

Living Well with Diabetes

Recommended Diabetes Cookbooks

The following nutrition publications can be ordered from the American Diabetes Association. Call 1-800-342-2383 or visit <http://www.diabetes.org/>

Month of Meals

Need help choosing the right meals to fit your desired meal plan? Here's a series of books for you. You can mix and match the menus for breakfast, lunch, dinner, and snacks to fit celebrations, ethnic choices, fast foods, regular fare such as meat and potatoes, and vegetarian meal plans. The five books are *Old Time Favorites*, *Classic Cooking*, *Meals in Minutes*, *Ethnic Delights*, and *Vegetarian Pleasures*.

The 4-Ingredient Diabetes Cookbook

Making delicious foods that fit into your meal plan doesn't have to be complicated or time-consuming. You can make amazing dishes using only four ingredients or less! You can choose from over 150 easy-to-prepare recipes for breakfast, lunch, dinner, and everything in between!

The Complete Quick and Hearty Diabetic Cookbook

Finally, a start-to-finish, all-in-one diabetic cookbook! Choose from more than 250 fast, low-fat recipes with old-fashioned great taste. Every meal of the day is covered, including recipes for appetizers, soups, salads, main dishes, side dishes, and desserts.

Other ADA Cookbooks

- The Healthy HomeStyle Cookbook
- 200 Healthy Recipes in 30 Minutes or Less
- Cooking Up Fun For Kids with Diabetes
- Diabetic Cooking for Latinos
- The Big Book of Diabetic Desserts
- Healthy Calendar Diabetic Cooking
- The Family Style Soul Food Diabetes Cookbook

Other publications of interest may be ordered from the American Dietetic Association.

1-800-366-1655
<http://www.eatright.org/>

Adapted from the Texas Cooperative Extension's *Special Food Needs*