



Note: See additional Supplemental Readings in *BYLD*:

- General Readings
 General, p. 251
 Nutritional Management, pp. 252-254
- American Indian/Alaska Native Specific Readings Nutrition, pp. 247-248

American Association of Diabetes Educators. <u>A Core Curriculum for Diabetes Educators</u>, Fifth Edition, AADE, 2004.

American Association of Diabetes Educators. *Position Statement: Standards for outcomes measurement in diabetes self-management education*. <u>The Diabetes Educator</u>. 29(5):804-816, 2003.

American Diabetes Association. *Position Statement: Evidence-based nutrition principles and recommendations for the treatment and prevention of diabetes and related complications.* Journal of the American Dietetic Association: 102: 109-118, 2002.

American Diabetes Association. *Position Statement: Dietary carbohydrate (amount and type) in the prevention and management of diabetes*. Diabetes Care. 27(9):2266-2271, 2004.

American Diabetes Association. *Position Statement: Weight management through lifestyle modification for the prevention and management of type 2 diabetes: rationale and strategies.* Diabetes Care. 27(8):2067-2073, 2004.

American Institute for Cancer Research (AICR). As Restaurant Portions Grow, Vast Majority of Americans Still Belong to 'Clean Plate Club,' New Survey Finds. Washington, DC: AICR News Release, January 15, 2001.

Bravata DM et al. *Efficacy and safety of low-carbohydrate diets: a systematic review*. Journal of the American Medical Association. 289:1837-1850, 2003.

Brownell K and Horgen K. <u>Food Fight: The Inside Story of the Food Industry, America's Obesity</u> <u>Crisis, and What We Can Do About It.</u> McGraw-Hill, 2003.

Calorie Control Council. Fat Replacers: Food Ingredients for Healthy Eating, 2003.

Center for Science in the Public Interest. <u>Anyone's Guess: The Need for Nutrition Labeling at Fast Food</u> and Other Chain Restaurants, 2003.

Daly A, Delahanty L and Wylie-Rosett J: <u>101 Weight Loss Tips for Preventing and Controlling Diabetes</u>. Alexandria, VA: American Diabetes Association, 2002.

<u>Diabetes Cooking Magazine</u>. Publications International, Ltd, 7373 North Cicero Avenue, Lincoln, IL, 60712, 1-800-777-5582.

Dietary Guidelines for Americans 2005. DHHS and USDA, January 2005. <u>www.healthierus.gov/</u><u>dietary guidelines</u>.

Eating Well: The Magazine of Good Health. 823A Ferry Road, Charlotte, VT, 05445, 1-800-377-0402.

Foster GD et al: *A randomized trial of a low-carbohydrate diet for obesity*. <u>New England Journal of Medicine</u>. 348:2082-2090, 2003.

Freedman MR and Kennedy E. *Popular Diets: A Scientific Review*. <u>Obesity Research</u>. 9 (Suppl 1): 1S-40S, March 2001.

Geil P and Holzmeister L. <u>101 Nutrition Tips for People with Diabetes</u>. Alexandria, VA: American Diabetes Association, 1999.

<u>Guidelines for Offering Foods at Meetings, Seminars and Catered Events</u>. University of Minnesota School of Public Health, <u>www.sph.umn.edu</u>.

Hess, Mary Abbott: <u>The Supermarket Guide: Food Choices for You and Your Family</u>. American Dietetic Association, 1997.

Hudnall, Marsha: Vitamins, Minerals and Dietary Supplements. American Dietetic Association, 1999.

Kirby, Jane: Dieting for Dummies. American Dietetic Association, 1998.

Lin B, Guthrie J and Frazao E: <u>Away-From-Home Foods Increasingly Important to Quality of</u> <u>American Diet</u>. Washington, DC: U.S. Department of Agriculture, Economic Research Service, Agriculture Information Bulletin No. 749, 1999.

Mulcahy K et al: *Diabetes self-management education core outcomes measures: Technical Review*. The Diabetes Educator. 29(5):786-803, 2003.

National Alliance for Nutrition and Activity. <u>From Wallet to Waistline: The Hidden Costs of Super</u> <u>Sizing, www.nanacoalition.org</u>, 2002.

National Institutes of Health, NHLBI. Aim for a Healthy Weight, www.nhlbi.nih.gov.

National Institutes of Health, NHLBI. <u>The Practical Guide: Identification, Evaluation, and Treatment of</u> <u>Overweight and Obesity in Adults</u>. NIH Publication No. 02-4084, 2002.

Neira, Luz Myriam. <u>Recipes and Meal Planner Guide</u>. National Diabetes Education Program, <u>www.ndep.nih.gov</u>.

Nestle M. <u>Food Politics: How the Food Industry Influences Nutrition and Health</u>. Berkeley, CA: University of California Press, 2002.

Nutrition in the Fast Lane: The Fast-Food Dining Guide. Indianapolis, IN: Franklin Publishing Inc., 2003.

Ornish D et al. Can lifestyle changes reverse coronary heart disease? Lancet. 336:129-133, 1990.

Ornish D. Was Dr. Atkins right? Journal of the American Dietetic Association. 104(4):537-542, April 2004.

Position of the American Dietetic Association on Fat Replacers. Journal of the American Dietetic Association: 98-463-468, 1998.

Position of the American Dietetic Association on Use of Nutritive and Non-nutritive sweeteners. Journal of the American Dietetic Association. 98: 580-587, 1998.

Samantha FF, et al. *A low-carbohydrate as compared with a low-fat diet in severe obesity*. <u>New</u> England Journal of Medicine. 348:2074-2081, May 22, 2003.

St. Jeor S et al: Dietary protein and weight reduction: a statement for health care professionals from the nutrition committee of the Council on Nutrition, Physical Activity, and Metabolism of the American Heart Association. <u>Circulation</u>. 104:1869-1874. 2001.

Surgeon General's Call to Action on Obesity. www.surgeongeneral.gov/topics/obesity/.

The Fast Food Nutrition Fact Explorer. www.fatcalories.com.

US Food and Drug Administration Center for Food Safety and Applied Nutrition. <u>Guidance on How to</u> <u>Understand and Use the Nutrition Facts Panel on Food Labels</u>, 2000.

Warshaw H. <u>Guide to Healthy Restaurant Eating</u>. Second Edition. Alexandria, VA: American Diabetes Association, 2000.

Warshaw H and KulKari K: <u>Complete Guide to Carbohydrate Counting</u>. Alexandria, VA: American Diabetes Association, 2001.

Weighing the diet books. Nutrition Action Healthletter. 3-8, Jan-Feb 2004.

Wheeler M. and Franz M. *Is there a place for alcohol in your diabetes?* Diabetes Forecast. August, 2003.

Willet W: *New Alternative to USDA Dietary Guidelines nearly twice as effective in reducing risk for major chronic disease*. <u>American Journal of Clinical Nutrition</u>.76:1261-1271, 2002.

Willet W: Eat, Drink and Be Healthy: The Harvard Guide to Healthy Eating. Simon and Schuster, 2001.

Young, LR, Nestle M. *The Contribution of Expanding Portion Sizes to the U.S. Obesity Epidemic*. <u>American Journal of Public Health</u>. 92:246-249, 2002.

Young LR and Nestle M: *Portion Sizes in Dietary Assessment: Issues and Policy Implications*. Nutrition Reviews. 53: 149-158, 1995.

