

Sugar Doesn't Cause Diabetes

Even though scientific research debunked the myth years ago that sugar and other carbohydrates cause diabetes, the misperception persists.

In diabetes, the body can't use sugar normally. The causes are complex and still not fully known. Genetics, illness, being overweight or simply getting older all may trigger diabetes.

While food choices don't cause diabetes, diet is part of the strategy for managing diabetes, along with physical activity and perhaps medication. For people with diabetes, a registered dietitian — many of whom are certified diabetes educators — can help plan and monitor your eating plan.