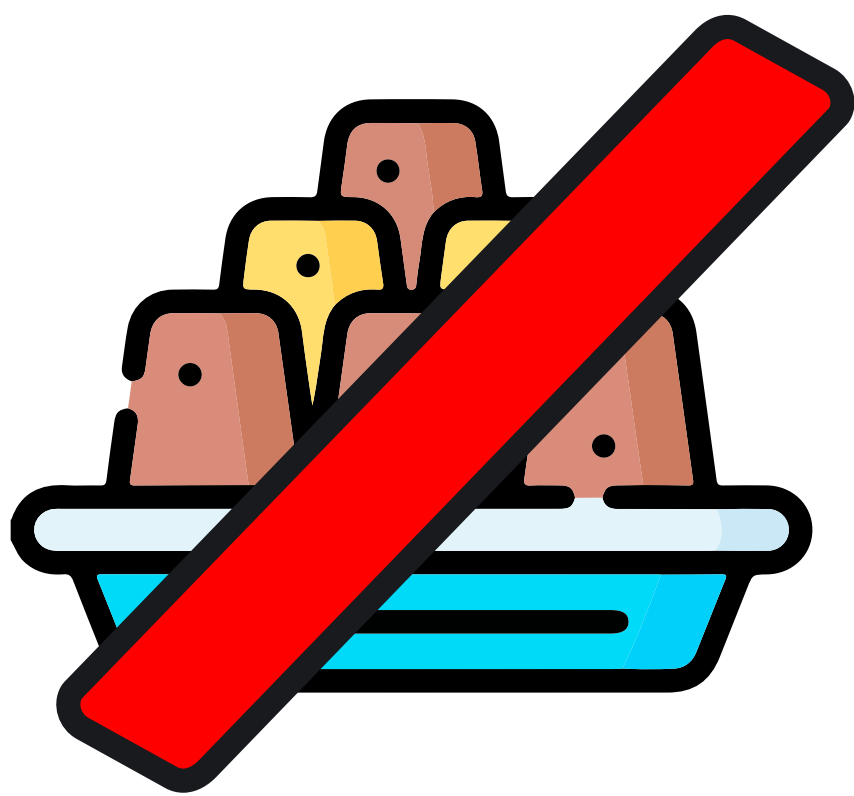


ONLY THE MAKING PROCEDURE FOR ALL THREE IS DIFFERENT.

They are all similar in calories all of which come from carbohydrates and so they cause similar blood glucose spikes.



HENCE, JAGGERY AND HONEY CANNOT BE USED LIBERALLY in place of sugar. Either of them can be used in controlled portions only depending on the blood glucose control.

