

Know who to turn to



Resources Available from Alberta & NWT Regions Canadian Diabetes Association

Don't forget that Canadian Diabetes Association members get a 20% discount on all items! For information on becoming a member, please contact your local branch.

All prices effective July 2004 and subject to change without notice.

Cookbooks

First Nation's Healthy Choice Recipes, by Chinook Health Region (2004) \$20.00

Delicious Traditional & Modern Recipes From First Nation & Aboriginal People & Programs". The cookbook includes recipes for breakfast, lunch, main course, snacks and more.

Asian Community Cookbook, by Edmonton Branch's Asian Community Volunteer Group (2002) \$7.00

90 pages of tasty Asian cuisine - with recipes offered in both English and Cantonese. Content includes recipes for vegetarian cooking, soups & Congee as well as dishes prepared with chicken, seafood and more. It's sure to be a hit in your kitchen!

Meals for Good Health, by Karen Graham (1998) \$22.95

This book contains menus for a month of great eating. Two photos are shown for each meal, illustrating both large and small portions. An easy-to-follow chart helps you decide which meal size is right for you. The book also has an excellent section on healthy living.

The Everyday Diabetes Cookbook, by Stella Bowling (1996) \$22.95

This is our most "gourmet" cookbook. It covers everything from starters to main courses to desserts and has a special section on Holiday Cooking.

Choice Menus, by Marjorie Hollands and Margaret Howard (1993) \$26.99

This book has a unique split-page format that takes the work out of meal planning. It allows you to choose from a month's worth of daily menus (breakfast, lunch, dinner and snacks) all with supporting recipes. It is especially helpful for a newly diagnosed individual waiting for formal diabetes education. Based on *Canada's Food Guide*, this cookbook offers 104 mix-and-match menus for a 1200, 1500 or 1800 calorie meal plan.

More Choice Menus, by Marjorie Hollands and Margaret Howard (1996) \$26.95

As *Choice Menus* has been so popular, this sequel brings you even more recipes following the same unique split-page format.

Choice Menus Presents Meal Planning with Recipes for One or Two People, by Marjorie Hollands and Margaret Howard (2000) \$26.99

Following the *Choice Menus* format, this book is ideal for those interested in recipes with smaller portions.

Light & Easy Choices and Desserts, by Kay Spicer (1992) \$21.95

This popular cookbook covers all the components of a tasty meal: appetizers, soups, salads, main courses, and especially desserts. For someone just getting used to cooking for a person with diabetes, while at the same time wanting meals that the whole family will enjoy, this book is a perfect beginning.

Anne Lindsay's Light Kitchen, by Anne Lindsay (2002) \$26.99

This popular new edition of Light Kitchen features over 200 easy and delicious meals that will help you put healthy food on the table. You will find guidance on maintaining a

Healthy weight as well as healthy blood glucose & cholesterol levels, using the Glycemic Index, nutrient analysis and more!

MultiCultural Cooking, by Kay Spicer (1992) \$19.95

Looking for recipes that are a little out-of-the-ordinary? This cookbook offers healthy and easy ways of preparing favourite dishes from around the world. The recipes use readily-available ingredients and bring a little variety into your meal planning without sacrificing the low-fat, low-sugar way of eating.

Full of Beans, by Violet Currie and Kay Spicer (1993) \$21.95

If you've been looking for a way to incorporate more beans and legumes into your diet, here's the book for you! It covers soups, salads, entrees and desserts. Many of the recipes are vegetarian. The information on gluten-free eating will be of particular interest to those with Celiac Disease.

Kid's Choice Cookbook, by Colleen Bartley and John Pateman (1995) \$14.95

These recipes are just the kind of foods that kids love to eat. The servings are generally smaller and fit with meal plans for young and school-aged children. Kids will have a lot of fun preparing these recipes, and eating the results!

Great Food Fast (Dietitians of Canada), by Bev Callaghan and Lynn Roblin (2000) \$19.95

These recipes are nutritionally balanced, but never at the expense of great taste. They are also designed to accommodate real life, where hectic schedules leave little time for elaborate food preparation.

The Diabetes Choice Cookbook for Canadians, by Katherine Younker (2002) \$19.95

In this cookbook, you'll find lots of interesting recipes for tasty dishes that can be easily incorporated into meal plans. Moreover, it offers everything from appetizers to family meals, company foods and delicious desserts that everyone can enjoy, whether they are living with diabetes or not.

Canada's Everyday Diabetes Choice Recipes, by Katherine Younker (2003) \$19.95

This cookbook reflects the wealth of cooking styles and foods used across Canada. Recipe tips, make-ahead information, nutrient information and a Just For Kids section are also included. You'll find great everyday recipes and new spins on old ones.

Good Health Eating Guide Series

The **Good Health Eating Guide** (GHEG) system is used by many people with diabetes to choose meals and snacks. It is made up of several components:

- The **Resource Manual** divides foods into seven groups according to the amount of carbohydrate, protein and fat they contain. The portion sizes are clearly shown. Within each food group, the choices are interchangeable to help you add variety to your meal planning. There are sections on reading food labels, eating out, travelling and dealing with illness. The **Resource Manual** comes packaged with a **Pocket Partner**, which is designed to be carried in your purse or pocket. The **Pocket Partner** is also available separately.
- The **Poster Pinup** can be put on your fridge as a handy aid in meal planning.
- The **Sample Meal Plan** pads are blank pads used by dietitians to help explain the basics of the GHEG system.

Prices for Good Health Eating Guide materials:

<i>Resource Manual</i>	\$21.95
<i>Poster Pinup</i>	\$1.20
<i>Sample Meal Plan</i> pad	\$2.00
<i>Pocket Partner</i>	\$3.50

Books

Children Have Diabetes Too, Robert G. McArthur, Editor (1984) \$14.95

This book provides an educational, illustrated story about diabetes for children and young adolescents. For parents and families, there is a detailed summary of the cause, diagnosis, management and complications related to diabetes.

Free brochures

Please note: No more than three copies of each brochure may be ordered using this form. Shipping and handling is not charged on free brochures.

Diabetes raises many questions...

The Diabetes Resource Centre can help you find the answers. We're open 8:30 a.m. - 1:00 p.m. & 2:00 p.m. - 4:30 p.m. every weekday. You can reach us at (780) 423-1232 (Edmonton & area), or 1-800-563-0032 (across Alberta & NWT), or email us at abinfo@diabetes.ca.

Visit our web site at www.diabetes.ca

Order Form

This form is intended for people interested in ordering individual copies of our materials. If you want more than three copies of any item, please contact the Canadian Diabetes Association National Office at 1-800-BANTING (226-8464).

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- Health Canada's Food Guide, and Physical Activity Guide (Older Adults, Children/Youth)

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Orders are also accepted by phone at (780) 423-1232 (Edmonton and area), or 1-800-563-0032 (across Alberta and the Northwest Territories) or by fax at (780) 423-3322.