

Want to learn more about diabetes? The following is a list of resources available at the Olean Public Library or online.

Books

General Diabetes Resources:

616.462 A *American Diabetes Association Complete Guide to Diabetes*

This comprehensive home reference provides all the information a person needs to live an active, healthy life with diabetes.

616.462 B *The First Year – Type 2 Diabetes: An Essential Guide for the Newly Diagnosed* by Gretchen Becker

The First Year: Type 2 Diabetes takes you through everything you need to know and do in your first year with diabetes. In clear and accessible language, Becker covers a wide range of practical, medical, and lifestyle issues, from coming to terms with your diagnosis to diet and exercise, testing routines, insurance issues, and the most up-to-date information on new medications and supplements.

616.462 C *The Diabetes Manifesto: Take Charge of Your Life* by Lynn Crowe

The Diabetes Manifesto will take the reader through different aspects of life with diabetes in search of ways to make small changes, garner one's energy for the positive, and lift the spirits. This includes optimizing medical care and managing symptoms, but also extends to relationships, emotions, activism, and much more. The book is clear that the mission of all should be tackling and treating diabetes effectively.

616.462 M *Mayo Clinic on Managing Diabetes* by Maria Collazo-Clavell

This book provides reliable, practical, easy-to-understand information on controlling diabetes and preventing complications of the disease. Included are: important tests you shouldn't go without; selecting and using a glucose monitor; new medications; advances in insulin delivery; how to achieve and maintain a healthy weight; enjoying a healthier diet; safe exercise strategies; recognizing and responding to emergencies; preventing diabetes if you're at risk.

616.462 O *Sugar Nation: The Hidden Truth Behind America's Deadliest Habit and The Simple Way to Beat It* by Jeff O'Connell

Every five seconds, one more person develops diabetes. Worldwide, 285 million people are affected by type 2 diabetes. Many of them have no idea. Here is the personal story of one man who has unearthed the mysteries of this global epidemic and offers hard-won practical advice for how readers can take control of their lives and combat this deadly disease.

612.12 P *Overcoming Runaway Blood Sugar* by Dennis Pollack

Good health comes when good information is followed by action. This book is for everyone who is eager to trade fatigue, weight gain, and illness brought on by blood sugar level changes for a life of optimum health.

616.462 S *50 Things You Need to Know About Your Diabetes Care – Right Now!* by Kathleen Stanley

Why make diabetes harder than it has to be? *50 Things You Need to Know About Diabetes* explains what you need to know about diabetes care, eating right, and staying healthy. It cuts through the confusion, jargon, and conflicting information with lighthearted, simple advice on eating right, exercising, and staying healthy.

Resources on Diabetes and Nutrition (including Cookbooks):

612.12 H *The Blood Sugar Solution: the Ultrahealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!* by Mark Hyman

Dr. Mark Hyman reveals that the secret to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness-nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind-and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, this book also teaches readers how to maintain lifelong health.

616.462 E *Eat to Beat Diabetes: Over 300 Scrumptious Recipes to Help You Enjoy Life and Stay Well* edited by Robyn Webb

Includes more than 300 recipes that are as delectable as they are healthy. Based on the newest findings about diabetes, health and diet, this book will show you that you can eat the most flavorful and satisfying dishes- and beat diabetes at the same time. From baked breakfast delights to rich, succulent stews, from fresh and summery salads to robust holiday dinners, this book is filled with well tasted recipes you and your family are sure to love.

616.462 F *The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes* by Joel Fuhrman, M.D.

Designed for anyone ready to enjoy a healthier and longer life, Dr. Fuhrman's plan is based on a single formula: $\text{Your Health Future (H)} = \text{Nutrients (N)} / \text{Calories (C)}$. Foods with a high nutrient density, according to Dr. Fuhrman, turn our bodies into the miraculous, self-healing machines they can be, which results in significant weight loss, improved health, and, ultimately, the end of diabetes and other diseases.

