

[Diabetes Reading List](#)

All resources listed are available at the Fairfield Public Library (Main Library) or the Fairfield Woods Branch Library



This diabetes-related resource list was compiled by Fairfield Diabetes Support Group facilitator Courtney Sansonetti, RD, CDE, to raise educational awareness among local individuals with or at risk for diabetes and their loved ones. This list will be updated periodically to reflect the latest availability. If you would like to share a comment or recommend a diabetes-related resource be added to this list, send an email to c.sansonetti@rehabassocinc.com.

GENERAL DIABETES RESOURCES:

American Diabetes Association Guide to Insulin & Type 2 Diabetes by Marie McCarren (call number 616.462M - new book - Main Library)

"User-friendly guide covers all aspects of insulin use in type 2 diabetes."

Type 2 Diabetes for Beginners by Phyllis Barrier (call number 616.462B - Main Library)

"What you need to know about non-insulin dependent diabetes."

Diabetes for Dummies by Alan L. Rubin (call number 616.462R - Main Library)

"Diabetes For Dummies speaks to anyone who wants to know what the disease will mean in their own or someone else's experience, from the first moment when the word darts out of the doctor's mouth through all the ups and down of a long and satisfying life. This down-to-earth, compassionate guide gives you the nitty-gritty on ways to prevent and manage diabetes..."

Hypoglycemia for Dummies by Cheryl Chow and James Chow (call number 616.466C - Main Library and Fairfield Woods Branch)

"This easy-to-use guide presents appropriate diet and exercise regimens, supplies information on resources and Web sites for further research, and includes recipes for healthy fare that will help to ease symptoms. Clear, concise, and reassuring, Hypoglycemia For Dummies is a must-have companion for sufferers and their loved ones."

Type 2 Diabetes: Your Healthy Living Guide by American Diabetes Association (call number 616.462T - Main Library and Fairfield Woods Branch)

"The revised third edition includes the most recent information on how to create an effective plan for weight loss, exercise, and skin care; deal with work issues such as sick days; take medications safely and wisely; self-monitor blood sugar to maintain healthy levels; and more. "

American Diabetes Association Complete Guide To Diabetes (call number 616.462 A 2005 - Main Library and Fairfield Woods Branch)

"Containing detailed explanations and step-by-step instructions on self-managing diabetes, this revised edition arms readers with hundreds of effective self-care techniques to solve scores of common diabetes-related problems safely and easily."

The Uncomplicated Guide to Diabetes Complications edited by Marvin E. Levin and Michael A. Pfeifer (call number 616.462U - Main Library)

"Diabetes complications can be prevented, and they can be treated. You need to know what you're up against and how to take care of yourself. Early testing, new medical treatments, and improvements in diabetes control give you the edge that you need to protect yourself and to prevent or slow complications down."

Complete Guide To Carb Counting by the American Diabetes Association (call number 616.462W - Main Library and Fairfield Woods Branch)

"The ADA Complete Guide to Carb Counting is an A-Z guide to carbohydrate counting for people with diabetes. It addresses basic concepts as well as more advanced issues related to tight blood glucose control."

Diabetes Meal Planning Made Easy by Hope S. Warshaw (call number 641.56314W - Main Library)

"Help manage your diabetes with simple meal planning The bestselling "Diabetes Meal Planning Made Easy" is a comprehensive but easy-to-understand guide to all aspects of meal planning for you."

The American Diabetes Association Guide to Healthy Restaurant Eating by Hope S. Warshaw (call number 616.462W - Main Library and Fairfield Woods Branch)

"Here it is-the most complete and easy-to-use restaurant guide for people with diabetes, pre-diabetes, heart disease, and weight challenges. Along with nutrition facts, this book provides the skills and strategies you need to find healthy choices in the restaurants that line America's highways and byways."

