

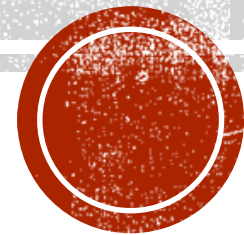
ROLE OF SUGAR IN DIABETES

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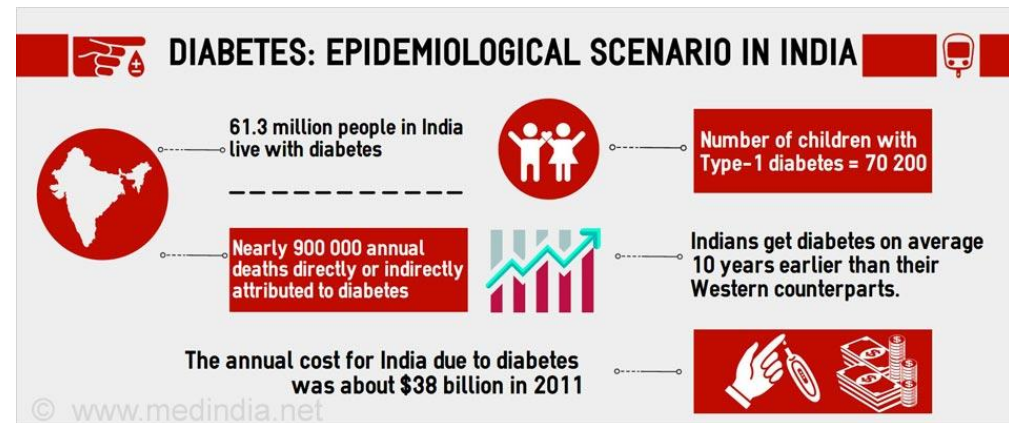
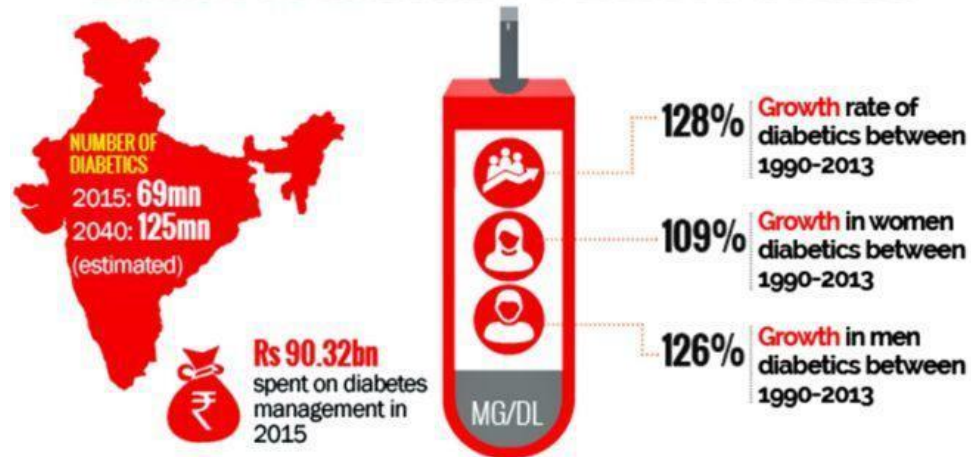


AUDIENCE RESPONSE QUESTIONS

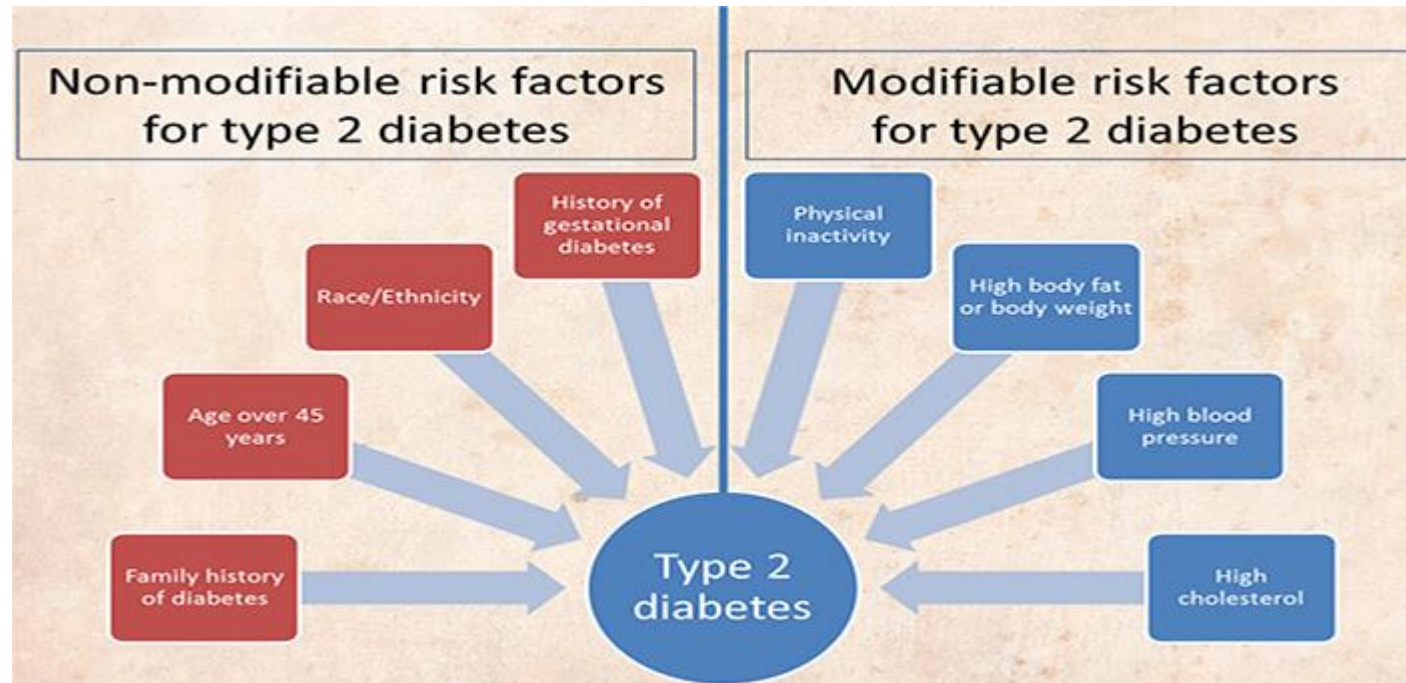
- How many of you think that sugar causes diabetes?
- How many of you think eliminating sugar from diet can “cure” diabetes?
- If you have diabetes, you should stop taking sugar altogether!
- Should I stop taking sugar ?



