

Resources

JDRF, Juvenile Diabetes Research foundation, was founded in 1970 by parents seeking a cure for their children with Type 1. “JDRF is the world’s leading funder of science to deliver treatments—and ultimately a cure—for people with type 1 diabetes.” Since 1970 it has awarded over 1.5 billion to diabetes research. To find a chapter go to www.jdrf.org.

ADA, American Diabetes Association, publishes an excellent magazine Diabetes Forecast. In my opinion, this organization has more of a focus on Type 2 diabetes. I subscribe to Diabetes Forecast as it features the latest updates in diabetes research, testimonials, recipes and most important from my perspective, cover story articles on famous people with diabetes, usually type 1. This is extremely important for young children with diabetes to see. Featured in the past – Brett Michaels, Selma Hayek, Ryan Reed (Nascar), BJ Crombeen (NHL) & Michael Hall (Olympic gold Medalist who used Shaklee products).
1-800-DIABETES www.DiabetesForecast.org Magazine subscription 1 yr, 6 issues \$6.00
2 yr, 12 issues \$9.00

diatribe publishes an email newsletter, Research & Product News for People with Diabetes. It is excellent. www.diatribe.org

Diabetic Living, a Better homes & Gardens Special Interest Publication, is published 4 times yearly. It contains articles on living with both type 1 and type 2 diabetes, research updates, and excellent recipes. To order, go to www.DiabeticLivingOnline.com 4 issues \$10

The Complete Guide to Carb Counting by Hope Warsaw & Kareem Kulkarni is an excellent paperback for anyone starting to use carbs instead of exchanges. Order from ADA.

The Complete book of Food Counts, 9th edition, by Corinne Netzer is a wealth of information for anyone who is interested in what is in their food. It contains information on calories, protein, carbs, fat, cholesterol, sodium & fiber for basic generic foods, brand name foods and fast food chains. Found on Amazon and in bookstores.