



Sources for Additional Materials



Material	Type	Session	Source
Food (actual)	VA	1,2,3,4,5	This needs to be collected/purchased locally
Food packages	VA	1,2,3,4,5	Collect actual food packages with ingredient listing and Nutrition Facts Label
Food models	VA	1,2,3,6	Nasco (plastic) 800-558-9585 www.enasco.com National Dairy Council (cardboard) 708-696-1860 www.nationaldairycouncil.org
Photos of food servings/portions	VA	1	Portion Photos of Popular Foods American Dietetic Association 800-877-1600 x5000 www.eatright.org/catalog PCI Photo Library Nasco 800-558-9585 www.enasco.com
Measuring cups/spoons/rulers/food scales	VA	1,2,3,7	These need to be collected/purchased locally
Food label videos	AV	1	Nasco 800-558-9585 www.enasco.com <ul style="list-style-type: none"> • <i>Understanding Nutrition Labeling</i> • <i>Smart Supermarket Shopping with the New Food Label</i> • <i>How to Read the New Food Label (For Persons with Diabetes)</i>
<i>The Food Label and You</i>	IH	1	Food and Drug Administration 888-SAFEFOOD (888-723-3366) www.cfsan.fda.gov/label.htm

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Grocery store tours	VA, EG	1,4	Sources include: <ul style="list-style-type: none"> • contact local grocery stores to learn if they offer guided tours • contact local registered dietitians to learn if they offer guided tours or would assist with developing them • Virtual Tour, American Diabetes Association, www.diabetes.org
<i>Reading Food Labels</i>	IH	1	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org
<i>Honoring the Gift of Heart Health: A Heart Health Educator's Manual for American Indians and Alaska Natives</i>	EG	1,4,5	National Heart, Lung and Blood Institute National Institutes of Health 301-496-5344 www.nhlbi.nih.gov
Food records (completed)	VA	2	These need to be developed locally by adding sample patient information to food records, diaries and log books
<i>Basic Carbohydrate Counting</i>	EB	2	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org
<i>Exchange Lists for Meal Planning</i>	EB	2,3	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org
Carbohydrate counting videos	AV	2	Sources include: <p>National Health Video 12021 Wilshire Boulevard #550 Los Angeles, CA 90025 800-543-6803</p> <p>Milner Fenwick/AADE Series 800-432-8433 www.milner-fenwick.com</p> <ul style="list-style-type: none"> • <i>Introduction to Carbohydrate Counting</i> • <i>Putting Carbohydrate Counting into Practice</i>

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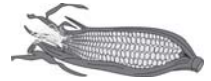
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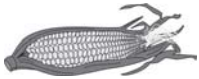
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Carbohydrate counting cards	VA	2	<p><i>Carb Cards</i> 45 9th Street Cayucos, CA 93430 805-995-1631 www.carbcards.com</p> <p><i>Flash Carb Magnets and Carb Count Stickers</i> American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org</p>
Carbohydrate counting books	EB, EG	2	<ul style="list-style-type: none"> • Review <i>Supplemental Readings</i> • Review publishing catalogs from professional organizations and diabetes centers listed in the <i>BYLD</i> Resource Directory
Nutritional information pamphlets from local restaurants	EB, IH	3	These need to be collected locally. Many restaurants provide written nutrition information about their menu items to the public.
<i>The First Steps in Diabetes Meal Planning</i>	EB	3	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org
<i>Healthy Food Choices</i>	EB	3	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org
<i>Ethnic and Regional Food Practices</i>	EG	3,5	American Dietetic Association 800-877-1600 x5000 www.eatright.org/catalog
<i>Fast Food Guide</i>	EB	3	Bectin, Dickinson, and Company 201-847-6800 www.bddiabetes.com
<i>Guide to Healthy Restaurant Eating</i>	EB	3	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org
<i>Food Label</i>	IH	3,4	<i>IHS Balancing Your Food Choices</i> Session #1: <i>Introduction to Food Labels</i> , Visual #1
<i>Portion Distortion</i> quiz and visuals	IH	3	National Heart, Lung & Blood Institute 301.592.8573 http://hin.nhlbi.nih.gov/portion/
<i>Resource Lists</i>	IH	4,7,8	These need to be developed locally. Many IHS diabetes programs have samples.