616.462 G *101 Nutrition Tips for People with Diabetes* by Patti Bazel Geil

For those with diabetes, proper nutrition and meal planning are key components to controlling their diabetes and staying healthy. This guide offers the inside track on the latest tips, techniques, and strategies on nutrition, weight loss, meal planning and medication, and more.

616.462 L *What to Eat When You Get Diabetes: Easy and Appetizing Ways to Make Healthful Changes in Your Diet* by Carolyn Leontos

Leontos shows you that a diet for people with diabetes can be filled with satisfying, delicious dishes. Drawing on her extensive experience as a registered dietitian and certified diabetes educator, she combines satisfying menu suggestions, sample meal plans and recipes, and ideas on how to modify your favorite recipes with the personal stories of people living healthily with diabetes. She also addresses such confusing issues as weight loss, meal plans, calories, portion sizes, eating in restaurants, vitamins, and effectively balancing food and medication.

616.462 W *The Prediabetes Diet Plan: How to Reverse Prediabetes Through Healthy Eating and Exercise* by Hillary Wright

In straightforward, jargon-free language, *The Prediabetes Diet Plan* explains insulin resistance (the underlying cause of prediabetes and type 2 diabetes) and offers a comprehensive strategy of diet and lifestyle change, which has been proven more effective than medication. With sections on meal planning, grocery shopping, dining out, supplements, and exercise, this book empowers you to make healthier everyday choices that can effect real change on your insulin levels and overall well-being.

641.5 W *Express Lane Diabetic Cooking* by Robyn Webb

Readers can pick up a few prepared foods at the supermarket and create a dish in less than 30 minutes that tastes like they cooked for hours. More than 150 recipes feature ingredients from the deli, salad bar, and freezer sections of the grocery store. Special hints on how to find ingredients in the store are also featured, and a map of the usual placement of foods in the grocery store is included.

641.563 C *The Complete Quick & Hearty Diabetic Cookbook: More Than 200 Fast, Low-Fat Recipes With Old-Fashioned Good Taste* by the American Diabetes Association

The Complete Quick & Hearty Diabetic Cookbook features dozens of simple yet delicious recipes from appetizers and salads to pasta, poultry, and desserts. Choose from More than 200 fast and simple-to-make, low-fat recipes with old-fashioned good taste. These are home style favorites brought back in healthy and tasty versions for everyone to enjoy!

641.563 C *Desserts for Diabetics: 125 Recipes for Delicious, Traditional Desserts Adapted for Diabetic Diets* by Mabel Cavaiani

People with diabetes don't have to miss out on scrumptious desserts-thanks to this unique collection of recipes for everything from chocolate chip cookies to banana cream pie. Each seemingly sinful dessert is suitable for a diabetic diet.

641.563 C *The New Diabetic Cookbook: More Than 200 Delicious Recipes For a Low-Fat, Low-Sugar, Low Cholesterol, Low Salt, High-Fiber Diet* by Mabel Cavaiani

The New Diabetic Cookbook is a must-have cooking classic for people with diabetes! Newly revised and updated, it contains more than 200 healthful and delicious recipes, as well as the most recent food exchange lists, greatly expanded nutritive tables, and concise information on saturated fat, fiber, and cholesterol.

641.563 G *Diabetes Meals on \$7 a Day – Or Less* by Patti Bazel Geil

Would you believe it if someone told you that you could eat healthy, tasty, diabetes-friendly meals on just \$7 a day? It sounds impossible, but it isn't. You can save money without sacrificing what's most important to you: a healthy variety of great-tasting meals that fits any diabetes meal plan. Authors Geil and Ross give you a slew of new, low-cost recipes, complete with cost-per-serving and nutrition information, and useful tips to help you navigate the grocery store shelves.

