

# Your Guide to Diet and Diabetes



## Resources and Recommended Websites

### Recommended Websites

American Diabetes Association

<http://www.diabetes.org>

American Dietetics Association

<http://www.eatright.org/>

The American Heart Association

<http://www.americanheart.org>

CDC Diabetes Public Health Resource

<http://www.cdc.gov/diabetes>

Joslin Diabetes Center

<http://www.joslin.org/index.asp>

National Diabetes Education Program

<http://ndep.nih.gov>

National Diabetes Information Clearinghouse

<http://diabetes.niddk.nih.gov>

National Institutes of Diabetes & Digestive & Kidney Diseases

<http://www.niddk.nih.gov>

The Endocrine Society

<http://www.endo-society.org>

The American Association of Clinical Endocrinologists

<http://www.aace.com>

## **Resources**

### **General Overview of Diabetes and Food**

National Diabetes Information Clearinghouse

<http://diabetes.niddk.nih.gov>

American Dietetic Association

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

American Diabetes Association

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

Exchange Lists

<http://www.well-connected.com>

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[http://care.diabetesjournals.org/content/vol27/suppl\\_1/index.shtml](http://care.diabetesjournals.org/content/vol27/suppl_1/index.shtml)

United States Department of Agriculture: "Dietary Guidelines for Americans 2005"

<http://www.health.gov/dietaryguidelines>

CDC Diabetes Public Health Resource

<http://www.cdc.gov/diabetes/>

Center for Disease Control (CDC): "Diabetes Statistics"

<http://www.cdc.gov/diabetes/statistics/index.htm#prevalence>

The American Heart Association: "The Heart of Diabetes"

<http://www.s2mw.com/heartofdiabetes/index.html>

Mahan, Kathleen, and Sylvia Escott-Stump, eds. *Krause's Food, Nutrition and Diet Therapy* 10th ed. New York: W.B. Saunders Co., 2000.

The American Heart Association: "Diet and Nutrition"

<http://www.americanheart.org/presenter.jhtml?identifier=1200010>

National Institutes of Health and National Heart and Lung and Blood Institute. (Reprinted March 1993). Report of the expert panel on population strategies for blood cholesterol reduction – executive summary. (NIH publication No. 93-304). U.S. Department of Health and Human Services.

National Heart Lung and Blood Institute: “Manage Diabetes”  
<http://www.nhlbi.nih.gov/actintime/rhar/md.htm>

United States Department of Agriculture: “MyPyramid”  
<http://www.mypyramid.gov>

The Canadian Diabetes Association  
<http://www.diabetes.ca>

University of Chicago Hospitals “Diabetes”  
<http://www.uchospitals.edu/online-library/content=P00343>

Steyn, P., Mann J, Bennett, H., Temple, N., Zimmet P, et al. Diet, Nutrition and the Prevention of Type 2 Diabetes. *Public Health Nutr.* Feb;7(1A):147-65. 2004.

Allen, R. Gestational Diabetes: a review of the treatment options. *Treat. Endocrinol.* 2(5): 357 –65. 2003.

### **Food Groups and Diabetes**

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

USDA Food and Nutrition Information Center  
<http://www.nal.usda.gov/fnic/index.html>

American Dietetic Association and American Diabetes Association. Daly, A., Franz, M., Holzmeister, L., et al. eds. *Exchange Lists for Meal Planning.* 2003.

### **Eating for Target Blood Glucose Levels**

National Institutes of Diabetes & Digestive & Kidney Diseases  
<http://www.niddk.nih.gov/>

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

The Canadian Diabetes Association  
<http://www.diabetes.ca>

American Dietetic Association and American Diabetes Association. Daly, A., Franz, M., Holzmeister, L., et al. eds. Exchange Lists for Meal Planning. 2003.

Narayan, M., Kanaya, M., Gregg, W. Lifestyle Intervention for the Prevention of Ttype 2 Diabetes Mellitus: putting theory to practice. Treat Endocrinol. 2(5):315-20. 2003.

Welschen, M., Bloemendal, E., Nijpels, G., et al. Self-monitoring of blood glucose in patients with type 2 diabetes who are not using insulin. Cochrane Database Syst Rev. 18;(2):CD005060. 2005.

### **Eating for Cardiovascular Health**

The American Heart Association: "The Heart of Diabetes"  
<http://www.s2mw.com/heartofdiabetes/index.html>

The American Heart Association: "Diet and Nutrition"  
<http://www.americanheart.org/presenter.jhtml?identifier=1200010>

The American Heart Association. "Dietary Guidelines"  
<http://www.americanheart.org/presenter.jhtml?identifier=1330>

United States Department of Agriculture: "Dietary Guidelines for Americans 2005"  
<http://www.health.gov/dietaryguidelines>

National Institutes of Diabetes & Digestive & Kidney Diseases  
<http://www.niddk.nih.gov/>

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

The Canadian Diabetes Association  
<http://www.diabetes.ca>

National Institute for Allergy and Infectious Disease  
<http://www.niaid.nih.gov>

United States National Library of Medicine National Institutes of Health  
<http://www.nlm.nih.gov>

Douaihy, K. Prediabetes and Atherosclerosis: what's the connection? Nurse Pract. 30(6): 24-35. 2005

