

## Web Sites

---

### American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

### Diabetic Diet (MedlinePlus)

<https://medlineplus.gov/diabeticdiet.html>

### My Food Advisor: Recipes for Healthy Living (American Diabetes Association)

This online resource provides you with new recipes, cooking tips, and a meal plan each month.

[www.diabetes.org/food-and-fitness/food/my-food-advisor/](http://www.diabetes.org/food-and-fitness/food/my-food-advisor/)

### Tasty Recipes for People with Diabetes and Their Families

A bilingual booklet, Tasty Recipes is filled with recipes specifically designed for Latin Americans.

[https://www.cdc.gov/diabetes/ndep/cdcinfo/ndep\\_pdf/tasty-recipes-508.pdf](https://www.cdc.gov/diabetes/ndep/cdcinfo/ndep_pdf/tasty-recipes-508.pdf)

### What I Need to Know about Eating and Diabetes (52-page booklet)

[https://www.niddk.nih.gov/-/media/Files/Diabetes/Eating\\_Diabetes\\_508.pdf](https://www.niddk.nih.gov/-/media/Files/Diabetes/Eating_Diabetes_508.pdf)

## Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

## Contact Us

Call (608) 775-5995 or  
(800) 362-9567, ext. 55995

Visit us online at  
[gundersenhealth.org/libraries](http://gundersenhealth.org/libraries)

Email:

[mooneylibrary@gundersenhealth.org](mailto:mooneylibrary@gundersenhealth.org)

John & Nettie Mooney Library –  
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,  
With the Stanek Cancer Library  
Level 2, East Building

# Diabetes Cookbook Resources

## John & Nettie Mooney Libraries

April 2019

Gundersen Lutheran Medical Center, Inc.  
Gundersen Clinic, Ltd.  
Gundersen Boscobel Area Hospital and Clinics  
Gundersen Moundview Hospital and Clinics  
Gundersen Palmer Lutheran Hospital and Clinics  
Gundersen St. Joseph's Hospital and Clinics  
Gundersen Tri-County Hospital and Clinics

**GUNDERSEN**  
HEALTH SYSTEM®

## Books

---

### **Diabetes Cookbooks have call numbers beginning with FL 605.**

The 4-ingredient diabetes cookbook: simple, quick, and delicious recipes using just four ingredients or less!  
/ Nancy Hughes. (2007)

Beating diabetes: the first complete program clinically proven to dramatically improve your glucose tolerance / David M. Nathan (2005)

Betty Crocker 30-minute meals for diabetes / Betty Crocker. (2008)

Betty Crocker's diabetes cookbook: everyday meals easy as 1-2-3. (2003)

The complete quick & hearty diabetic cookbook: more than 200 fast, low-fat recipes with old-fashioned good taste / American Diabetes Assn. (2007)

Cooking up fun for kids with diabetes / Patti Geil. (2003)

The diabetes comfort food cookbook: foods to fill you up, not out!  
/ Robyn Webb.  
(2011)

Diabetes cookbook for dummies / Alan L. Rubin.  
(2015)

The diabetes snack, munch, nibble nosh book / Ruth Glick. (2003)

The everyday DASH diet cookbook: over 150 fresh and delicious recipes to speed weight loss, lower blood pressure, and prevent diabetes / Marla Heller (2013)

The everything diabetes cookbook / Gretchen Scalpi. (2010)

Healthy calendar diabetic cooking / Lara Hamilton. (2012)

Low-carb diabetes solution cookbook: prevent and heal type 2 diabetes with 200 ultra low-carb recipes / Dana Carpender. (2016)

Mayo Clinic diabetes diet / weight loss experts at the Mayo Clinic. (2011)

Mediterranean diabetes cookbook / Amy Riolo. (2010)

New family cookbook for people with diabetes / American Diabetes Association; The American Dietetic Association. (2007)

Quick & healthy recipes and ideas: for people who say they don't have time to cook healthy meals / Brenda Ponichtera. BB 210 P65 2008

Smart shopper diabetes cookbook: strategies for stress-free meals from the deli counter, freezer, salad bar and grocery shelves / Robyn Webb. (2013)

Stress free diabetes kitchen: over 140 easy & delicious recipes design for no-hassle cooking / Barbara Seelig-Brown. (2012)

What do I eat now?: a step-by-step guide to eating right with type 2 diabetes / Patti Geil (2009)

Whole cooking and nutrition: an everyday superfoods approach to planning, cooking, and eating with diabetes / Katie Cavuto (2016)

You can eat that: awesome food for kids with diabetes / Robyn Webb. (2007)

### **Nutrition Information**

The diabetes carbohydrate & fat gram guide: quick, easy meal planning using carbohydrate & fat gram counts / Lea Ann Holzmeister. (2010)