641.563 G *The Diabetes Snack, Munch, Nibble, Nosh Book* by Ruth Glick

Many meal plans today call for more frequent, but smaller meals and snacks. *The Diabetes Snack Munch Nibble Nosh Book* has the recipes to suit every readers' needs. This bestseller has recipes for quick-to fix snacks and mini-meals. Includes recipes for New York Style Cheesecake, Maple Spiced Pecans, Buffalo Bites, Salmon Spread, and much more.

641.563 G *Fast and Flavorful: Great Diabetes Meals from Market to Table* by Linda Gassenheimer

By using convenience foods and fresh products from the supermarket bakery and butcher, *Fast and Flavorful* shows readers how to make great meals they won't believe are diabetes-friendly and save time and effort in the process. Best of all, each recipe is presented as part of a complete meal, designed specifically for two people. Each meal comes with instructions for preparing recipes simultaneously, a complete shopping list, and cooking tips, time-saving techniques, and meal planning advice straight from Linda's "Dinner in Minutes" newspaper column.

641.563 G *The Fix-It and Forget-It Diabetic Cookbook: Slow Cooker Favorites – to Include Everyone! to Include Everyone!* by Phyllis Pellman Good

With diabetes threatening so many of us, a cookbook with reliable recipes is a must-have slow cooker resource. Fix-It and Forget-It cookbook maven, Phyllis Good, has teamed with the American Diabetes Association to provide complete Exchange Values and Basic Nutritional Values for each recipe. You can use these tasty and trusted recipes to plan your meals safely.

641.563 G *Mix 'n Match Meals In Minutes for People With Diabetes* by Linda Gassenheimer

Mix 'n Match Meals in Minutes takes the work out of cooking and makes healthy eating delicious and simple. Designed to be easy to use, the second edition of this book is divided into three sections—breakfast, lunch, and dinner. It also includes a week-at-a-glance meal plan that lets people with diabetes like you, mix and match recipes to meet their changing tastes. Each recipe in this blockbuster cookbook includes a shopping list, a menu, substitutions, and a countdown to help you get all your dishes onto the table at the same time. Finally, people with diabetes don't need to plan—you just need to shop, stir, and serve!

641.563 G *Mr. Food's Every Day's A Holiday Diabetic Cookbook: More Quick & Easy Recipes Everybody Will Love* by Art Ginsburg

Mr. Food and Nicole Johnson, Miss America 1999, have come up with healthy recipes that are so tasty that the whole family will want them. With special question-and-answer sections, information about diabetes and meal planning, and tips on preparation and presentation, this book delivers far more than the average cookbook. Including recipes for special occasions from every month--Super Bowl Sunday, St. Patrick's Day, graduation parties, Independence Day, Halloween, Election Day, major religious holidays, and much more!

641.563 G *One Pot Meals for People With Diabetes* by Ruth Glick

One Pot Meals for People with Diabetes is your solution to delicious meals in a snap. Nothing is easier than 'one-pot' cooking - prepare your ingredients, combine, and let them cook! And with recipes that cover everything from pasta to casseroles to hearty sandwiches, you've got options for any appetite.

641.563 H *The Diabetes Carbohydrate & Fat Gram Guide: Quick, Easy Meal Planning Using Carbohydrate & Fat Gram Counts* by Lea Ann Holzmeister

For people with diabetes, counting carbohydrates and fats is the approach recommended by dietitians. This user-friendly guide describes how to use many generic and brand-name foods in meal planning and teaches you to convert carbohydrate grams into carbohydrate exchanges. Nutrient counts for food planning, how to understand grocery store food labels, and how to incorporate different sources of food-count information into meal planning are also covered.

641.86 H *The Diabetic Dessert Cookbook* by Coleen Howard

Here are over one hundred delicious, nutritionally sound sweet treats everyone can enjoy. Specially created for diabetics and those with other sugar-related problems by nutrition consultant Coleen Howard, the candies and desserts featured will satisfy your craving for something sweet while staying within the limits of a diabetic diet. Some recipes are sugar-free, some contain a low amount of fructose. All comply with the guidelines established by the American Diabetic Association and each recipe includes a complete list of nutritional values per piece.

