

Diabetes Cookbooks and Other Resources

Cookbooks

- 4-Ingredient Diabetes Cookbook, 2nd Edition by Nancy S. Hughes, 2016
- The Mediterranean Diabetes Cookbook (ADA) by Amy Riolo (Paperback - Feb. 18, 2010)
- The All-Natural Diabetes Cookbook by Jackie Newgent 2007
- Heart Smart Diabetes Kitchen by American Diabetes Association, 2009
- The Diabetes Seafood Cookbook: Fresh, Healthy, Low-Fat Cooking by Barbara Selig-Brown (Paperback - July 21, 2009)
- Diabetes Cookbook For Dummies 3rd edition by Alan L. Rubin M.D. 2010
- Diabetes & Heart Healthy Cookbook, 2nd Edition, American Diabetes Association and the American Heart Association, 2014
- Healthy Calendar Diabetic Cooking, L.Roncinelli, RD, LDN, CDE, Chef Jennifer Bucko, American Diabetes Association, 2nd edition, 2012.
- Mr. Food's Diabetic Dinners in a Dash, Art Ginsburg, 2006, American Diabetes Association.
- Quick and Healthy: Volume II: More help for people who say they don't have time to cook healthy meals. Brenda Ponichtera, 2nd ed. 2009
- Quick and Hearty Diabetic Cookbook, 2nd Edition, American Diabetes Association, 2007
- 3rd Editions of Month of Meals, many types of meals, American Diabetes Association, 2002
- The New Family Cookbook for people with Diabetes, American Diabetes and American Dietetic Associations, 2007
- Diabetes Meals for Good Health: Includes meal plans and 100 recipes, 2nd edition, Karen Graham, 2012
- Diabetes & Heart Healthy Meals for Two (2008) by American Heart Association and American Diabetes Association
- The Complete Month of Meals Collection (2017) by American Diabetes Association
- Healthy Calendar Diabetic Cooking, 2nd Edition (2012) by Lara Rondinelli-Hamilton, RD, LDN, CDE, and Chef Jennifer Bucko Lamplough

Meal Planning

- The Six O'Clock Scramble Meal Planner by Aviva Goldfarb, 2015
- Diabetes Meal Planning and Nutrition for Dummies by Toby Smithson (Author), Alan L. Rubin (Author), 2013.
- Diabetes Meal Planning Made Easy, 4th Edition, Hope Warshaw, MMSc, RD, CDE, 2010 American Diabetes Association.

Magazines

- Diabetes Self-Management | diabetesselfmanagement.com | (855) 367-4813
- Diabetes Forecast | diabetesforecast.org | (800) 342-2383

Books

- Managing Type 2 Diabetes for Dummies (2018), American Diabetes Association
- Bright Spots & Landmines: The Diabetes Guide I Wish Someone Had Handed Me (2017) by Adam Brown
- The First Year: Type 2 Diabetes; An Essential Guide for the Newly Diagnosed (2015) by Gretchen Becker
- The Diabetes Motivation Book: Change One Thing at a Time with the Science of Willpower (2012) by Heidi T. Beckman Ph.D
- What Do I Eat Now? A Step-by-Step Guide to Eating Right with Type 2 Diabetes (2015), American Diabetes Association, Patti B. Geil RD and Tami A. Ross RD
- Diabetes for Dummies (2015) by Alan L. Rubin
- Diabetes A to Z, 7th Edition, (2016), American Diabetes Association.
- Eat Out, Eat Well: The Guide to Eating Healthy in Any Restaurant (2015), American Diabetes Association, Hope Warshaw.

Bookstores or libraries may have a number of these books. They also offer internet access.

Blogs

- diabeticfoodie.com
- diatribe.com
- diabetesselfmanagement.com

Recommended Websites

- uwhealth.org/diabetes
- diabetes.niddk.nih.gov
- joslin.org
- diabetes.org
- dlife.com
- www.diabetescooking.com
- www.DiabetesSelfManagement.com
- www.diabetes.org/DiabetesForecast
- www.mealsmatter.org
- www.fitwatch.com

Medical ID

- American Medical ID – americanmedical-id.com/diabetes – (800)363-5985
- Lauren’s Hope Medical ID Jewelry – laurenshope.com – 800-360-8680
- Diabetes Research and Wellness Foundation – diabeteswellness.net – 202-298-9211 (offers a free diabetes ID necklace)

If you are a UW Health patient and have more questions, contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#261