

Diabetes Resources

*ADA Complete Guide to Carb Counting, 2nd Edition by Hope Warshaw and Karmeen Kulkarni

*The ADA Complete Guide to Diabetes, 4th Edition

*The ADA Guide to Healthy Restaurant Eating, 3rd Edition by Hope Warshaw

*Cocinando para Latinos con Diabetes by Olga V.Fuste
Diabetic Cooking for Latinos

*The Complete Guide to Convenience Food Counts by Lea Ann Holtzmeister

*The Complete Quick and Hearty Diabetic Cookbook

*Cooking Up Fun for Kids with Diabetes by Patti Geil and Tammy Ross

*Cooking with the Diabetic Chef by Chris Smith

*Diabetes A to Z, 5th Ed (Spanish Edition available)

*The Diabetes Carbohydrate and Fat Gram Guide, 3rd Edition by Lea Ann Holzmeister

*Diabetes Food and Nutrition Bible by Hope Warshaw and Robin Webb

*Diabetes Meals in 30 Minutes-Or Less by Robin Webb

*Diabetes Meal Planning Made Easy, 2nd Edition by Hope Warshaw

*The Diabetes Snack, Munch, Nibble and Nosh Book, 2nd Edition

*Diabetes Tipo 2: Su guía para una vida saludable, 3rd Edition
Type 2 Diabetes: Your Healthy Living Guide

The Doctor's Pocket Calorie, Fat and Carbohydrate Counter, 2004 Edition

*Express Lane Diabetic Cooking by Robin Webb

*Gestational Diabetes: What to Expect, 4th Edition

Healthy Mexican American Cooking, Deleites de la Cochina Mexicana a Bilingual Cookbook by Maria Luisa Urdaneta and Daryl F. Kanter from the University of Texas Press

Healthy Mexican Cooking: Authentic Low-Fat Recipes by Velda De La Garza (available in Spanish) from Appletree Press

*Mr. Food's Quick and Easy Diabetic Cooking by Art Ginsberg

*Mr. Food's Comida Rapida y Facil Para Persons con Diabetes by Art Ginsberg

*The *New* Family Cookbook for People with Diabetes

*Quick & Easy Diabetic Recipes for One by Kathleen Stanley and Connie Crawley

*Sweet Kids: How to Balance Diabetes Control & Good Nutrition with Family Peace, 2nd Edition by Betty Page Brackenridge and Richard Rubin

*Type 2 Diabetes in Children and Adolescents by Alan Rosenbloom and Janet Silverstein

*101 Consejos para estar sano teniendo Diabetes (101 Tips for Staying Healthy with Diabetes & Avoiding the Complications) by University of New Mexico Diabetes Care Team

*available from the American Diabetes Association at <http://store.diabetes.org> or 1-800-232-6733