641.563 H *Gluten-free Recipes for People With Diabetes* *Gluten-free Recipes for People With Diabetes* by Nancy S. Hughes

Part cookbook, part meal-planning guide, this book offers the complete package. Readers will delight in the 75 healthy recipes that are both nutritionally sound and full of taste. The meal-planning guide teaches readers how to successfully find gluten-free products and how to adapt recipes to gluten-free versions.

641.563 M *The Mayo Clinic Diabetes Diet*

This reliable plan is what you need to lose weight to help you control your blood sugar. The medical specialists at Mayo Clinic have created The Mayo Clinic Diabetes Diet as a two-phase plan—Lose It! and Live It! The Diet helps at-risk people prevent and control diabetes by losing weight quickly and safely, and then maintaining that weight loss.

641.563 N *The All-Natural Diabetes Cookbook: The Whole Food Approach to Great Taste and Healthy Eating* by Jackie Newgent

The All-Natural Diabetes Cookbook is filled with tips for achieving naturally high-flavor dishes, techniques for no-fuss cooking and baking, sample meal plans, a handy substitution chart for swapping out processed foods from favorite recipes, and much more. Natural, fresh cooking isn't just good for you—it's great tasting!

641.563 S *Cooking With the Diabetic Chef* by Chris Smith

First-ever cookbook written by a trained chef with diabetes. Pizza, chicken and mushrooms in white wine sauce, to-die-for chocolate cake. Foods that melt in your mouth and make your taste buds come alive. 150 recipes created by Chris Smith, the diabetic chef. There's virtually nothing you can't have anymore!

641.563 S *The Diabetes Menu Cookbook: Delicious Special-Occasion Recipes For Family and Friends* by Barbara Scott-Goodman

Now there's no need to worry about what to serve when you host a special get-together or celebration. With *The Diabetes Menu Cookbook*, you can cook and enjoy festive foods that not only stay within diabetes nutritional health guidelines, but also taste terrific. Whether you have diabetes or cook for someone who does, this book is an essential year-round kitchen companion.

641.563 S *The Everything Diabetes Cookbook* by Gretchen Scalpi

Being diagnosed with diabetes doesn't have to mean eliminating flavor--or fun!--from your diet. With the 300 easy as (sugar-free) pie recipes inside, you'll learn how to whip up guilt-free dishes that are as delicious as they are healthy. From dips and salads to soups, casseroles, desserts, and beyond, this collection is your new ultimate resource for great meals that are good for you. With this book, you can manage your diabetic diet, control your glucose levels, and eat well--every day!

641.563 T *The Essential Diabetes Cookbook: Good Healthy Eating from Around the World* by Antony Worrall Thompson

Our Western eating habits aren't always the easiest to adapt to diabetic requirements, whereas the everyday diet in other cultures is much more similar to the diabetic diet. The fabulous recipes included in this book come from all the main continents and prove that diabetic food doesn't need to be boring.

641.563 W *The Diabetes Comfort Food Cookbook: Foods to Fill You Up, Not Out!* by Robyn Webb

This amazing collection of diabetes-friendly updates to comfort food classics--such as lasagna, meat loaf, fettuccini alfredo, and chocolate cake--shows that with just a few tweaks, you can enjoy family favorites every day. While fancy and sophisticated foods continue to grow in popularity, ask most people what their favorite foods are and the answer will invariably be classic comfort foods: lasagna, meat loaf, mac and cheese, and cake. Unfortunately, most people think that having diabetes means the days of enjoying these hearty classics are long gone, and that their favorite foods are a thing of the past. Author Robyn Webb shows that healthy eating doesn't have to mean giving up on favorite foods!

