In the United States, 23.6 million people have diabetes. Most of these people lead full, healthy lives. One of the best things you can do for yourself is to learn all you can about diabetes. The following books are available at the Newton Free Library. The Newton Free Library, as well as the Minuteman Library Network, has many other books to help readers learn more about diabetes. The listed Web sites can also be very useful and informative. Ask a librarian, if you need help. SPECIAL NOTE - The material and links listed on this bibliography are intended for educational purposes and should not be construed as medical advice or instruction.

Brand Miller, Janette. Everything You Need To Know To Manage Type 2 Diabetes: Simple Steps For Surviving and Thriving With the Low GI Plan. 616.462 E92B 2015
Cornero, Jenny. Diabetes (videodisc). 2015. DVD 613.7046 Y75YH
Diabetic Living. Eat To Beat Diabetes. 641.563 E14D 2016
Dunbar, Stephanie A. 21 Things You Need To Know About Diabetes and Nutrition. 616.462 D91T 2014
Edge, Julie. Can I Tell You About Diabetes (Type 1)? A Guide For Friends, Family and Professionals. 618.924 E23C 2014
Fleckenstein, Alexa. The Diabetes Cure: The 5-Step Plan To Eliminate Hunger, Lose Weight, and Reverse Diabetes – for Good! 616.462 F62D 2014
Garnero, Theresa. **Your First Year with Diabetes: What to Do, Month By Month.** Second Edition. 616.462 G18Y 2014

Good, Phyllis. **Fix-It and Forget-It Slow Cooker Diabetic Cookbook.** 641.563 G59F 2015

Hitchcock, Jeff. **101 Tips for the Parents of Diabetic Kids Wisdom for Families Living With Type 1.** 616.462 H63O 2016

Kay, Annie B. **Yoga and Diabetes: Your Guide To Safe and Effective Practice.** 616.462 K18Y 2015

King, George L. **Reverse Your Diabetes In 12 Weeks: The Scientifically Proven Program To Avoid, Control, and Turn Around Your Diabetes.** 2016. This book is On Order and may be reserved.

Magee, Elaine. **Tell me what to eat if I have diabetes: nutrition you can live with.** Fourth edition. 616.462 M27T 2014

Mattocks, Charles. **The Budget-Friendly Fresh and Local Diabetes Cookbook.** 641.563 M41B 2014


Rubin, Alan L. **Diabetes for Dummies.** 5th edition. 616.462 R82D 2015


Scalpi, Gretche. **The Everything Pre-Diabetes Cookbook.** 641.563 S28E 2014

Swift, Carrie S. **Overcoming Type 2 Diabetes.** 616.464 S97O 2015

Tessmer, Kimberly A. **Your Nutrition Solution To Type 2 Diabetes: A Meal-Based Plan To Help Manage Diabetes.** 641.563 T28Y 2014

Vieira, Ginger. **Dealing With Diabetes Burnout: How To Recharge and Get Back On Track When You Feel Frustrated and Overwhelmed Living With Diabetes.** 616.462 V67D 2014


Warshaw, Hope S. **Eat Out, Eat Well: The Guide to Eating Healthy In Any Restaurant.** 616.462 E14A 2015

Weisenberger, Jill. **21 Things You Need To Know About Diabetes And Your Heart.** 616.462 W43T 2014

**Yoga for Health. For Diabetes** (DVD videodisc). DVD 613.704 S948YD.1

**INTERNET RESOURCES**

