# Diabetes Resources for Patients

These resources can help you to keep learning about and managing your diabetes.

- **Most resources are free unless noted. Some resources require you to create an account.**
- The National Library of Medicine has a 16 minute video you may find helpful to assess health information found on the internet: [https://medlineplus.gov/webeval/webeval.html](https://medlineplus.gov/webeval/webeval.html)

## Resources

The information in this document was accurate at the time of writing. If information has changed, please let us know so that we can update the handout.

### Online Information about Diabetes and Pre-Diabetes

- [https://extensiononline.tamu.edu/courses/health.php](https://extensiononline.tamu.edu/courses/health.php) (Texas A&M Agrilife Extension)
- [https://yourdiabetesinfo.org/healthsense/](https://yourdiabetesinfo.org/healthsense/) (Diabetes Health Sense)
- [www.diabetes.org](http://www.diabetes.org) (American Diabetes Association)
- [www.eatright.org](http://www.eatright.org) (Academy of Nutrition and Dietetics)
- [www.dlife.com](http://www.dlife.com) (The Diabetes Health Company)
- [https://www.bswhealth.com/qualityalliance/](https://www.bswhealth.com/qualityalliance/) Click on Patient Tools for handouts

### Help with Meal Planning

- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.diabetesfoodhub.org/](http://www.diabetesfoodhub.org/)
- [www.calorieking.com](http://www.calorieking.com)
- Consider a meal delivery service with healthy choices such as Home Chef, Hello Fresh or Sun Basket

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<thead>
<tr>
<th>Mobile Apps (for iOS and Android)</th>
<th>Devices Available</th>
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<tbody>
<tr>
<td>MyFitnessPal and Map My Fitness (Ability to track calories and activity)</td>
<td>iOS and Android</td>
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<tr>
<td>CalorieKing Food Search (Nutrition information)</td>
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<tr>
<td>AADE Diabetes Goal Tracker (American Association of Diabetes Educators)</td>
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### Books (Many of these books are available at the Library or Half Price Books)

- Diabetes Burnout: What to do When you Can’t Take it Anymore
- The First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed
- Psyching out Diabetes, A Positive Approach to your Negative Emotions
- 101 Tips for Coping with Diabetes
- 10 Steps to Living Better with Diabetes
Dallas branch serving North Texas  
972-392-1181  
www.diabetes.org/in-my-community/local-offices/dallas-texas/  
JDRF www.jdrf.org/dallas/ |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Local Diabetes Education Programs and Support Groups | www.beyondtype2.org  
www.diabetessisters.org  
www.tcoid.org  
www.diabeteswhattoknow.com  
www.diatribe.org  
www.beyondtype1.org  
www.facebook.com/groups/dfwdiabetesandexercise | Write in Local Program/Group Contact Information below: |