Diabetes: India's Bitter Truth



WHAT EXACTLY CAUSES DIABETES?



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Diabetes develops when glucose can't enter the body's cells to be used as fuel. This happens because either:

In the case of Type 1 diabetes, there is no key (insulin) to unlock the door to the cells



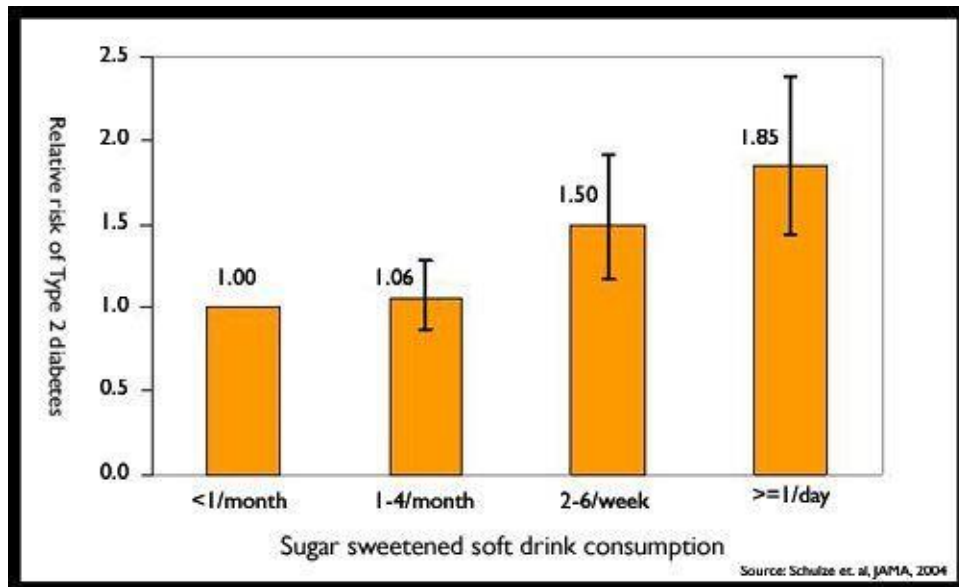
Or, in the case of Type 2 diabetes, the key (insulin) is unable to unlock the door properly

and/or
the key (insulin) is there but the lock doesn't work properly



SOME MYTHS AND FACTS!

- Can having extra sugar cause diabetes?



People who regularly drink sugar-sweetened beverages have a roughly 25% greater risk of type 2 diabetes

Eating large amounts of sugar can also indirectly raise diabetes risk by contributing to weight gain and increased body fat — which are separate risk factors for developing diabetes

To reduce the negative effects of high sugar consumption, have no more than 10% of your daily calories from added sugars that are not naturally found in foods

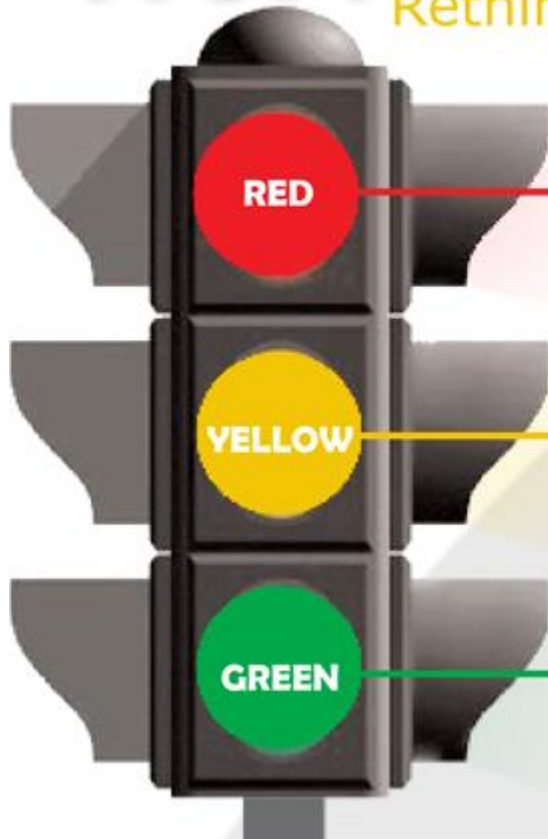


WHAT SHOULD BE DONE?

