

Cookbooks and Publications

“50 Ways to Soothe Yourself Without Food & 50 More Ways to Soothe Yourself Without Food & Eating Mindfully” by Susan Albers, PsyD

“Bright Spots and Landmines, The Diabetes Guide I Wish Someone Had Handed Me” by Adam Brown (Type 1). Free download at diabtribe.org

“The Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control” 3rd ed, by Hope S. Warshaw, MMSc, Rd, CDE, BC-ADM and Karmeen Kulkarni, MS, RD, CDE, BC-ADM (ADA, 2011)

“Diabetes Burnout: What to Do When You Can’t Take It Anymore” by William H. Polonsky, PhD

“The Diabetes Comfort Food Cookbook” by Robyn Webb, MS (ADA)

“Diabetes and Heart Healthy Meals for Two” (American Heart Assoc/American Diabetes Assoc)

“Diabetes Meals by the Plate” (Diabetic Living)

“Diabetes Meals in 30 minutes or Less” by Robyn Webb, MS (ADA)

“Diabetes Self-Management” (magazine available at newsstand or subscription)

“Diabetes Self-Management – Meals & Menus for 1 or 2” by Marjorie Hollands and Margaret Howard

“The Diabetes Travel Guide”, 2nd ed, by Davida Kruger, MSN, RN, CS, CDE

“Diabetes Weight Loss Week by Week: A Safe, Effective Method for Losing Weight and Improving Your Health” by Jill Weisenberger, MS, RD, CDE (ADA, 2012)

“Eat What You Love, Love What You Eat” by Michelle Mays, MD

“Eat What You Love, Love What You Eat with Diabetes” by Michelle Mays, MD & Megrette Fletcher, Med, Rd, CDE

“Eat Well on \$4 a day; Good and Cheap” by Leanne Brown (free download) <https://cookbooks.leannebrown.com/good-and-cheap.pdf>

“Foods of Crete, Traditional Recipes from the Healthiest People in the World”, by Koula Barydakakis and Bill Bradley, RD, LDN

Cookbooks and Publications

“Good Food, Great Medicine”

by Mea Hassell and Miles Hassell
www.goodfoodgreatmedicine.com

“Think Like a Pancreas” by Gary Scheiner

“The I Hate to Exercise Book for People with Diabetes”, 3rd ed, by Charlotte Hayes, MMsc, MS, RD, CDE

“Keep It Moving: Lessons for the Rest of Your Life” by Twyla Tharp

“The Kitchen Counter Cooking School” by Kathleen Flinn (for those wanting to start cooking)

“Living a Healthy Life with Chronic Conditions” by Kate Lorig, DrPH, Hasted Holman, MD, et al; 4th ed

“The Mayo Clinic Diabetes Diet”, by Mayo Clinic. Good Books, 2013

“Mindful Eating” by Jan Chozen Bays, MD

“People With Diabetes Can Eat Anything: It’s All About Balance” by Jane K. Dickinson, RN, PhD, CDE (Media 117, 2013)

“The Pre-Diabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise” by Hilary Wright, Med, RD (Ten Speed Press, 2013).