



Healthy Choices for Diabetics



Current Resources Available at the
Central Rappahannock Regional Library

RECIPES

Betty Crocker's Diabetes Cookbook: Everyday Meals, Easy as 1-2-3.

Comida rápida y fácil para personas con diabetes: Más de 150 recetas que encantará a todos por Art Ginsburg (Mr. Food); con la participación de Nicole Johnson. From the American Diabetes Association

Desserts for Diabetics: Over 200 Recipes for Delicious Traditional Desserts Adapted for Diabetic Diets
by Mabel Cavaiani

Diabetes Meal Planning Made Easy
by Hope S. Warshaw. From the American Diabetes Association

Diabetes Meals on the Run: Fast, Healthy Menus using Convenience Foods
by Betty Wedman-St. Louis

Mr. Food's Quick & Easy Diabetic Cooking: Over 150 Recipes Everybody Will Love
by Art Ginsburg. From the American Diabetes Association

Mix 'n Match Meals in Minutes for People with Diabetes
by Linda Gassenheimer. From the American Diabetes Association

Month of Meals: Soul Food Selections
Month of Meals: Classic Cooking
Quick & Easy Menus for People with Diabetes.
From the American Diabetes Association

The New Soul Food Cookbook for People with Diabetes
by Fabiola Demps Gaines and Roniece Weaver

Slim Down Sister: The African-American Woman's Guide to Healthy, Permanent Weight Loss
by Roniece Weaver, Fabiola D. Gaines, and Angela Ebron

The Ultimate Diabetes Cookbook
by Carol Gelles

LIVING WITH DIABETES

101 Foot Care Tips for People with Diabetes
by Jessie H. Ahroni. From the American Diabetes Association

American Diabetes Association Complete Guide to Diabetes

At Home with Gladys Knight
by Gladys Knight with Abe Ogden. From the American Diabetes Association

Control Diabetes in Six Easy Steps
by Maggie Greenwood-Robinson

Diabetes A to Z: What You Need to Know about Diabetes, Simply Put.
From the American Diabetes Association

The Diabetic Athlete
by Sheri Colberg

The Encyclopedia of Diabetes
by William A. Petit, Jr., and Christine Adamec

Putting Your Diabetes on the Pump
by Fran Kaufman, Mary Halverson, and Jessica Lohry

The Family and Friends' Guide to Diabetes: Everything You Need to know
by Eve Gehling

The First Year—Type 2 Diabetes: An Essential Guide for the Newly Diagnosed
by Gretchen Becker

The "I hate to exercise" Book for People with Diabetes
by Charlotte Hayes. From the American Diabetes Association

Mayo Clinic on Managing Diabetes
edited by Maria Collazo-Clavell

The CRRL points to the best diabetes resources on the Web
@ AnswerPoint.org.
Click on *HealthAnswers*,
then *Specific Conditions*,
then *Diabetes*.