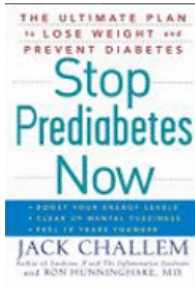


The little diabetes book you need to read

Michael A. Weiss & Martha M. Funnell
616.462 W436L

A central theme in Weiss and Funnell's book is: REAL diabetes is not easy—and only you have the power to effectively manage your diabetes.

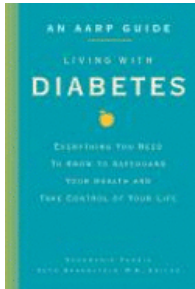


Stop prediabetes now: the ultimate plan to lose weight and prevent diabetes

Jack Challem & Ron Hunninghake.
616.462 C352S

Reversing prediabetes and even type 2 diabetes may be possible by eating properly, exercising and controlling weight.

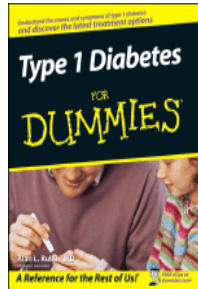
Information about Diabetes



Living with diabetes: everything you need to know to safeguard your health and take control of your life

Rosemarie Perrin
616.462

An AARP guide focusing on type 2 diabetes but also covering changes in type 1 that occur as one ages.

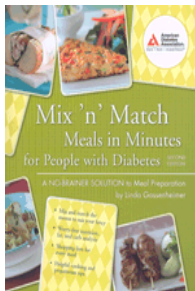


Type 1 diabetes for dummies

Alan L. Rubin
616.462 R824T

A guide to living a long, healthy, productive life with type 1 diabetes.

These sources of information about diabetes are available at the Racine Public Library.



Mix 'n' match meals in minutes for people with diabetes : a no-brainer solution to meal preparation

Linda Gassenheimer
641.56314 G215M2

A new ADA recipe book and meal planner.

Web Sites

These web sites can be accessed using the library's Internet computers.

www.diabetes.org/
American Diabetes Association

www.childrenwithdiabetes.com/
Children with Diabetes Online community

<http://diabetes.niddk.nih.gov/>
National Diabetes Information Clearing House

www.cdc.gov/diabetes/
Diabetes Public Health Resource page



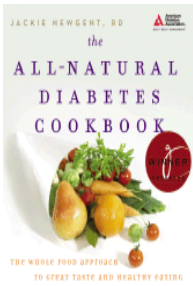
Sit and be fit. Diabetes workout [videorecording (DVD)] with Mary Ann Wilson

Mary Ann Wilson
616.462 DSIT

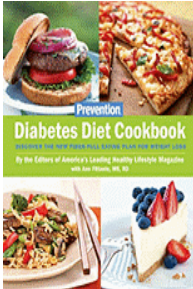
Demonstrates exercises that focus on improving circulation with special attention given to feet.

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racinelibrary.info

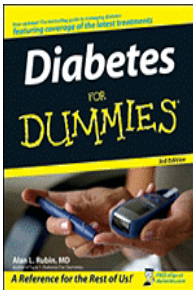
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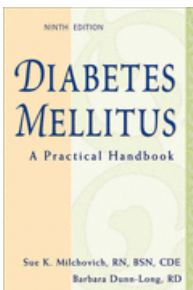
The all-natural diabetes cookbook: 150 high-flavor recipes made with real foods
 Jackie Newgent
 641.56314 N45A
 Focusing on whole foods and unprocessed ingredients leads to great flavor.



Diabetes diet cookbook: discover the new fiber-full eating plan for weight loss
 Ann Fittante
 641.56314 F56D
 The editors of Prevention Magazine show how to better control glucose levels naturally by focusing on high-fiber foods.



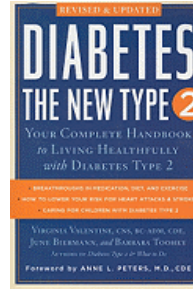
Diabetes for dummies
 Alan L. Rubin
 616.462 R824DI3
 A lively and lucid guide by one of the country's leading endocrinologists. Also available in large print and Spanish.



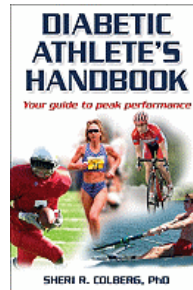
Diabetes mellitus: a practical handbook
 Sue K. Milchovich and Barbara Dunn-Long
 616.462 M591D9
 This book focuses on the everyday concerns of diabetics, how to balance diet, medication, and exercise for optimal health.



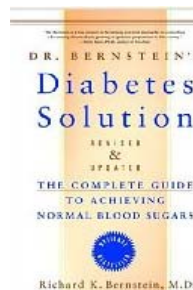
Diabetes survival guide: understanding the facts about diagnosis, treatment, and prevention
 Stanley Mirsky & Joan Rattner Heilman
 616.462 M679DR
 This classic, accessible guide has been completely revised with new information on pre-diabetes and prevention, as well as Metabolic Syndrome, diet, equipment, complications, and research.



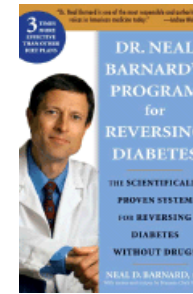
Diabetes : the new type 2
 Virginia Valentine, June Biermann, and Barbara Toohey
 616.462 V234D
 An RN and two diabetes educators offer medical and lifestyle advice with good humor, high energy, and straight talk.



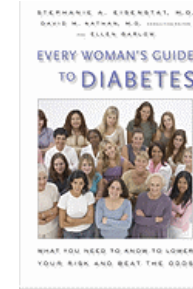
Diabetic athlete's handbook
 Sheri R. Colberg
 616.462 C671D
 Whether you're a recreational exerciser or competitive athlete, this book will provide you with up to date information on maximizing performance as well as health.



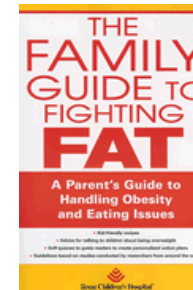
Dr. Bernstein's diabetes solution: the complete guide to achieving normal blood sugars
 Richard K. Bernstein
 616.462 B458DNR
 Emphasizes the importance of keeping blood sugars in the normal range and details step-by-step methods for achieving that goal. Includes recipes.



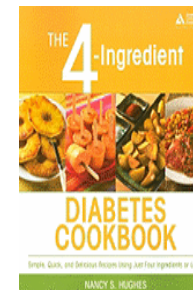
Dr. Neal Barnard's program for reversing diabetes: the scientifically proven system for reversing diabetes without drugs
 Neal D. Barnard
 616.462 B255D
 Dr. Barnard has shown that it is possible to repair insulin function and reverse type 2 diabetes.



Every woman's guide to diabetes: what you need to know to lower your risk and beat the odds
 Stephanie A. Eisenstat, David M. Nathan, Ellen Barlow
 616.462 E184E
 Focusing primarily on Type 2 diabetes, the authors describe risk factors and gender and ethnic-specific conditions that influence progression of the disease.



The family guide to fighting fat: a parent's guide to battling obesity, diabetes, and eating issues
 Texas Children's Hospital
 618.92398 F21
 A practical guide to a healthier lifestyle for the entire family.



The 4-ingredient diabetes cookbook
 Nancy S. Hughes
 641.56314 H874F
 Simple and quick dishes using only 4 ingredients or less.