STOP!

Rethink your **DRINK**

Go On **GREEN**



Drink Rarely, if at all

- Regular Sodas
- Sports Drinks*
- Sweetened Coffee Drinks
- Energy Drinks
- Sweetened Tea
- Fruit & Juice Drinks with added sugar

*Sports drinks are unnecessary for general consumption. They are for rehydration during high-intensity exertion such as marathon running or strenuous exercise outdoors on high heat index days (ex: summer soccer or football).

Drink Sometimes

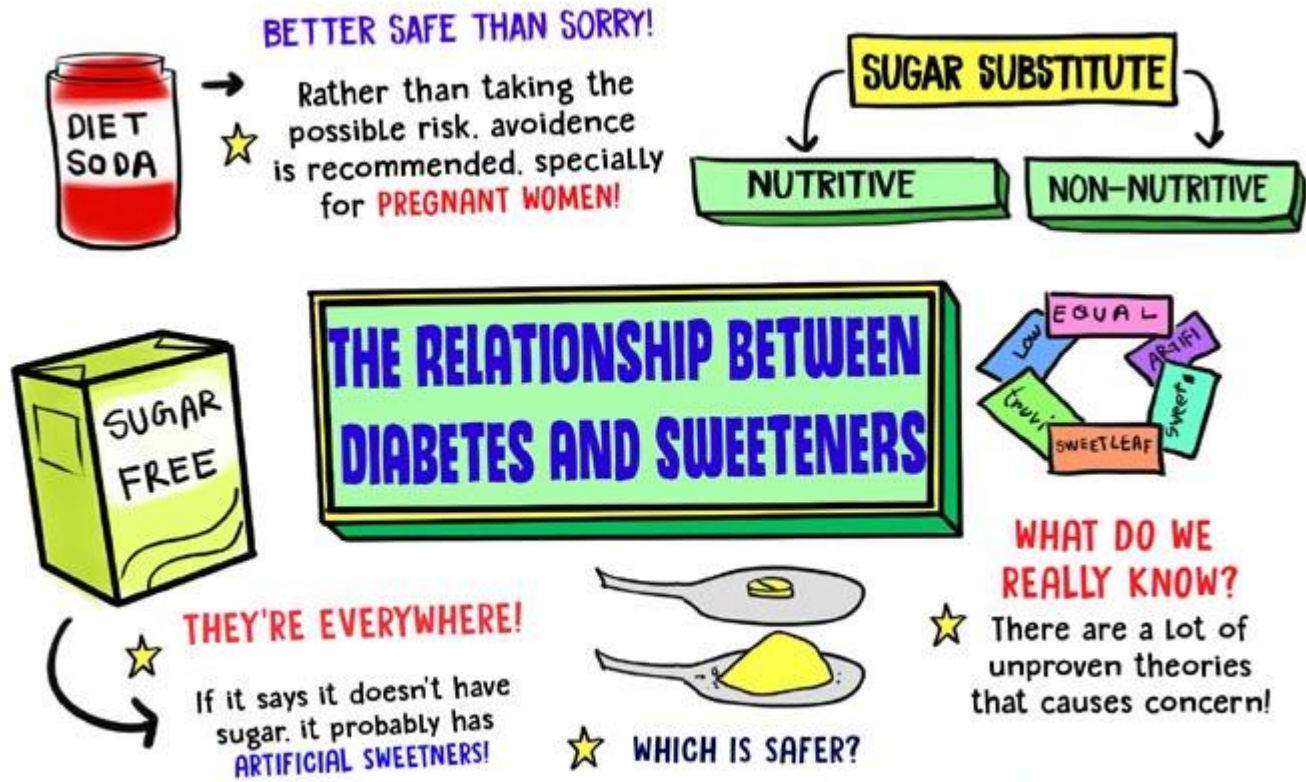
- Diet Sodas
- Diet Iced Tea
- 100% Juice
- Chocolate/Flavored Milk
- Low Calorie Drinks
- Low Sugar Drinks
- Low Calorie Sports Drinks (ex: G2)

Drink Freely

- Water
- Seltzer Water
- Skim or 1% Milk
- Unsweetened Tea
- Unsweetened Coffee



WHAT ABOUT ARTIFICIAL SWEETENERS



A Winning Plan to Lower Risks for Diabetes



**Lose
Weight**



**Get
Active**



**Enjoy a heart-
healthy life**



THANKS!!

