

## **Consumer Health Resources on Diabetes**

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Diabetes is a disease affecting nearly 21 million people with newly diagnosed cases increasing at an alarming rate. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. For people with diabetes, the body does not produce or properly use insulin. Chances are that you or someone you know has diabetes. I have compiled this list of some recommended consumer health resources on diabetes based on their currency, relevance and recommendations received from diabetics to help those living with diabetes or caring for someone with diabetes.

### **Books**

#### **General**

American Association of Retired Persons. *AARP Living with Diabetes*. Sterling Publishing, 2007. ISBN: 9781402730122

Guide focuses on Type 2 Diabetes, the form most likely to develop in middle age or later, and includes information on how aging affects those with Type 1 Diabetes.

American Diabetes Association. *American Diabetes Association Complete Guide to Diabetes*. 4<sup>th</sup> ed. NY: McGraw-Hill Companies, Inc., 2005. ISBN: 1580402372

Complete and authoritative source on diabetes, including how to manage types 1 and 2 and gestational diabetes, travel tips, working tips, and school tips. Covers exercise, nutrition, sexual issues, day care, insulin regimens and medications.

American Diabetes Association. *Diabetes A to Z*, 5th ed. Alexandria, VA: American Diabetes Association, 2003. ISBN: 158040183X

Alphabetized reference to everything about diabetes, divided into over 50 different categories.

American Diabetes Association. *Diabetes Carbohydrate and Fat Gram Guide*, 3<sup>rd</sup> ed. McGraw-Hill Companies, 2006. ISBN: 158040247X

Book provides four meal-planning methods including charts, pros and cons for each. Includes nutritional information for generic and brand-name foods as well as fast foods.

American Diabetes Association. *Guide to Healthy Restaurant Eating*, 3<sup>rd</sup> ed. Alexandria, VA: American Diabetes Association, 2005. ISBN: 1580402461

Revised and expanded edition containing restaurant nutrition facts of over 5000 menu items from more than 60 restaurant chains.

American Diabetes Association. *Official Pocket Guide to Diabetic Exchanges*, 2<sup>nd</sup> ed. Alexandria, VA: American Diabetes Association, 2003. ISBN: 1580401821

Pocket-sized book that readers can take to the grocery store or restaurant to assist in choosing the right kinds of foods or portion sizes.

Barnes, Darryl E. *Action Plan for Diabetes*. Champaign, IL: Human Kinetics, 2004. ISBN: 0736054596

Developed in cooperation with the American College of Sports Medicine, the book provides a guide to balancing nutrition and exercise and preventing complications associated with diabetes. The book explains how to build strength, flexibility and endurance while monitoring and maintaining blood sugar levels and body weight.

Becker, Gretchen. *First year—Type 2 Diabetes: An Essential Guide for the Newly Diagnosed*. NY: Avalon Publishing Group, 2001. ISBN: 1569245460

Day by day guide for the first year after diagnosis of Type 2 Diabetes. Discusses treatment options, insurance issues, traveling tips, emotional issues, diet, and exercise.

Porter, Lance. *28 Days to Diabetes Control*. NY: M. Evans and Company, Inc., 2004. ISBN: 1590770412

A comprehensive guide to diabetes management. Includes tips on lowering blood sugar, improving health and reducing risk of diabetes complications.

Reed, James W. and Heath, Agiua. *Living With Diabetes*. Chicago, IL: Hilton Publishing Co., 2005. ISBN: 0974314404

Includes basic information on diabetes as well as dealing with feelings related to diabetes, eating smart, low blood sugar, working with health care providers and recipes.

Rosenthal, M. Sara. *The Canadian Type 2 Diabetes Sourcebook*, 2<sup>nd</sup> ed. Mississauga, Ontario, John Wiley & Sons Canada, Ltd., 2004. ISBN: 0470834781

Comprehensive resource on Type 2 diabetes, including chapters on diabetes basics, how to maintain health eating and activity, how to test one's blood sugar and manages the highs and lows. There is a section on diabetes and aging as well as heart disease, nerve damage and circulatory problems associated with diabetes.

Rubin, Alan L. *Diabetes for Dummies*, 2nd ed. Indianapolis, IN: Wiley Publishing, Inc., 2004. ISBN: 0764568205

The book, part of the *For dummies* series, includes causes, symptoms, side effects to medications, diets and exercise for diabetes management. Helps the reader to make diet and exercise part of their treatment plan and prevent long-term complications.

Touchette, Nancy. *The Diabetes Problem Solver*. Alexandria, VA: American Diabetes Association, 1999. ISBN: 0540400091

Easy to read coverage of diabetes and its complications. Comprehensive flowcharts at the front of the book. Includes a chapter designed just for kids.

Warshaw, Hope S. and Kulkarni, Karmen. *ADA Complete Guide to Carb Counting*. Alexandria, VA: American Diabetes Association, 2004. ISBN: 1580402038

Practical ways to count carbohydrates and simplify diabetes management. Includes tips on carbohydrate counting for people using insulin pumps.

### **Cookbooks**

American Diabetes Association. *Complete Quick & Hearty Diabetic Cookbook* 2nd ed. Alexandria, VA: American Diabetes Association, 2007. ISBN: 978-1580402859

Contains more than 200 low-fat, calorie-controlled recipes with old-fashioned taste. Based on a 1500 calorie-a-day menu. Every meal-specific recipe includes the same number of carbohydrates to help the reader keep blood sugar levels stable. Reader can mix and match recipes according to tastes.

