

Diabetic Resources

General Diabetic Information:

- American Diabetes Association:
www.diabetes.org
- Diabetes Daily:
www.diabetesdaily.com
- Diabetes for Women:
www.diabetessisters.org
- Diabetes Support Group:
www.tudiabetes.org
- National Diabetes Information Clearinghouse:
www.niddk.nih.gov

Fitness:

- www.mapmyhike.com, www.mapmyrun.com,
www.mapmyride.com
- www.americanheart.org/start
- www.sonima.com
- www.trinityhealthmichigan.org/health-and-wellness/classes-and-events/

Magazines:

- Eating Well, eatingwell.com

Support Groups & Education:

- Trinity Health Ann Arbor
- Trinity Health Chelsea Hospital
- Trinity Health Livingston
- Trinity Health Oakland
- Trinity Health Livonia
- trinityhealthmichigan.org/find-a-service-or-specialty/diabetes-and-endocrine/diabetes/
- Overeaters Anonymous
www.oa.org

Diabetic and Online Cooking Classes:

- www.trinityhealthmichigan.org/health-and-wellness/classes-and-events/
- www.forksoverknives.com/cooking-course/
- www.rouxbe.com
- <https://rochesterlifestylemedicine.org>
- YouTube - Trinity Health Michigan (see videos section and type "Cooking with Plants" into the search bar)

Books:

- What Do I Eat Now? By P. Geil; T. Ross
- Your First Year with Diabetes by Theresa Garnero
- Lickety Split Diabetic Meals by Zonya Focco, RD
- How Not to Die by Michael Greger MD
- Reversing Diabetes by Neal Barnard, MD
- The Obesity Code by Jason Fung

Nutrition:

- Ann Arbor Vegan Kitchen | Whole Food. Plant-Based. Simple. Happy. Delicious.
AnnArborvegankitchen.com
- My Food Advisor:
www.diabetes.org/myfoodadvisor
- Physicians Committee:
www.pcrm.org/health/diabetes
- Health and Nutrition:
www.nutritionfacts.org
- Dr. Joel Fuhrman:
www.drfuhrman.com
- Dr. Gourmet:
www.DRGourmet.com
- Weight Watchers
www.weightwatchers.com

Apps:

- Glucose Buddy
- My Fitness Pal
- Lose It
- Spark America
- Calorie King
- Vegan Kick start
- Dr. Greger's Daily Dozen
- Noom App
- Nutritionix
- Yuka

Pediatric Endocrine Resources

- **Michigan Medicine** <https://medicine.umich.edu/dept/pediatrics/divisions/pediatric-endocrinology>
- **Beaumont** <https://www.beaumont.org/services/childrens/pediatric-endocrinology>
- **DMC** <https://www.universitypediatricians.org/division/endocrinology>
- **MI Peds** <https://www.mipeds.org/>
- **Endocrine Kids** <https://www.endocrinekids.com/>
- **Ascension** <https://healthcare.ascension.org/doctors/mi/livonia/pediatric-endocrinology-diabetes>
- **Sparrow** <https://www.sparrow.org/departments-conditions/all-departments/childrens-medical-center-pediatric-services/pediatric-endocrinology-clinic>
- **Helen DeVos** <https://www.spectrumhealth.org/services/helen-devos-childrens-hospital/diabetes-and-endocrinology/endocrinology>
- **Bronson** <https://www.bronsonhealth.com/services/children/treatments/pediatric-endocrinology/>