

## Diabetes Management Tools and Resources

### Healthy Foods and Diabetes

#### American Diabetes Association Website:

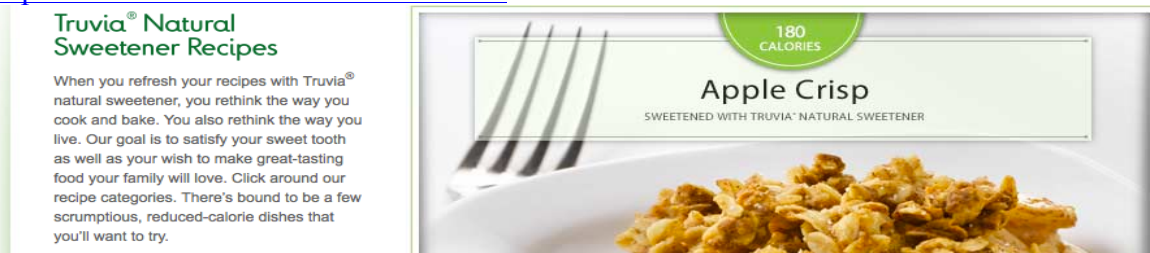
1. <http://www.diabetes.org/diabetes-basics/prevention/checkup-america/healthy-eating.html>
2. <http://www.diabetes.org/food-and-fitness/food/>
3. <http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>
4. <http://www.diabetes.org/food-and-fitness/food/my-food-advisor/>
5. <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices.html>
6. <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/diabetes-superfoods.html>
7. <http://www.diabetes.org/food-and-fitness/food/planning-meals/carb-counting/>
8. <http://www.diabetes.org/food-and-fitness/food/planning-meals/glycemic-index-and-diabetes.html>
9. <http://www.diabetes.org/food-and-fitness/food/planning-meals/meal-planning-for-vegetarians/>
10. <http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>
11. <http://www.diabetes.org/food-and-fitness/food/planning-meals/gluten-free-diets/>
12. <http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/>

#### Centers for Disease Control (CDC)

1. [http://www.cdc.gov/healthyweight/healthy\\_eating/index.html](http://www.cdc.gov/healthyweight/healthy_eating/index.html)
2. <http://www.cdc.gov/nutrition/>
3. <http://www.cdc.gov/healthyweight/index.html>
4. [http://www.cdc.gov/diabetes/consumer/eatright\\_other.htm](http://www.cdc.gov/diabetes/consumer/eatright_other.htm)

#### Other ideas: Free information / handouts

1. <http://www.truvia.com/healthcare/eclub/>



The advertisement features a white bowl of golden-brown apple crisp. A silver fork is placed to the left of the bowl. Above the bowl, a green circular badge contains the text '180 CALORIES'. Below the badge, the text reads 'Apple Crisp' and 'SWEETENED WITH TRUVIA® NATURAL SWEETENER'. To the left of the bowl, there is a text block: 'Truvia® Natural Sweetener Recipes' followed by a paragraph: 'When you refresh your recipes with Truvia® natural sweetener, you rethink the way you cook and bake. You also rethink the way you live. Our goal is to satisfy your sweet tooth as well as your wish to make great-tasting food your family will love. Click around our recipe categories. There's bound to be a few scrumptious, reduced-calorie dishes that you'll want to try.'

2. <http://www.healthmonitor.com/membercenter/aapa/subscribe.php>