American Heart Association and the American Diabetes Association. *Diabetes & Heart Healthy Cookbook*. Alexandria, VA: American Diabetes Association, 2004. ISBN: 1580401805

A cookbook of heart-healthy, diabetes friendly recipes. The recipes, totaling over 150, have a good balance of the right kinds and amounts of fats and carbohydrates.

Better Homes and Gardens. *Biggest Book of Diabetic Recipes: More than 350 Great-Tasting Recipes for Living Well with Diabetes*. Meredith Books, 2005. ISBN: 9780696225819

Easy-to-read type menus with flexible calorie ranges, carbohydrate counts, and exchanges on every recipe.

Gaines, Fabiola D. and Weaver, Roniece A. ***Healthy Soul Food Cooking***. Alexandria, VA: Small Steps Press, 2007. ISBN: 9781580402279

Healthy recipes with authentic African-American flavor. Includes information on reading food labels, making good food choices, building a nutritious meal plan and sensible eating when dining out.

Haas, Ellen. Diabetes ***Fit Food: Over 200 Recipes from the World's Greatest Chefs***. Alexandria, VA: American Diabetes Association, 2007. 9781580402736

Organized by ingredient, the book is a collection of recipes and nutrition advice, in larger font and focusing on fresh and natural ingredients. Each chapter has information on nutrition and health, what to look for, easy storage and preparation and best uses.

Reader, Diane, Bergerstal, Richard M and Doran, Maureen, ed. ***Betty Crocker's Diabetes Cookbook: Everyday Meals, Easy as 1-2-3***. John Wiley & Sons, Inc., 2003. 0764567047

Easy to make recipes, each showing the number of Carbohydrate Choices per serving. All food groups included. Food exchanges are also included. Inspirational tips throughout the book from people living with diabetes.

Scott-Goodman, Barbara and Kalia Doner. ***Diabetes Menu Cookbook: Delicious Special-Occasion Recipes for Family and Friends***. Hoboken, NJ: John Wiley & Sons, 2007. 9780471782469

Recipes for festive foods that stay within diabetes nutritional health guidelines. Includes 22 'mix and match' menus for Thanksgiving, New Years open house, romantic Valentine's Day dinner, Mothers Day brunch, Father's Day barbecue.

Webb, Robyn. ***Diabetic Meals in 30 minutes-or less!*** Alexandria, VA: American Diabetes Association, 2006. ISBN: 9781580402651

Quick, hearty and healthy recipes that fit into a busy schedule. Recipes use fresh herbs, rich spices and aromatic vegetables to add flavor, savor, and taste.

### **Education**

American Diabetes Association. ***Life with Diabetes***, 3<sup>rd</sup> ed. Alexandria, VA: American Diabetes Association, 2004. ISBN: 1580402054

The book provides a diabetes education curriculum that incorporates behavioral and psychosocial aspects of 25 content areas complete with teaching *Healthy Cookbook* tips, visuals and handouts for classroom use, evaluation plans, suggested readings to assist patients in learning the information and skills needed for diabetes self-care.

Stern, Rochelle L. ***Can Mom Have a Piece of my Birthday Cake: What It Means to a Child when a Member of the Family Has Diabetes***. Tarentum, PA: Word Association Publishers, 2002. ISBN: 1891231952

Written from the perspective of a seven-year-old girl, the book offers a simple explanation of diabetes that children can understand.

### **Inspirational**

Edelman, Steven V. ***Taking Control of Your Diabetes***, 2<sup>nd</sup> ed. West Islip, NY: Professional Communications, Inc., 2001. ISBN: 188473569X

Dr. Edelman is a physician who has lived with diabetes for over 30 years and cares for patients with the disease. He uses humor, case presentations and expertise for other diabetes specialists to help inspire and motivate readers on how to live healthier and happier with diabetes.

Kirkham, Janette. ***Mastering Your Diabetes: A Simple Plan for Taking Control of Your Health...and Your Life***. Alexandria, VA: American Diabetes Association, 2003. ISBN: 1580401570

Written by a diabetes health care professional who has lived with diabetes for more than 25 years, the author provides inspiration for people to adapt to their new way of life with a sense of humor.

### **Juvenile**

Loy, Spike Nasmyth and Loy, Bo Nasmyth *487 Really Cook Tips for Kids With Diabetes*. Alexandria, VA: American Diabetes Association, 2004. 1580401910

This book is written by two brothers who have had diabetes since they were 7 and 6 years old. They provide tips about playing sports and music, counting carbohydrates, using an insulin pump and organizing diabetes self-management from a child's perspective.

### **Journals**

*Diabetes Forecast* Alexandria, VA: American Diabetes Association. ISSN: 0095-8301

Published monthly by the American Diabetes Association, the journal is a practical guide for people with diabetes. Content includes recipe cards, research profiles, advocacy news and inspirational reflections, as well as diabetes basics, news items and articles on healthy eating.

*Diabetes Self-Management* NY: R.A. Rapaport Publishing, Inc. ISSN: 0741-6253

Published bimonthly, this consumer publication of the Diabetes Network features articles by experts in the field of diabetes. Regular features include diabetes basics, news & notes, information for parents, diabetes quiz, supermarket smarts, women & diabetes, diabetes resources and recipe makeovers.