

Table 4 Main beliefs about nutrition and insulin use in people with diabetes

| Belief | Yes | No | Don't know |
|---|------------|-----------|-------------------|
| | % | % | % |
| A person with diabetes is allowed to eat vegetables grown under the soil | 17.1 | 80.4 | 2.5 |
| A person with diabetes can eat as much <i>basen ki roti</i> ^a as he or she wants | 60.3 | 27.6 | 12.1 |
| Regular use of <i>karela</i> ^b can cure diabetes | 25.1 | 59.3 | 15.6 |
| A person with diabetes can eat “diabetic foods” in any quantity | 8.5 | 43.7 | 47.7 |
| Insulin use indicates that the person has reached the last stage of disease | 32.7 | 28.6 | 38.7 |
| Regular use of insulin can lead to addiction | 33.7 | 22.1 | 44.2 |
| Children and adolescents with type 1 diabetes should be allowed to adjust insulin dose on their own | 16.1 | 31.6 | 52.3 |
| Women with type 1 diabetes should avoid pregnancy | 9.0 | 13.1 | 77.9 |
| A woman taking insulin should breastfeed her baby | 17.1 | 7.5 | 75.4 |

^aBread made from gram (chickpea) flour.

^bBitter gourd (*Momordica charantia*).