

Diabetes resources

Health Engagement and Wellness Services



There is a lot of information – and misinformation – out there about diabetes. Here is a list of reliable diabetes resources.

Apps

For general diabetes management

- **BD Diabetes Care**
[Apple store](#) and [Android store](#)
A smart app that learns to be your personal diabetes assistant as you log
- **Diabetes Connect**
[Apple store](#) and [Android store](#)
Tracks blood glucose, weight, insulin and other medications, meals, and exercise.
- **Diabetes:M**
[Diabetes-M.com](#)
Tracks blood glucose, foods, lab results, and insulin management
- **Glucose Buddy**
[GlucoseBuddy.com](#)
Get reminders, track blood glucose, medications, exercise, food, weight, and blood pressure
- **Med Simple**
[MyDiabetesHome.com](#)
Track medications and doses, get prompts to take medication, use refill reminder
- **Medical ID**
[Google Play store](#)
In case of emergency, create your medical profile that is accessible from your lock screen

For tracking blood glucose

- **Health2Sync**
[Health2Sync.com](#)
Blood glucose results are color coded to show where you are trending in or out of range

- **MySugr**
[MySugr.com](#)
Enter blood glucose via download of One Touch Reveal app, log meals and carbohydrates, enter meal photos
- **One Touch Reveal**
[Apple store](#) and [Android store](#)
Collects data from the One Touch Verio Flex blood glucose meter. Tracks glucose, food, insulin, activity. Simple visuals highlight patterns, trends, and trouble spots

For tracking food and exercise

- **Calorie Counter Pro**
[MyNetDiary.com](#)
Scan barcodes, track calories, exercise, water, and weight
- **Calorie King Food Search and Calorie King Control MyWeight**
[CalorieKing.com](#)
Access nutrition information database for a wide range of brand name and generic foods and chain restaurants. Track food, exercise, water, and weight. Focus is on calorie counting but also gives carbohydrate information.
- **Fooducate**
[Fooducate.com](#)
Scan barcodes, get nutritional information, see grades assigned to foods
- **Lose It!**
[LoseIt.com](#)
Track calories and exercise, scan barcodes, photo snap of foods, holds 7 million foods in database
- **My Fitness Pal**
[MyFitnessPal.com](#)
Track food and exercise, able to scan barcodes, holds 11 million foods in database



- Shop Well
ShopWell.com
Create grocery lists, scan barcodes, get recommendations based on personal preferences
- Spark People
SparkPeople.com
Calorie Tracker, food and lifestyle coach, focuses on calorie counting

Websites and organizations

- Health Engagement and Wellness Services, Kaiser Permanente
kp.org/healthengagement/diabetes
- American Diabetes Association (ADA)
diabetes.org
1-800-DIABETES (1-800-342-2383)
- Diabetes Food Hub – ADA site for recipes and planning meals
diabetesfoodhub.org
- American Association of Diabetes Educators
diabeteseducator.org/living-with-diabetes
- American Volkspport Association – for local walking groups
ava.org
- Jodi Stolove’s Chair Dancing Fitness – low-impact exercise while sitting on a chair
chairdancing.com
- Beyond Type 2 – a blog and online community of support
beyondtype2.org
- Centers for Disease Control and Prevention (CDC)
cdc.gov/diabetes
- diaTribe – online newsletter of diabetes tips, insights, and news
diatribe.org
- One Touch blood sugar meters and education
onetouch.com
- Taking Control of Your Diabetes
tcoyd.org

Magazines

- Diabetes Forecast by ADA
diabetesforecast.org
- Diabetes Self-Management
1-855-367-4813
diabetesselfmanagement.com
- Diabetes Health
diabeteshealth.com
- Diabetic Gourmet
diabeticgourmet.com

Books

- *15-Minute Diabetic Meals*, Nancy Hughes
- *American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference*, American Diabetes Association
- *Bright Spots and Landmines: The Diabetes Guide I Wish Someone Had Handed Me*, Adam Brown
- *The CalorieKing: Calorie, Fat, and Carbohydrate Counter*, Allan Borushek
- *The Complete Month of Meals Collection*, American Diabetes Association
- *Dealing with Diabetes Burnout: How to Recharge and Get Back on Track When You Feel Frustrated and Overwhelmed Living with Diabetes*, Ginger Vieira
- *Diabetes: 365 Tips for Living Well*, Susan Weiner and Paula Ford Martin
- *Diabetes A-Z: What You Need to Know about Diabetes – Simply Put*, American Diabetes Association
- *Diabetes and Keeping Fit for Dummies*, Sheri Colberg
- *Diabetes for Dummies*, Alan Rubin
- *Eat Out, Eat Well: The Guide to Eating Healthy in Any Restaurant*, Hope Warshaw

- *Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging*, go4life.nia.nih.gov
- *The First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed*, Gretchen Becker
- *The I Hate to Exercise Book for People with Diabetes*, Charlotte Hayes, American Diabetes Association
- *The Mediterranean Diabetes Cookbook*, Amy Riolo
- *Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin*, Gary Schiener