

E-books

www.haywoodlibrary.org, Services,
Online resources, NC Digital Library

The 4-Ingredient Diabetes
Cookbook / Hughes, Nancy

The Diabetes Code / Fung, Jason

The Diabetes Cookbook for
Dummies / Rubin, Alan

The Johns Hopkins Guide to
Diabetes for Today and Tomorrow /
Saudek, Christopher

The Pre-Diabetes Diet Plan / Wright,
Hillary

The Sweet Life: Diabetes without
Boundaries / Talbot, Sam

All items available digitally or
from NC Cardinal Libraries



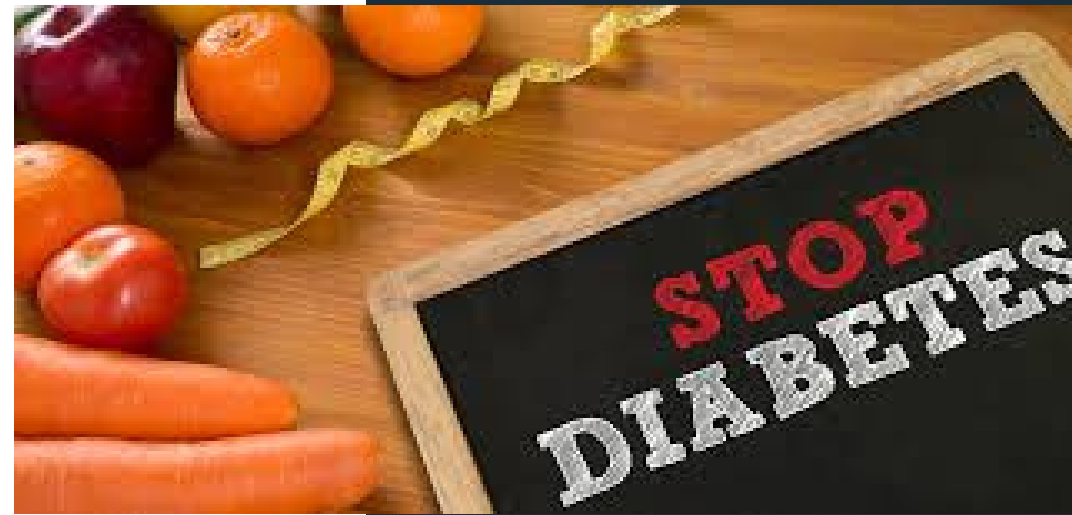
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NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Office of Minority Health
and Health Disparities

Diabetes Prevention Resources

Haywood County Public Library
www.haywoodlibrary.org
828.452.5169



Books

The 12-Week Diabetes Cookbook: Your Super Simple Plan for Organizing, Budgeting, and Cooking Amazing Dinners / Gassenheimer, Linda

21 Things You Need to Know About Diabetes and Nutrition / Dunbar, Stephanie

Aging Well with Diabetes: 146 Eye-Opening Secrets that Prevent and Control Diabetes / Bottom Line Books

Complete Diabetes Guide: Advice for Managing Type 2 Diabetes / Graham, Karen

The Complete Diabetes Cookbook: The Healthy Way to Eat the Foods You Love / America's Test Kitchen

Diabetes Head to Toe: Everything You Need to Know About Diagnosis, Treatment, and Living with Diabetes / Kalyani, Rita

The Diabetes Lifemap: Data-Driven Diabetes Care for the 21st Century / Bleich, David

The Diabetes Reset: Avoid it, Control it, Even Reverse it / King, George

Dinner for One!: 120 Diabetes-Friendly Dinners Just for You / Hughes, Nancy

The Everything Guide to the Insulin Resistance Diet: Lose Weight, Reverse Insulin Resistance, and Stop Pre-Diabetes / Feldman, Marie

Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently / Khambatta, Cyrus

Pregnancy & Diabetes: A Complete Guide for Women with Gestational, Type 2, and Type 1 Diabetes / Chaparro, Marina

Take Control of Your Diabetes / Walker, Rosemary

What Do I Eat Now? A Guide to Eating Well with Diabetes or Prediabetes / Ross, Tami

Streaming Video

www.haywoodlibrary.org, Services, Streaming Video, Films on Demand

Diabetes Management / The Wellness Network

Managing Diabetes / Information Television Network

Pre-Diabetes / The Wellness Network

Magazines

www.haywoodlibrary.org, Services, Online Resources, NC Digital Library

Diabetes Self-Management

Living Well with Diabetes

Prevention Special Edition: Outsmart Diabetes