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Food shopping videos	AV	4	Nasco 800-558-9585 www.enasco.com • <i>Smart Supermarket Shopping with the New Food Label</i>
Local grocery store advertisements	VA	4	These need to be collected locally
Local/traditional recipes	IH	5	These need to be collected locally
Cookbooks	EP, EG	5	Review publishing catalogs from professional organizations and diabetes centers listed in the <i>BYLD</i> Resource Directory
Foods containing sugar substitutes	VA	5	These need to be collected/purchased/prepared locally
Sugar substitute products	VA	5	Sources include: • local supermarkets • product manufacturer
Meat, oven, refrigerator and freezer thermometers	VA	5	These need to be collected/purchased locally
Fat, sugar and sodium visuals	VA	5	Fat, Sugar and Salt Tubes Nasco 800-558-9585 www.enasco.com
Low-sodium spices/herb mixes	VA	5	These need to be collected/purchased locally
Food preparation videos	AV	5	American Dietetic Association 800-877-1600 x5000 www.eatright.org/catalog • <i>Enhancing Food Flavor with Herbs and Spices</i>
<i>A Guide to Fitting Food with Sugar Substitutes and Fat Replacers into Your Meal Plan</i>	EB	5	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org

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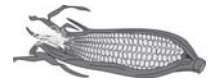
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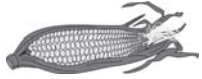
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<i>Cooking for Good Health: A Series of Cooking Classes Designed to Teach Healthy Eating to American Indian People</i>	VA, EG	5	IHS DDTP 505-248-4182 See IHS Publication Ordering Information in <i>BYLD Resource Directory</i>
<i>The Four Winds Model for Native Nutrition</i>	VA, EG	5	Northern Plains Nutrition Consulting 6134 Wildwood Drive Rapid City, South Dakota 57702 Email: kibbe1@msn.com
Restaurant menus	VA	6	These need to be developed locally
Menus for common feasts, celebrations, potlucks, etc.	VA	6	These need to be developed locally
Restaurant “Nutrition Composition” booklets	EB	6	These need to be collected/developed locally
<i>Plate Method (Lunch/Dinner)</i>	VA	6	<i>IHS BYLD</i> , Session #4: <i>Healthy Eating</i> , Visual #11
<i>Potlucks</i>	EG	6	<i>IHS BYLD</i> , Session #4: <i>Healthy Eating</i> , Diabetes and Real Life Activity
<i>Diabetes Prevention Program—Lifestyle Change Program</i>	IH, EG	6	Diabetes Prevention Program NIDDK National Institutes of Health 800-860-8747 http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram
<i>BEST Program</i>	IH, EG	6	Diabetes Prevention Program Apache Diabetes Wellness Center P.O. Box 1210 Whiteriver, AZ 85941 928-338-5278
Drink glasses/containers	VA	7	These need to be collected locally
Alcohol videos	AV	7	Nasco 800-558-9585 www.enasco.com <ul style="list-style-type: none"> • <i>Alcohol and Nutrition</i> • <i>Alcohol and Diabetes</i>
Advertisements for popular diets	VA	8	These need to be collected locally
Magazine articles/books about popular diets	VA	8	These need to be collected locally



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Weight management videos	AV	8	Milner Fenwick/AADE Series 800-432-8433 www.milner-fenwick.com • <i>Diabetes and Weight Control: Change for a Lifetime</i>
<i>Choosing a Safe and Successful Weight Loss Program</i>	EB	8	Weight Control Information Network NIDDK National Institutes of Health NIH Pub No: 03-3700 April 2003 www.niddk.nih.gov/health/hutrit/pubs/choose.htm

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