



General Information:

Organization	Link
Centers for Disease Control and Prevention (CDC)	https://www.cdc.gov/diabetes/index.html
The American Diabetes Association (ADA)	https://diabetes.org/
Mayo Clinic	https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193

Diet and Cooking:

Organization	Link
Centers for Disease Control and Prevention (CDC)	https://www.cdc.gov/diabetes/managing/eat-well.html
The American Diabetes Association (ADA)	https://diabetes.org/diabetes/type-2
Mayo Clinic: Meal Plan Recipes	https://www.mayoclinic.org/healthy-lifestyle/recipes/diabetes-meal-plan-recipes/rcs-20077150
ADA: Recipes	https://www.diabetesfoodhub.org/

Exercise:

Organization	Link
Centers for Disease Control and Prevention (CDC)	https://www.cdc.gov/diabetes/managing/active.html
John Hopkins Medicine	https://www.hopkinsmedicine.org/general-internal-medicine/core-resources/patient-handouts

Mental Health:

Organization	Link
ADA: Community Involvement	https://diabetes.org/get-involved/community
ADA: Journaling and Your Health	https://diabetes.org/healthy-living/mental-health/journaling-your-health
ADA: Positive Self Talk	https://diabetes.org/healthy-living/weight-loss/positive-self-talk
ADA: Ease Stress	https://diabetes.org/healthy-living/mental-health/ease-diabetes-stress

Managing Your Diabetes: Class Resources



Health Tracking Apps:

Resource	Link
My Fitness Pal	https://www.myfitnesspal.com/
My Net Diary	https://www.mynetdiary.com/

Sign Up for Newsletters and Podcasts:

Resource	Link
E-Newsletter	https://diabetes.org/healthylivingnews
Podcast	https://diabetesjournals.org/journals/pages/diabetes_day_by_day

Printouts:

Resource	Link
CDC: Care Record	https://www.cdc.gov/diabetes/pdfs/library/Steps-care-record-508.pdf
John Hopkins: Activity Log	https://www.hopkinsmedicine.org/general-internal-medicine/core-resources/patient-handouts

Questions? Please contact our Health Educators:

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