**Diabetic Education and Managements**

Symptoms, Diagnosis and Monitoring of Prediabetes  
<https://www.heart.org/en/health-topics/diabetes/symptoms-diagnosis--monitoring-of-diabetes/symptoms-diagnosis-and-monitoring-of-prediabetes>  
The Ultimate Guide to Preventing, Managing, Treating, and Thriving With the Disease  
<https://www.everydayhealth.com/type-2-diabetes/guide/>  
Testing: How Accurate Are Diabetes Test Strips?  
<https://dlife.com/testing-how-accurate-are-diabetes-test-strips/>  
Find a Diabetes Education Program in Your Area  
<https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program>  
National Programs for Diabetes Education, Management and Financial Help  
<https://www.medicareadvantage.com/resources/diabetes-guide>  
Smartphone Apps for Diabetes Management  
<http://www.diabetesforecast.org/2017/mar-apr/diabetes-applications.html>  
Commit to Health Initiatives through the National Recreation and Park Association  
<https://www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/>  
Healthy Supermarket Shopping Guide for People with Diabetes  
<http://www.diabetescare.net/article/title/healthy-supermarket-shopping-guide-for-people-with-diabetes>  
The Best 7-Day Diabetes Meal Plan  
<http://www.eatingwell.com/article/290459/the-best-7-day-diabetes-meal-plan/>  
Feeding Your Family’s Vegetarians and Meat Eaters: Ideas to Keep Everyone in Your Home Happy, Healthy, and Well-Fed  
<https://www.homeadvisor.com/r/feeding-your-family-vegetarians-and-meat-eaters/>  
15 Best Snack Foods for Diabetics  
<https://www.thedailymeal.com/cook/15-best-snack-foods-diabetics>  
11 Tips for Eating Out With Diabetes  
<https://www.verywellhealth.com/eating-out-with-diabetes-1087119>