

Living Well with Diabetes

Recommended Web Sites For Finding Diabetes Resources

American Council for Fitness and Nutrition
www.acfn.org

American Diabetes Association
www.diabetes.org

American Dietetic Association
www.eatright.org

Arkansas Department of Health and Human Services
www.healthyarkansas.com

Center for Disease Control (CDC)
<http://www.cdc.gov/diabetes/>

Diabetes Action Research and Education Foundation
www.diabetesaction.org

USDA Food Guide – MyPyramid
www.mypyramid.gov

Juvenile Diabetes Research Foundation (JDRF)
www.jdrf.org

Healthy People 1020
www.healthypeople.gov/

Idaho Plate Method
www.platemethod.com

National Cholesterol Education Program – Adult Treatment Panel 3 (ATP-III)
www.nhlbi.nih.gov/guidelines/cholesterol/profmats.htm

National Diabetes Education Program
www.ndep.nih.gov

National Heart, Lung and Blood Institute – Obesity Education Initiative
www.nhlbi.nih.gov/about/oei/index.htm

National High Blood Pressure Education Program
www.nhlbi.nih.gov/health/index.htm

National Institute of Diabetes and Digestive and Kidney Diseases
www2.niddk.nih.gov/

Nutrition Information (General)
www.nutrition.gov

President's Council on Fitness
www.fitness.gov

University of Arkansas for Medical Sciences (UAMS)
www.uams.edu/MedCenter/special/ARDIAB.htm