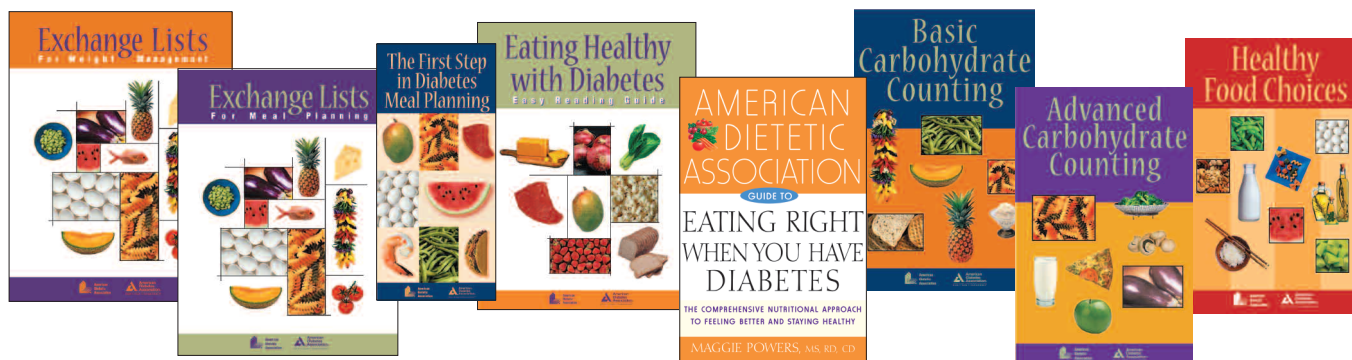


# Diabetes Resources from the American Dietetic Association



## Exchange Lists for Meal Planning

Based on the 2002 American Diabetes Association nutrition recommendations, this guide provides new information on such topics as trans fats, alcohol, fiber and Type 2 diabetes in children. Includes updated nutrition and selection tips for all exchange list groups, as well as many new foods.

#310X English version

ISBN: 0-88091-310-X 2003

Single copies \$2.50 ADA members \$1.95

#310XPK Package of 25

#3118 Spanish version

ISBN: 0-88091-311-8 2003

Single copies \$2.50 ADA members \$1.95

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## Exchange Lists for Weight Management

This revised booklet includes all the new features of the *Exchange Lists for Meal Planning* with an emphasis on weight management through healthful eating, regular activity and lifestyle change.

#3126

ISBN: 0-88091-312-6 2003

Single copies \$2.50 ADA members \$1.95

#3126PK Package of 25

Exchange lists available in packages of 25 copies.  
(price per package)

1-3 packages	\$62.50	ADA members \$48.75
4-19 packages	\$43.25	Members and nonmembers
20-39 packages	\$41.00	Members and nonmembers
40+ packages	\$38.75	Members and nonmembers

## The First Step in Diabetes Meal Planning: Poster for the Newly Diagnosed

The popular teaching tool for newly diagnosed persons with diabetes includes a meal plan that can be personalized for the client. Basic diabetes nutrition guidelines are presented in large print in this trifold poster.

#3185 English version

Package of 25 2003

\$15 ADA members \$11

#3193 Spanish version

Package of 25 2003

\$15 ADA members \$11

## Eating Healthy with Diabetes: Easy Reading Guide

*Eating Healthy with Diabetes* is a simplified version of the Exchange Lists that shows every food listed. It can be customized for the client and shows ethnically diverse foods.

#3134 2003

\$6 ADA members \$4

## Healthy Food Choices: Fold-Out Meal Planning Tool

This simplified teaching tool can be used with a variety of audiences to teach the basics of healthy eating, weight loss, carbohydrate counting and simplified exchange meal planning. It reflects the latest diabetes and nutrition guidelines and exchange values. A pocket-size handout that folds out to 12" x 22½".

#3207 2003 Package of 25

\$15 ADA members \$11

## ADA Guide to Eating Right When You Have Diabetes

Maggie Powers, MS, RD, CDE

This definitive guide on eating right to maintain normal blood sugars and an active, healthy lifestyle is full of easy-access boxes and lists. It details the must-know basics of diabetes care, from designing a food plan and using blood glucose records to losing weight and using the exchange system.

#6112 2003

ISBN: 0-471-44222-4

\$14.95

## Basic Carbohydrate Counting

This illustrated introduction to the basics of carbohydrate counting answers questions such as: "Why count carbohydrates?" "Which foods contain carbohydrates?" and "What size is a portion?" A poster-size handout that folds out to 12" x 22½", it makes a great starter piece for anyone interested in carbohydrate counting.

#3215 2003 Package of 25 posters

ISBN: 0-88091-321-5

\$21 ADA members \$18

## Advanced Carbohydrate Counting

This booklet is for those who have progressed beyond the basics. It teaches the client how to use their food records to create their own insulin/carbohydrate ratios to improve blood glucose control and allow increased flexibility of food choices and timing of meals and snacks.

#3142 2003 Package of 10 booklets

ISBN: 0-88091-314-2

\$26 ADA members \$20

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