The Joslin Guide to Diabetes: A Program for Managing Your Treatment by Richard S. Beaser (call number 616.462B 2005 - Main Library and Fairfield Woods Branch)

"From the world-famed Joslin Diabetes Center, here is the definitive guide to diabetes self-care--an indispensable resource for everybody with the disease. The center, affiliated with Harvard Medical School, is considered the preeminent diabetes research facility in the nation. "

101 Tips for Improving Blood Sugar by David S. Schade (call number 616.462O - Main Library)

"This edition offers the inside track on the latest tips, techniques, and strategies for keeping blood sugar at normal levels. The convenient question-and-answer format makes "101 Tips" an easy-to-understand, quick reference for both the diabetes novice and those who've had diabetes for several years."

16 Myths of a Diabetic Diet by Karen Hanson Chalmers (call number 616.462C - Main Library and Fairfield Woods Branch)

"16 Myths of a Diabetic Diet will tell you the truth about diabetes and how to eat when you have diabetes. Learn what the most common myths about diabetes meal plans are, where they came from, and how to overcome them."

Think Like A Pancreas: A Practical Guide To Managing Diabetes With Insulin by Gary Scheiner (call number 616.462S - Main Library and Fairfield Woods Branch)

"Certified diabetes educator and type 1 insulin user Gary Scheiner gives readers everything they need to know to "think like a pancreas," i.e., to successfully master the art of matching insulin to the body's ever-changing needs."

Insulin Pump Therapy Demystified: An Essential Guide For Everyone Pumping Insulin by Gabrielle Kaplan-Mayer (call number 616.462K - Main Library and Fairfield Woods Branch)

"This valuable insider's guide is for people with diabetes who are considering insulin pump therapy or who are already using it."

Psyching Out Diabetes: A Positive Approach to Your Negative Emotions by Richard R. Rubin (call number 616.462R - Main Library and Fairfield Woods Branch)

"The physical ramifications of diabetes are undeniable. With proper maintenance, diet, and education people with diabetes can live active normal lives. Psyching Out Diabetes shows how to take a healthier approach to the mental aspects of having the disease."

DIABETES COOKBOOKS:

The New Soul Food Cookbook for People With Diabetes by Fabiola Gaines (call number 641.56314 G new book at Main Library)

"The first and only African-American cookbook for people with diabetes. Although there are many cookbooks for people with diabetes, there is only one for people interested in African-American cooking."

Eat to Beat Diabetes : Over 300 Scrumptious Recipes to Help You Enjoy Life and Stay Well by Robyn Webb (call number 641.56314 E new book - Main Library)

The Healthy Carb Diabetes Cookbook : Favorite Foods to Fit Your Meal Plan by Jennifer Bucko (call number 641.56314 B new book - Main Library).

The Art of Cooking for the Diabetic by Mary Abbott Hess (call number 641.56314H 1996 - Main Library and Fairfield Woods Branch)

Expresslane Diabetic Cooking by Robyn Webb ((call number 641.56314W 1996 - Main Library and Fairfield Woods Branch)

"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."

The Diabetes Snack, Munch, Nibble, Nosh Book by Ruth Glick ((call number 641.56314G - Main Library and Fairfield Woods Branch)

"A collection of snack recipes for people with diabetes, this cookbook contains recipes for mini-meals for singles and twos as well as for parties and crowds, snack ideas for hard-to-please kids, and a table of convenience food snacks recommended by the ADA."

Diabetic Meals in 30 Minutes—or Less! by Robyn Webb (call number 641.56314W - Main Library)

"More than 100 quick-and-easy filling recipes that will fit nicely into a healthy meal plan."

One Pot Meals for People with Diabetes by Ruth Glick (call number 641.56314G - Main Library and Fairfield Woods Branch)

"Cook in less time without missing out on all the delicious possibilities. One-pot meals are the answer to your cooking prayers; fast to prepare and fast to clean up."