641.563 W *The Smart Shopper Diabetes Cookbook: Strategies for Stress-Free Meals from the Deli Counter, Freezer, Salad Bar, and Grocery Shelves* by Robin Webb

This contemporary collection of recipes is based on a simple concept--let fresh packaged and minimally processed foods, such as those found in the deli or salad bar sections of the grocery store, do the work for you. To simplify meal planning even more, all of the 125 recipes have been organized into thorough menus that show which recipes can be combined or swapped with other recipes in the book to meet certain nutritional

recommendations. Perfect for people looking to control calories or keep carbs consistent.

641.637 F *The Diabetic Chocolate Cookbook* by Mary Jane Finsand

For the chocolate lover...offers an alternative (sugar-free) way of cooking up the sweetest of the sweets.

Resources for Children and Young Adults:

J 616.462 B *I Have Diabetes* by Jenny Bryan

This book gives children an in-depth look at the disorder and provides them with the tools for a healthy life.

Y 616.462 F *Diabetes* by Elizabeth Ferber

Young adults living with diabetes will find practical advice, welcome support, and news on the latest medical breakthroughs.

J 616.462 H *Juvenile Diabetes* by Johannah Haney

Discusses juvenile diabetes, including what it is like to have the disease, the history and research, and how people live with it.

616.462 H *Type 1 Teens: A Guide to Managing Your Life With Diabetes* by Korey K. Hood

Type 1 diabetes might be part of some teens lives, but it doesn't have to run their lives. Type 1 Teen gives teens a slew of strategies and tips to manage their day-to-day lives with Type 1 diabetes. This book gives teens honest and straightforward facts and advice on issues including dealing with family and friends; navigating school and future plans; relationships and sex; and alcohol and drugs. This primer on the basics of life with Type 1 empowers teens to be their own best advocates and helps them acquire the psychological and social tools to prevent diabetes burnout and prepare for a long, healthy life.

EASY J 618.924 G *Juvenile Diabetes* by Jason Glaser

Introduces juvenile diabetes, why it occurs, and how it is diagnosed and treated.

P/T 618.924 L *Real Life Parenting of Kids With Diabetes* by Virginia Nasmyth Loy

Virginia Loy has been the chief engineer behind the successful management of her two sons' diabetes for more than 12 years. Her sons, Spike and Bo Loy, have written a book to help kids growing up with diabetes, *Getting a Grip on Diabetes*, and now Virginia makes her own contribution to parents of children with diabetes. Virginia reveals her organized, experienced, and practical advice for helping children cope with and manage their diabetes from elementary school through college.

Resources for Women and Diabetes:

362.196 D *The Buena Salud Guide to Diabetes and Your Life* by Jane L. Delgado

Featuring the stories of people living with diabetes, this invaluable guide explains everything readers need to know about the condition that has touched the lives of most Hispanic families.

616.462 E *Every Woman's Guide to Diabetes: What You Need to Know to Lower Your Risk And Beat the Odds* by Stephanie Eisenstat

Key features include: unique aspects of diabetes for women throughout the life cycle, timetable of recommended tests and check-ups, guide to medications with common dosages, charts to help organize diabetes-care tasks and supplies, time-management tips for better disease regulation, guide to contraceptives available to women with diabetes, review of issues critical to women before, during, and following pregnancy, advice for overcoming barriers to weight loss and exercise, plan for intelligent diet trade-offs while still enjoying meals, practical tips for planning exercise, strategies to avoid diabetes "burn-out".

616.462 M *Smart Woman's Guide to Diabetes: Authentic Advice on Everything From Eating to Dating And Motherhood* by Amy Mercer

The Smart Woman's Guide to Diabetes provides advice, tips, and research from a diverse community of women living with diabetes. It provides practical insight and references for the optimal management of diabetes from women living with the disease as well as doctors, nurses, nutritionists, and educators. Personal anecdotes from nearly one hundred women throughout the book reveal both the good and the bad of living with diabetes, including the frustration, sense of shame, sense of isolation as well as the capacity for strength and the opportunity for growth.