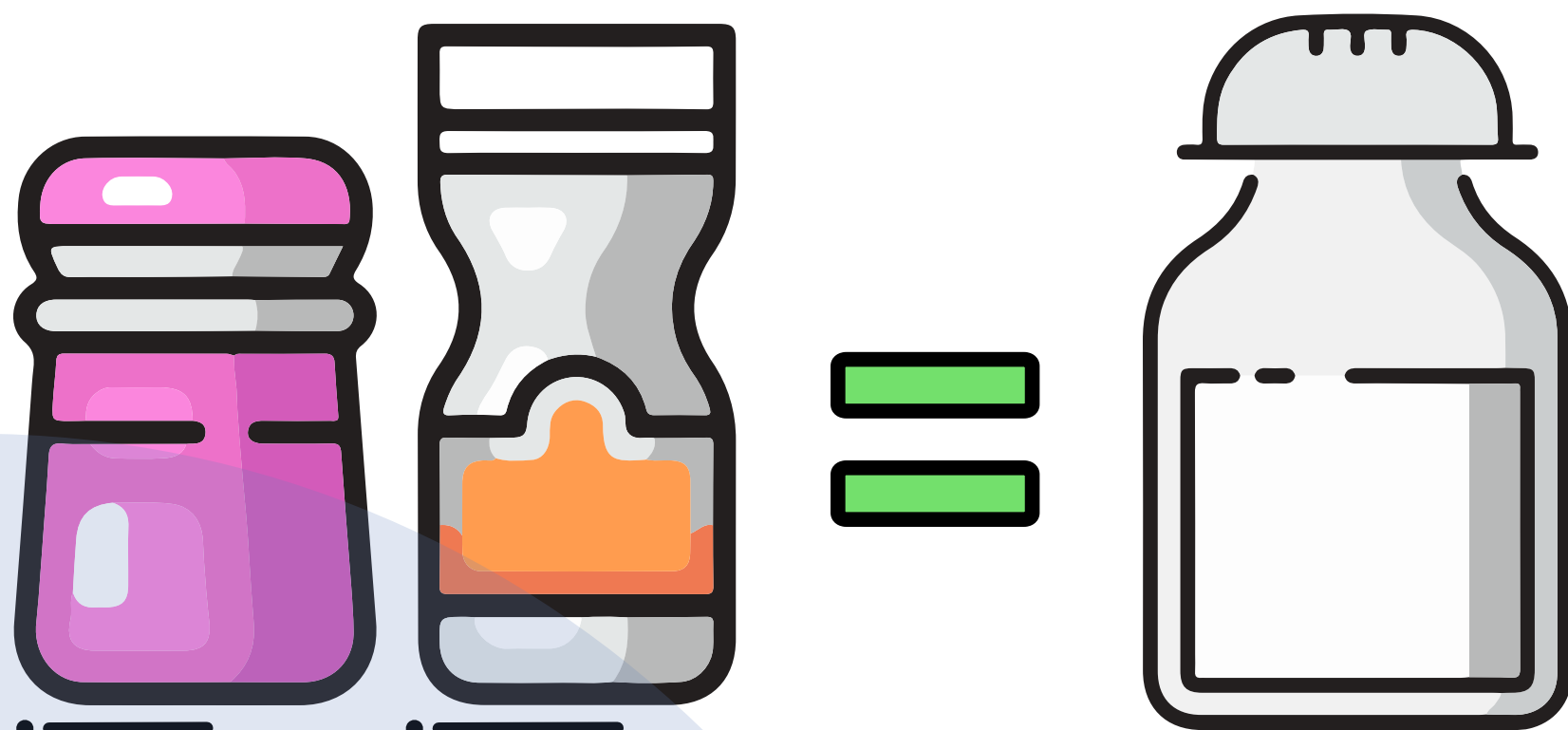


MYTH

**PINK SALT OR SENDHA
NAMAK IS BETTER TO
USE COMPARED TO
REGULAR SALT**

THE FACT IS

Pink salt, black salt, Sendha namak etc. have almost the same amount of sodium in them as compared to regular salt.



The mineral content in these salts is **VERY LITTLE TO MAKE ANY MAJOR DIFFERENCE** to our health. So, it is better to use regular iodized salt in the recommended amount.



