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Diabetes: Nonfiction Guides

These nonfiction books provide information about diabetes, control and prevention, everyday care, exercise information, and meal plans and cookbooks. To order any of these titles, contact the library by email, phone, mail, in person, or order through our [online catalog](#). Select titles can be [downloaded from BARD](#).

101 Foot Care Tips for People with Diabetes By Jessie H. Ahroni

Read by Miriam Wagner

Reading time 2 hours, 22 minutes

Provides answers to common questions about foot problems associated with two complications of diabetes--poor circulation and nerve damage. Discusses skin and nail care, footwear, exercise, treatment of minor ailments, and identifying major concerns. 2000.

[Download from BARD: 101 Foot Care Tips for People with Diabetes](#)

Also available on cassette RC056378

American Diabetes Association Complete Guide to Diabetes By American Diabetes Association

Read by Gregory Gorton

Reading time 17 hours, 57 minutes

Revised edition of comprehensive guide to managing type 1 and type 2 diabetes. Contains updated information on monitoring blood glucose levels, using diabetic tools, navigating health care systems, planning meals, and handling emergencies. Covers advances in medications and self-care techniques. Also discusses family and work issues. Includes resources. 2005.

[Download from BARD: American Diabetes Association Complete Guide...](#)

Also available on digital cartridge DB061586

Also available on cassette RC061586

Diabetes & Heart Healthy Cookbook by American Diabetes Association

Read by Barbara Pinolini Reading time 7 hours, 39 minutes

Dozens of recipes following the dietary guidelines of both the American Heart Association and the American Diabetes Association to combat diabetes and cardiovascular disease. Includes a meal planning guide and suggestions for appetizers, soups, salads, seafood, poultry, meats, vegetarian entrees, breads, and desserts. Provides nutritional analysis for each selection. 2004.

[Download from BARD: Diabetes & Heat Healthy Cookbook](#)

Also available on digital cartridge DB062692

Also available on cassette RC062692

Type 2 Diabetes for Beginners: a Clear, Friendly Guide on Taking the Right Steps Toward a Healthy Life with Diabetes By Phyllis Barrier

Read by Margaret Strom Reading time 4 hours, 44 minutes

Certified diabetes educator teaches patients strategies for maintaining a healthy lifestyle with type 2 diabetes. Provides meal plans and other charts and tools for implementing suggestions. Discusses medications, nutrition, complications, and emotional problems that may arise. 2011.

[Download from BARD: Type 2 Diabetes for Beginnings: a Clear...](#)

Also available on digital cartridge DB073957

Mayo Clinic the Essential Diabetes Book By Maria Collazo-Clavell

Read by Kerry Cundiff Reading time 10 hours, 41 minutes

Guide to managing type 1 and type 2 diabetes and leading a healthy life. Discusses the different types, symptoms, and long-term complications of the disease. Covers diet strategies, exercise plans, medications, and treatment options, including insulin pumps and organ transplants. Offers advice to parents of diabetic children. 2009.

[Download from BARD: Mayo Clinic the Essential Diabetes Book](#)

Also available on digital cartridge DB072078

The Diabetes Manifesto: Take Charge of Your Life By Lynn Crowe

Read by Kerry Cundiff

Reading time 11 hours, 13 minutes

Public-health specialist Stachowiak and veteran diabetes educator Crowe provide advice for living with diabetes and managing setbacks. They explain possible complications, emotional and psychological issues, and the importance of health literacy, and discuss ways to optimize medical care and take charge of one's life. 2011.

[Download from BARD: The Diabetes Manifesto: Take Charge of Your Life](#)

Also available on digital cartridge DB073194

Beyond Rice and Beans the Caribbean Latino Guide to Eating Healthy with Diabetes = Más Allá del Arroz y las Habichuelas : la Guía Latino-Caribeña Para Comer Sano con Diabetes By Lorena Drago

Read by Maria Piño

Reading time 10 hours, 27 minutes

Bilingual guide by the American Diabetes Association. Presents nutritional information, exchange lists, and sample meal plans for preparing Latino cuisine from the Caribbean. In English and Spanish. 2006.

