

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 Restaurant Eating, 4th Edition by Hope Warshaw

*Cocinando para Latinos con Diabetes by Olga V.Fuste

*Diabetic Cooking for Latinos

*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

*Diabetic Meals in 30 Minutes-Or Less, 2nd Edition by Robin Webb

*Diabetes Meal Planning Made Easy, 3rd Edition by Hope Warshaw

*Diabetes Tipo 2: Su Guía Para Una Vida Saludable, 3rd Edition

*Type 2 Diabetes: Your Healthy Living Guide. 3rd Edition

*The Diabetes Travel Guide, 2nd Edition by David Kruger

The Doctor's Pocket Calorie, Fat and Carbohydrate Counter, 2008 Edition
available at www.calorieking.com or bookstores

*Fix and Forget-It Diabetic Cookbook (slow cooker favorites) by Phyllis Pellman Good

*Gestational Diabetes: What to Expect, 5th Edition

*Guide to Healthy Fast-Food Eating by Hope Warshaw

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 at www.appletree-press.com

*More Diabetic Meals in 30 Minutes or Less by Robyn Webb

*New Family Cookbook for People with Diabetes

*Quick & Easy Diabetic Recipes for One, 2nd Edition 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

*Your First Year with Diabetes by Theresa Garnero

*16 Myths of a Diabetic Diet, 2nd Edition by Karen Hanson Chalmers and Amy Peterson Campbell

*101 Consejos para estar sano teniendo Diabetes, 2nd Edition

*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

NMSU Extension Diabetes Coordinator, compiled 2/09