

Resources

Diabetic Youth Foundation

www.dyf.org

5167 Clayton Rd. Suite F
Concord, CA 94521
925-680-4994

Mission: “to improve the quality of life for children, teens and families affected by diabetes. The Foundation provides education and recreation within a supportive community, encouraging personal growth, knowledge and independence.”

- Many local events for children and families with type 1 diabetes

The Juvenile Diabetes Foundation

Northern California Chapter

www.jdrfnorcal.org

1329 Howe Avenue, Suite 110
Sacramento, CA 95825
916-920-0790

Goal: “The goal of JDRF is to improve the lives of every person affected by Type 1 diabetes by accelerating progress on the most promising opportunities for curing, better treating, and preventing Type 1 diabetes. JDRF collaborates with a wide spectrum of partners who share this goal.

- The local chapter holds many events for children and families with type 1 diabetes.
- Newly diagnosed patients and their families should contact the local chapter to request the “Bag of Hope.”

The American Diabetes Association

www.diabetes.org

2720 Gateway Oaks Drive, Suite 110
Sacramento, CA, 95833
916-924-32321
1-800-DIABETES (1-800-342-2383)

Mission: “to prevent and cure diabetes and to improve the lives of all people affected by diabetes.”

- Extensive publications/magazine
- Local and national literature

Resources available for local education/support/referrals via California Affiliate (link and address of local office available on the national website)

Resources

Diabetes Information websites

Children with Diabetes

www.childrenwithdiabetes.com

This is an online community for kids, families and adults with diabetes. It is a great resource for keeping up to date on the diabetes community.

diaTribe

<http://diatribe.us>

Research & product news for people with diabetes. A great way to stay updated on the latest research and products.

Research

UC San Francisco has many clinical trials regarding diagnosis, prevention and treatment of type 1 and type 2 diabetes. For more information contact UCSF at:

www.diabetes.ucsf.edu/clinical_trials

or 415-353-9084

Recipe Web sites

These include carbohydrate content for each recipe:

www.eatingwell.com

www.cookinglight.com

www.myrecipes.com

Carbohydrate Counting Resources

The Calorie King Calorie, Fat & Carbohydrate Counter™ (less than \$10)

by Allan Boruchek, RD, ISBN 1930448139.

www.calorieking.com

Federal Government Nutrient Database (6000 foods)

<http://ndb.nal.usda.gov>

Lenny the Lion: website and apps for teaching carbohydrate counting to children with diabetes:

www.lenny-diabetes.com

Phone Applications

Calorie King: free database similar to the Calorie King book and website for smart phones

Nutri-Find. Nutrition Database: free, based on data from United States Department of Agriculture (USDA) for Android or I-Phone.

GoMeals: free, nutritional database powered by Calorie King

Nutrition – Fruits & Vegetables: free, based on data from United States Department of Agriculture (USDA) for Android or I-Phone