MYTH

**DIABETES-FRIENDLY
COOKING OIL IS SAFE TO
CONSUME, AND
FOOD FRIED IN THAT OIL
WILL DO LESS HARM.**

THE FACT IS

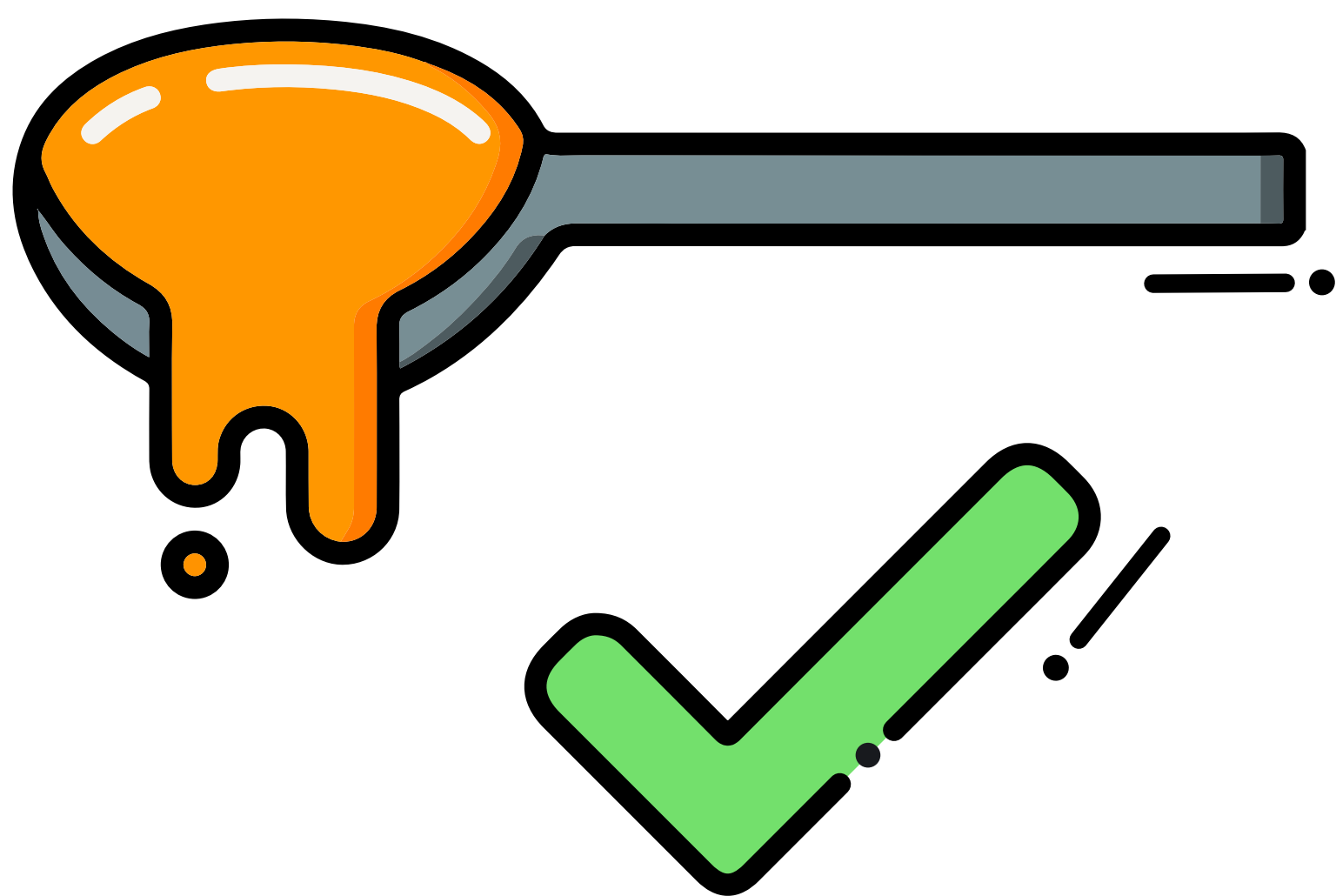
Different oils vary in the type of fat they are rich in. So, every oil has different benefits.



HOWEVER, THE QUANTITY OF FAT IN ALL OILS IS THE SAME and so they all provide the same calories. No oil is 'totally safe' to consume and all oils need to be consumed in limited quantities.



For healthy living, **YOU MUST STICK TO 3-4 TEASPOONS OF OIL IN A DAY** or ½ litre of oil per person in a month.



YOU CAN CHOOSE A COMBINATION OF OILS in different dishes to get a balance of all essential nutrients but remember to stick to the total quantity as mentioned above.



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”



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Reference

- Salis S. (2020) Diet in Diabetes Simplified (2 nd ed.). Chennai: Notion Press

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