

# **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:**

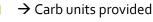
www.diabeticlivingonline.com
Menu → Diabetic Recipes

# 3 | Smart Phone Applications



#### **Recipes for Diabetes:**

→140 recipes + nutritional information





#### Diabetes Recipe App:

→403 Recipes

→ Can filter recipes by calories, carbohydrates, meal prep time, etc



#### **Diabetes Friendly Recipes:**

→ Searchable by key words

