



Diabetic Cookbooks

The following is a list of recommended diabetic cookbooks from the American Diabetes Association's Web site (www.diabetes.org). Each cookbook has a complete description and can be ordered directly from them. These are just a few of the books they recommend.

The Great Chicken Cookbook for People with Diabetes

By Beryl M. Marton

The New Soul Food Cookbook for People with Diabetes

By Fabiola Demps Gaines, RD, LD, and Roniece Weaver, RD, LD

Month of Meals: Classic Cooking

Month of Meals: Meals in Minutes

Month of Meals: Ethnic Delights

Month of Meals: Vegetarian Pleasures

Month of Meals: Old Time Favorites

The Complete Quick & Hearty Diabetic Cookbook

How to Cook for People for Diabetes

By the American Diabetes Association

Diabetes Meal Planning on \$7 a Day - or Less!

The Diabetes Snack, Munch, Nibble and Nosh Book

By Ruth Glick

Diabetic Meals in 30 Minutes - or Less!

Flavorful Seasons Cookbook

By Robyn Webb, MS