



Recipes that are right for you!

Cookbooks and online recipes for people with diabetes



What do I need to look for when choosing a cookbook or recipe?

1. Nutrition information:

- Such as carbohydrate, calories, fat, protein, fibre and/or diabetic choices or exchanges.
- Use the nutrition information provided with the recipe to figure out how it can fit into your meal plan. For help contact your Registered Dietitian or go to www.dietitians.ca "Find a Nutrition Professional" to find a Registered Dietitian in your area.

2. A reliable author, editor or association:

Such as a Registered Dietitian (RD), Certified Diabetes Educator (CDE), Canadian Diabetes Association (CDA), Dietitians of Canada, Heart and Stroke Foundation of Canada, American Diabetes Association (ADA), Juvenile Diabetes Research Foundation Canada (JDRF) or the American Dietetic Association.

All of the books and websites listed below have a reliable author, editor, or association and each recipe has the nutrition information provided. Each of the books/websites has vegetarian options and most of them also include general information on healthy eating and diabetes management. The check marks are used to indicate which have information on meal planning or a sample menu. Meal planning will provide you with ideas on how a recipe could be fit into a meal. Sample menus give a specific outline of how the recipes can be fit together not only to form meals but also entire days, weeks, or months of meals.

Book and/or Website Information	Meal Planning	Sample Menu
Canadian Publication or Site		
Becel: www.becel.ca (click on "Heart Healthy Living" and then on "Recipes")	✓	
Best of Choice Menus by Marjorie Hollands & Margaret Howard with the CDA, 2004	✓	✓
Canada's 150 Best Diabetes Desserts by Barbara Selley with the CDA, 2008	✓	
* Canada's Best Cookbook for Kids with Diabetes by Colleen Bartley with the CDA, 2005		
Canada's Diabetes Menus for Good Health by Karen Graham RD, with the CDA, 2008	✓	✓
Canadian Diabetes Slow Cooker Recipes by Judith Finlayson RD with the CDA, 2007		
Complete Canadian Diabetes Cookbook by Katherine E. Younker RD, CDE with the CDA, 2005	✓	
Cook Great Food by Dietitians of Canada, 2001		
Delicious DASH Flavours by Sandra Nowlan endorsed by the Heart and Stroke Foundation of Canada and American Heart Association, 2008	✓	
Diabetes Comfort Food by Johanna Burkhard and Barbara Selley RD with the CDA, 2006		
Dietitians of Canada: www.dietitians.ca (click on "Eat well, Live well")	✓	
Eat, Shrink and Be Merry! (or Crazy Plates) by Janet & Greta Podleski, 2005	✓	
Great Food Fast by Bev Callaghan RD & Lynn Roblin RD with Dietitians of Canada, 2000	✓	

Book and/or Website Information	Meal Planning	Sample Menu
HeartSmart: The Best of HeartSmart Cooking by Bonnie Stern with the Heart and Stroke Foundation of Canada, 2006	✓	
Heart and Stroke Foundation of Canada: www.heartandstroke.on.ca (click on "Health Information" then on "Recipes")	✓	
Kraft Canada: www.kraftcanada.com (click on "Healthy Living")	✓	
The Diabetes Choice Cookbook for Canadians by Katherine E. Younker RD, CDE with the CDA, 2002		
The New Lighthearted Cookbook by Anne Lindsay with the Heart and Stroke Foundation of Canada, 2005	✓	✓
Simply Great Food by Dietitians of Canada, 2007	✓	
American Publication or Site		
American Diabetes Association: www.diabetes.org (click on "Nutrition" then scroll down to "Cookbooks")	✓	
American Heart Association: www.americanheart.org (click on "Healthy Lifestyle" then on "Diet & Nutrition" then "Delicious Decisions")		
Cook Smart for a Healthy Heart by Fran Berkoff RD, 2007 **Fibre already taken out of total carbs	✓	✓
Fix-It and Enjoy-It: Diabetic Cookbook by Phyllis Pellman Good with the ADA, 2007	✓	
The 30-Day Diabetes Miracle Cookbook by Bonnie House and Diana Fleming PhD, LDN, 2008	✓	✓
The EatingWell Diabetes Cookbook by Joyce Hendley and EatingWell Magazine, 2005	✓	
The New Mayo Clinic Cookbook: Eating Well for Better Health by Cheryl Forberg RD and Maureen Callahan RD with the Mayo Clinic, 2006	✓	✓

Where can I find these cookbooks?

- ✓ Canadian Diabetes Association Branch
 - 1685 Main Street West Hamilton 905-528-3111 or 1-866-429-3681
- ✓ Canadian Diabetes Association Depot Sites
 - Contact the above office or visit www.diabetes.ca to find a depot site near you
- ✓ Department stores, book stores, grocery stores or your public library
- ✓ Order online from the books website itself or from:
 - Chapters www.chapters.indigo.ca
 - The Diabetes Mall www.diabetesnet.com
 - American Diabetes Association www.diabetes.org