[Download from BARD: Beyond Rice and Beans the Caribbean Latino...](#)

Also available on digital cartridge DB067996

Diabetes 911: How to Handle Everyday Emergencies By Larry A Fox

Read by Carol Dines

Reading time 3 hours, 16 minutes

Endocrinologists describe methods for handling the complications of diabetes. They detail actions to take for hypoglycemia, diabetic ketoacidosis, insulin pump problems, natural disasters, travel, and other situations. They suggest ways to prepare for and prevent emergencies and deal with illnesses in general, including those involving children. 2009.

[Download from BARD: Diabetes 911: How to Handle Everyday...](#)

Also available on digital cartridge DB069503

101 Tips for a Healthy Pregnancy with Diabetes By Patti Bazel Geil

Read by Catherine Byers

Reading time 2 hours, 30 minutes

Answers to frequently asked questions about issues unique to women with diabetes, both preexisting and gestational. Stresses the importance of monitoring blood glucose throughout the pregnancy; addresses nutrition, medication, and labor and delivery; and details postpartum care to ensure the best health for baby and mother. 2003.

[Download from BARD: 101 Tips for a Healthy Pregnancy with Diabetes](#)

Also available on cassette RC057527

A Life of Control: Stories of Living with Diabetes By Alan L. Graber

Read by Theresa Conkin

Reading time 7 hours, 11 minutes

Endocrinologist interviews dozens of patients with diabetes about their challenges, coping mechanisms, successes, and failures. Joins with two nurse practitioners to discuss the patient's role in self-management, the disease's impact on the family, and the effect of one's environment on health. Also addresses the doctor/patient relationship. 2010.

[Download from BARD: A Life of Control: Stories of Living with Diabetes](#)

Also available on digital cartridge DB073483

Mix 'n' Match Meals in Minutes for People with Diabetes a No-Brainer

Solution to Meal Preparation By Linda Gassenheimer

Read by Mitzi Friedlander

Reading time 7 hours, 30 minutes

Provides recipes for breakfasts of eggs and sandwiches; lunches of salads, soups, and sandwiches; and dinners, including speed meals, featuring poultry, seafood, pork, veal, or beef. Menus are accompanied by shopping lists, nutritional facts, and preparation schedules. Also proposes a sample month of meals. 2008.

[Download from BARD: Mix 'n' Match Meals in Minutes for People with...](#)

Also available on digital cartridge DB069992

The Best Life Guide to Managing Diabetes and Pre-Diabetes By Bob W. Greene

Read by Gary Tipton

Reading time 14 hours, 52 minutes

An exercise physiologist, an endocrinologist, and a nutritionist team up to offer a practical plan for living fully with diabetes or prediabetes. They discuss the condition, suggest improving diet and exercise and taking appropriate medication to protect health, and provide various motivation strategies. 2009.

[Download from BARD: The Best Life Guide to Managing Diabetes and...](#)

Also available on digital cartridge DB070668

The "I Hate to Exercise" Book for People with Diabetes: Turn Everyday Home Activities into a Low-Impact Fitness Plan You'll Love By Charlotte Hayes

Read by Kerry Cundiff

Reading time 4 hours, 53 minutes

Nutrition and fitness consultant suggests people with diabetes ease into an active lifestyle by getting the most out of daily tasks at work, play, and home and by beginning a low-impact walking program. Includes stretching and strengthening exercises. 2006.

[Download from BARD: The "I Hate to Exercise" Book for People with...](#)

Also available on digital cartridge DB072073

The Blood Sugar Solution the Ultrahealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! By Mark Hyman

Read by Kerry Dunkin

Reading time 15 hours, 29 minutes

Medical director of the UltraWellness Center explains the causes of obesity and type 2 diabetes. Discusses adopting an organic diet, exercise plan, and stress-relief methods to prevent chronic illness. Includes recipes. Bestseller. 2012.

[Download from BARD: The Blood Sugar Solution the Ultrahealthy...](#)

Also available on digital cartridge DB074530

American Medical Association Guide to Living with Diabetes Preventing and Treating Type 2 Diabetes--Essential Information You and Your Family Need to Know By Boyd E. Metzger

Read by Margaret Strom Reading time 12 hours, 40 minutes
Lifestyle guidelines for people with Type 2 diabetes including diet, exercise, and personal care. Covers diagnosis, treatment, medication, alternative therapies, children, pregnancy, and complications. 2006.

