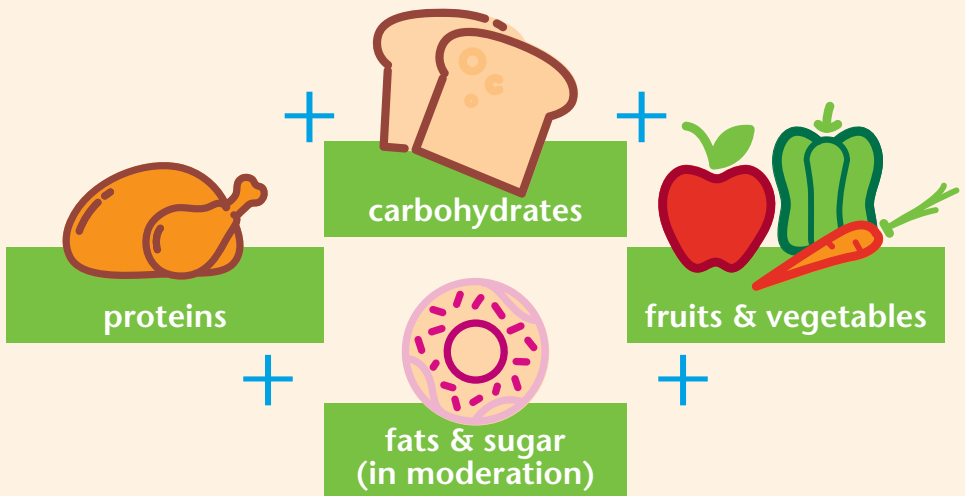


Food & fluid myths in hospital

Myth: People with diabetes can't eat sugar or sugary foods

FALSE

It's a common misconception that people with **diabetes must have a sugar-free diet**. A 'healthy eating' diet is more beneficial and should be encouraged.



Special diabetic food is not necessary

Patients with diabetes do not have a special diabetic menu - they can choose their meal from the hospital menu and nothing is prohibited or forbidden.