Cooking Up Fun For Kids with Diabetes by Patti Bazel Geil (call number 641.56314G - Main Library)

"Here are simple, fun, healthy recipes and activities for kids with diabetes that they can make themselves or with their parents. Recipes and projects help kids understand the importance of food to their health. Includes: Recipes that teach children about the link between diabetes and nutrition. Hints for parents..."

The Joslin Diabetes Quick and Easy Cookbook: 200 Recipes for 1 to 4 People by Frances Towner Giedt (call number 641.56314 G - Main Library and Fairfield Woods Branch)

"From the authors of the James Beard Award-winning 'Joslin Diabetes Gourmet Cookbook' comes a new volume filled with simple, delicious recipes that meet the most up-to-date dietary guidelines for diabetics and reflect today's style of cooking and eating."

The Joslin Diabetes Great Chefs Cook Healthy Cookbook by Frances Towner Giedt (call number 641.56314G - Main Library)

"Living with diabetes doesn't mean you can't enjoy five-star food. With The Joslin Diabetes Great Chefs Cook Healthy Cookbook, you can savor sophisticated, restaurant-quality cuisine at home while maintaining your blood glucose levels and healthy lifestyle."

The All-Natural Diabetes Cookbook: The Whole Food Approach to Great Taste and Healthy Eating by Jackie Newgent (call number 641.56314N - Main Library and Fairfield Woods Branch)

"The only whole food cookbook for people with diabetes-featuring 150 recipes Eating with diabetes means eating healthy. But many cookbooks for people with diabetes substitute artificial sweeteners and processed foods at the expense of great flavor. Now if you want to make healthier choices, you don't have to give up good food! The All-Natural Diabetes Cookbook features 150 recipes that focus on whole foods and unprocessed ingredients."

The New Family Cookbook for People With Diabetes by The American Diabetes Association (call number 641.56314A 1999 - Main Library and Fairfield Woods Branch)

"Prepared jointly by the American Diabetes Association and The American Dietetic Association, The New Family Cookbook for People with Diabetes is the most authoritative and comprehensive cookbook available for people with diabetes and their families. With more than 375 recipes that taste as good as they are good for you, this book makes it easy to prepare satisfying and delicious meals that the whole family will enjoy."

The Disease Prevention Cookbook by Clara G Schneider (call number 641.56314S - Main Library)

"Hundreds of cookbooks promise savory recipes and tips for maintaining a healthy lifestyle. But only The Disease Prevention Cookbook has tasty, nutritious recipes as well as helpful tools you can use to assess your risk of developing a disease and guidelines for prevention."

DIABETES MAGAZINES:

Diabetes Forecast

A monthly publication of the American Diabetes Association which provides tips on living with the disease and on treatment options. (Periodical Room - Main Library)

DIABETES REFERENCE BOOKS:

The Diabetes Carbohydrate & Fat Gram Guide: Quick Easy Meal Planning Using Carbohydrate and Fat Gram Counts by Lea Ann Holzmeister (call number 641.56314H - Main Library and Fairfield Woods Branch)

"After defining terms and briefly discussing food product labeling in the introduction, the author explains the four meal-planning methods used by diabetics (each represented by a chart) and weighs their pros and cons. Then the nutritional information for many generic and brand-name foods and beverages (arranged by food category) are listed, including 1500 new entries."

The Official Pocket Guide To Diabetic Exchanges by The American Diabetes Association (call number 641.56314O - Main Library)

"Every day, every meal, millions and millions of people count on the world-famous Exchange Lists for Meal Planning to make sure they're choosing the right kinds of foods and portion sizes from the various food groups."

Exchanges for All Occasions: Your Guide To Choosing Healthy Foods Anytime, Anywhere by Marion J Franz (call number 616.462F - Main Library and Fairfield Woods Branch)

"The exchange system is the definitive guide for meal planning, and Exchanges for All Occasions is the indispensable guide to using this popular system to its fullest."

All quotes are from the library's online catalog.