

Sources for Additional Information about Diabetes and Self-Management

Diabetes Websites

National Diabetes Education Program

1-800-860-8747

<http://ndep.nih.gov/get-info/info-control.htm>

Centers for Disease Control & Prevention

1-877-232-3422

www.cdc.gov/diabetes

American Diabetes Association

1-800-342-2383

www.diabetes.org

National Institutes of Diabetes & Digestive & Kidney Diseases

1-301-496-3583

www.niddk.nih.gov

Joslin Diabetes Center

1-800-567-5461

www.joslin.org

National Institutes of Health

1-301-496-4000

www.nih.gov

American Association of Diabetes Educators

1-800-TEAMUP4 (1-800-832-6874)

www.diabeteseducator.org

American Dietetic Association (General Nutrition Information)

www.eatright.org

Calorie King (Calorie and Carb Reference)

<http://www.calorieking.com/foods>

My Food Advisor

<http://tracker.diabetes.org/myfoodadvisor.html>

American Diabetes Association Living With Type 2 Diabetes program
www.diabetes.org/living

Books

Boston Joslin Store: <https://www.joslin.org/jstore>

The Joslin Guide to Diabetes - Revised Edition

What You Need to Know about Diabetes — A Short Guide

Staying Healthy with Diabetes -- Weight & Wellness

Staying Healthy with Diabetes -- Nutrition & Meal Planning

Staying Healthy with Diabetes -- Physical Activity & Fitness

ADA Website Store: <http://store.diabetes.org>

Type 2 Diabetes: Your Healthy Living Guide, 4th Edition — 4804-04

Your First Year with Diabetes — 5024-01

Real-Life Guide to Diabetes — 4893-01

Uncomplicated Guide to Diabetes' Complications, 3rd Edition — 4814-03

Diabetes: A Practical Guide to Managing Your Health — 4880-01

Magazines

Diabetes Forecast (ADA) 1-800-806-7801

Diabetes Self-Management 1-800-234-0923

Diabetic Cooking Magazine 1-800-777-5582

Diabetes Health Magazine 1-415-883-1990

Diabetic Living Magazine (Better Homes and Gardens Special Interest Publication): subscribe on line at www.DiabeticLivingOnline.com

Apps & Software

Nutrition Apps

Fast Food:

- Free version
- Premium Version cost \$1.99
- Restaurant finder (many restaurants are not local restaurants)
- Grocery store finder
- Restaurant reviews
- Nutritional information (organized in an unusual manner)

FastFoodCal

- Cost \$0.99
- Nutritional information for various restaurants (many restaurants are not local restaurants)

Fast Food Calories

- Free Version
- Pro Version \$1.99
- Nutritional information for selected restaurants (many restaurants are not local restaurants)
- Foods are grouped by categories, not alphabetically

CalorieKing

- Cost
- Requires internet access to take you to the CalorieKing website

GoMeals

- Free (sponsored by Sanofi-Aventis)
- Local Restaurant Finder with menus and nutritional information
- Food/grocery items nutritional information (mostly branded)
- Can add home made food data
- Can save favorites
- Can calculate nutritional information for your complete meal
- Can save your nutritional information by “plates”

LIVESTRONG

- Cost \$2.99
- Can track exercise, food, body weight and calories
- Carb info is available for foods but doesn't get added into the tracker

CarbFinder

- Free
- Give carbs, fat, calories and fiber content of foods
- Has very limited fast food restaurant nutritional information

Tracking Apps

WaveSense

Free

Can track insulin, carbs and blood glucose checks

Can email information – emails as a cvs file

Can look at trend charts, logbook and statistics

Diabetes Buddy

Free lite version

Cost for regular version \$4.99

Can track blood glucose, meds, food, activity and A1c

Can set reminders

Can export the data

Can generate graphs

DiabetesPilot

Cost \$11.99

Can track glucose, food, meds, exercise, blood pressure, weight and notes

Can create graphs and reports

Can personalize settings

Can email reports

Has associated software for purchase