

# Educational Resources for Diabetes Management

The following websites may contain useful information and resources related to diabetes and healthy living



## Blog

### ACE Fitness – Healthy Living Blog

[www.acefitness.org/education-and-resources/lifestyle/blog](http://www.acefitness.org/education-and-resources/lifestyle/blog)

## Videos

### Using Insulin

Author Barbara Mora talks about letting go of your fear of insulin.

<https://youtu.be/4cc-a3LrB-0>

## Online Catalog

### IHS Division of Diabetes Treatment and Prevention

Free patient/client resources.

<https://www.ihs.gov/diabetes/education-materials-and-resources/>



## Websites

### Academy of Nutrition and Dietetics

[www.eatright.org](http://www.eatright.org)

### Alaska Department of Health and Social Services – Division of Public Health Diabetes Prevention and Control Program

<http://dhss.alaska.gov/dph/Chronic/Pages/Diabetes/default.aspx>

### Association of Diabetes Care and Educational Specialists

<https://www.diabeteseducator.org/living-with-diabetes/>

[Tools-and-Resources](#)

### American Diabetes Association - Information and additional diabetes resources

[www.diabetes.org](http://www.diabetes.org)

### American Heart Association - Information, healthy living, and recipes

[www.heart.org](http://www.heart.org)

### Centers of Disease and Control

<https://www.cdc.gov/diabetes/index.html>

### Diabetes Food Hub

Healthy recipes.

[www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)

### DiaTribe – Making Sense of Diabetes

<https://diatribe.org/>

### Eating Well

[www.eatingwell.com/category/4248/diabetes-diet-center/](http://www.eatingwell.com/category/4248/diabetes-diet-center/)

### Know Diabetes by Heart

<https://www.knowdiabetesbyheart.org/>

### Learning About Diabetes

<https://learningaboutdiabetes.org/>

### Lilly Diabetes

Information about diabetes and medications.

[www.lillydiabetes.com](http://www.lillydiabetes.com)

### National Institute of Diabetes and Digestive and Kidney Diseases

<https://www.niddk.nih.gov/health-information/diabetes>

### National Kidney Foundation

[www.kidney.org](http://www.kidney.org)

### Better Homes and Gardens

Healthy recipes.

<https://www.bhg.com/recipes/healthy/>

# Apps Available on Google Play and the Apple App Store

People with diabetes should discuss health apps with their health care team and double check any medical advice to verify its accuracy.



## Glucose Buddy

Glucose Buddy app can integrate with Dexcom glucometer devices as well as Apple Health Apps, allowing you to more easily track steps, exercise, and meals. You can also enter your information manually.

<https://www.glucosebuddy.com/>



## MySugr

A clean, intuitive, customizable dashboard interface and the ability to sync with your glucose monitor set this app apart. MySugr has features that help you make the most out of the app, such as reminders that ping you to follow-up with more data (like blood sugar levels after a workout). All of the data and charts are easy to send to your doctor, so you can work together to adjust your treatment and better manage your diabetes based on real, accurate information.

<https://www.mysugr.com/en-us/>



## Calorie King

This app provides access to a food database that has nutrition information for over 150,000 foods, allowing you to make smarter food choices wherever you are.

<https://www.calorieking.com/us/en/products/food-search/>



## My Fitness Pal

Database with over 14 million foods that allows for users to log/track food. See a breakdown of calories and nutrients, compare serving sizes, and discover how the food you eat supports your goals.

<https://www.myfitnesspal.com/>



## Fooducate

Helps figure out which foods are best for keeping your blood sugar in a healthy range, because not all foods — or even carbs — are created equal. Scan or search for foods and see Fooducate's grade of its calorie quality. The app makes it easy for you to track and discover more information about the foods you put in your body, including added sugar content, hidden ingredients, and more.

<https://www.fooducate.com/>



## My AK Wellness

My AK Wellness is a free, confidential website and mobile app that tracks exercise and food; hosts friendly competitions; provides exercise plans and videos; logs health information such as blood pressure, glucose, cholesterol, and much more!

To learn more visit, <https://bit.ly/3uUY9jg>.