Subjects to search for in the library catalog (oleanlibrary.org)

You can expand your search by looking in the catalog under these subject headings in all of the libraries of the Chautauqua-Cattaraugus Library System. You can request a book be sent here from another library in the System.

Diabetes
Diabetes—Alternative Treatments
Diabetes—Complications
Diabetes—Diet Therapy
Diabetes—Diet Therapy—Popular Works
Diabetes—Diet Therapy—Recipes
Diabetes —Exercise Therapy
Diabetes in adolescence
Diabetes in children
Diabetes Mellitus

Diabetes—Nutritional Aspects

Diabetes—Popular Works

Diabetes—Prevention

Diabetes—Treatment

Diabetic Diet

eBooks

Click on the Overdrive link found on the library's webpage (oleanlibrary.org) and search for "diabetes". We have several diabetic cookbooks available in eBook format.

Magazines:

The following magazines are available in the library to check out (the current month's issue does not circulate, but you are free to look at it in the library):

Cooking Light

Healthy Aging

Men's Health

NIH MedlinePlus

Prevention

Self

eMagazines:

The following magazines are available on our Zinio platform. You can access these magazines by clicking on the Zinio link found on the library's webpage (oleanlibrary.org). You can download the magazine (including the current issue) and you never have to return it.

Men's Health

Prevention

Weight Watchers

Women's Health

Websites:

Am I at Risk for Type 2 Diabetes? – National Diabetes Information Clearinghouse

<http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/index.aspx>

This article explains the risk factors for diabetes and provides tips on how to lower your risk.

My Health Advisor: American Diabetes Association ®

<http://www.diabetes.org/are-you-at-risk/my-health-advisor/>

A tool from the American Diabetes Association to help you assess your risk for type 2 diabetes, heart disease, and stroke. To get the best estimate, you need to know some information about yourself (blood pressure, cholesterol level, etc.)

Type 2 Diabetes Risk Test: American Diabetes Association ®

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/?loc=atrisk-slabnav>

A quick type 2 diabetes risk test from the American Diabetes Association. This test requires you to know less information than My Health Advisor (listed above).

Choose More than 50 Ways to Prevent Type 2 Diabetes

http://ndep.nih.gov/media/NDEP71_Choose50Ways_4c_508.pdf

50 simple things you can do to prevent type 2 diabetes from the National Diabetes Education Program.

Did You Have Gestational Diabetes When You Were Pregnant?

http://ndep.nih.gov/media/NDEP88_DiabetesWhilePregnant_4c_508.pdf

If you had gestational diabetes, you may be at a greater risk for type 2 diabetes. This article provides prevention specifically for these women.

New York State Department of Health: Diabetes

<http://www.health.ny.gov/diseases/conditions/diabetes/>

Resources from the New York State Department of Health about diabetes and available resources in New York State.

Learn How to Lower Your Risk for Type 2 Diabetes

<http://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/diabetes/take-steps-to-prevent-type-2-diabetes#the-basics>

Type 2 diabetes prevention tips.

NIH Senior Health: Diabetes – Prevention

<http://nihseniorhealth.gov/diabetes/prevention/01.html>

Diabetes Prevention tips for seniors

Simple Steps for Preventing Diabetes

<https://www.hsph.harvard.edu/nutritionsource/diabetes-prevention/preventing-diabetes-full-story/>

This article from the Harvard School of Public Health discusses recent diabetes prevention studies in clear, easy to understand language. It explains what causes the disease and gives tips to prevent it.

Your Game Plan to Prevent Type 2 Diabetes

http://ndep.nih.gov/media/NDEP60_GAMEPLAN_bw_508.pdf

This printable booklet offers a game plan to help you prevent type 2 diabetes. Includes discussion of risk, a food and activity tracker, and suggestions for eating and exercising.

Best Diabetes Diets | US News Best Diets

<http://health.usnews.com/best-diet/best-diabetes-diets>

The best diets for preventing and managing diabetes, as rated by US News and World Report.