[Download from BARD: American Medical Association Guide to Living...](#)

Also available on digital cartridge DB063411

Also available on cassette RC063411

[Download from BARD as Electronic Braille BR16922](#)

Also available in braille BR016922

The Big Book of Diabetic Desserts: Decadent and Delicious Recipes Perfect for People with Diabetes By Jackie Mills

Read by Kerry Cundiff Reading time 7 hours, 55 minutes
Dietitian offers suggestions for using the right types and amounts of sugar and fat to create a variety of satisfying desserts that stay within the carbohydrate and calorie targets of those living with diabetes. Includes recipes for cakes, cookies, pies, puddings, fruit dishes, frozen treats, and other sweet-tooth delicacies. 2007.

[Download from BARD: The Big Book of Diabetic Desserts: Decadent...](#)

Also available on digital cartridge DB068533

Stress-Free Diabetes: Your Guide to Health and Happiness By Joseph Napora

Read by Dale Allen Reading time 9 hours, 24 minutes
Psychotherapist describes the signs and effects of excessive stress and offers techniques--such as reframing unhealthy beliefs and using humor to cope--to control stress while effectively managing diabetes. 2010.

[Download from BARD: Stress-Free Diabetes: Your Guide to Health and...](#)

Also available on digital cartridge DB072603

Sugar Nation: the Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat it By Jeff O'Connell

Read by Bill Wallace

Reading time 11 hours, 42 minutes

Men's health writer describes his four years of research into diabetes, after being diagnosed as pre-diabetic in 2006. Posits that although the pharmaceutical industry and physicians advocate medication, proper diet and exercise are more effective in preventing and controlling the disease. Outlines the lifestyle actions he took. 2010.

[Download from BARD: Sugar Nation: the Hidden Truth Behind...](#)

Also available on digital cartridge DB073690

Living with Diabetes By Katrina Parker

Read by Carol Dines

Reading time 7 hours, 31 minutes

Explains diabetes types 1 and 2 for teens. Emphasizes the role of diet, exercise, and medication--including insulin pumps. Highlights the effects of drugs, alcohol, and eating disorders on the condition and discusses students' rights; insurance issues; and driving, travel, and participation in sports. For junior and senior high readers. 2008.

[Download from BARD: Living with Diabetes](#)

Also available on digital cartridge DB067083

The Diabetic Chef's Year-Round Cookbook: A Fresh Approach to Using Seasonal Ingredients By Chris Smith

Read by Gary Tipton

Reading time 6 hours, 15 minutes

Executive chef at a top U.S. medical center offers a month-by-month cookbook for people with diabetes and other dietary concerns. Offers dozens of flavorful recipes, such as cantaloupe salsa, baked salmon, and pumpkin polenta, that utilize seasonal, market-fresh foods. Each selection includes nutritional information and diabetic exchanges. 2008.

[Download from BARD: The Diabetic Chef's Year-Round Cookbook...](#)

Also available on digital cartridge DB069722

Diabetes Meal Planning Made Easy By Hope S. Warshaw

Read by Kerry Cundiff

Reading time 12 hours, 24 minutes

Provides nutritional information on shopping for and preparing healthier meals for people who have diabetes. Explains ways to change eating habits and food choices by reading product labels, planning menus, taking vitamins, and customizing one's diet. Includes sample menus. 2006.

[Download from BARD: Diabetes Meal Planning Made Easy](#)

Also available on digital cartridge DB070069

Family Style Soul Food Diabetes Cookbook By Roniece Weaver

Read by Kerry Cundiff

Reading time 7 hours, 25 minutes

Guide to adapting soul food--cuisine originated by slaves in the South--for diabetics. Explains ways to improve the nutritional content of popular African American dishes and create heart-healthy substitutions. Provides recipes for favorites such as grits, crawfish étouffée, and bread pudding. Offers shopping tips and ideas for church-group meals. 2006.

[Download from BARD: Family Style Soul Food Diabetes Cookbook](#)

Also available on digital cartridge DB067323

You Can Eat That! Awesome Food for Kids with Diabetes By Robyn Webb

Read by Kerry Cundiff

Reading time 6 hours, 13 minutes

Nutritionist Webb discusses diabetes management for children and provides kid-friendly recipes for smoothies, packed lunches, snacks, sweets, soups, and main entrees designed to meet a diabetic's requirements. Includes food suggestions for parties and holidays. 2007.

[Download from BARD: You Can Eat That! Awesome Food for Kids with...](#)

Also available on digital cartridge DB066342