



Diabetes Friendly Recipes

LMC guide to diabetes friendly recipes

1 | Cookbooks

All of the listed cookbooks are available to be ordered on amazon.ca or purchased at Indigo and Chapters both online and in-store. All of these cookbooks are under \$25.

Complete Canadian Diabetes Cookbook
Katherine Younker, RD
(\$20.95)

What to eat & what to cook to treat type 2 diabetes: Diabetes cookbook
Dorling DK, Publishing Consultant: Amy Campbell, RD, CDE
(\$19.06)

150 Best Indian, Asian, Caribbean Diabetes Recipes
Sobia Kahn, RD
(\$20.95)

Diabetes Cookbook for Canadians For Dummies
Ian Blumer, MD and Cynthia Payne, RD, CDE.
(\$15.84)

The Diabetes Comfort Food Diet
Laura Cipullo, RD, CDE
(\$20.95)



2 | Online

Many websites offer a variety of healthy, diabetes friendly recipes with helpful links on nutritional information, plate method and grocery shopping planning.


EatRight Ontario:
www.eatrightontario.ca
Browse by topic → Diabetes →
Diabetes Recipes for Diverse Cultures


Canadian Diabetes Association:
www.diabetes.ca
Diabetes and You → Recipes


American Diabetes Association:
www.diabetes.org
Food and fitness → Recipes

Diabetic Living Online:
www.diabeticlivingonline.com
Menu → Diabetic Recipes

3 | Smart Phone Applications

 **Recipes for Diabetes:**
→ 140 recipes + nutritional information
→ Carb units provided

 **Diabetes Recipe App:**
→ 403 Recipes
→ Can filter recipes by calories, carbohydrates, meal prep time, etc

 **Diabetes Friendly Recipes:**
→ 1000+ recipes
→ Searchable by key words