

DIABETES BOOKS

www.diabetesbooks.ca

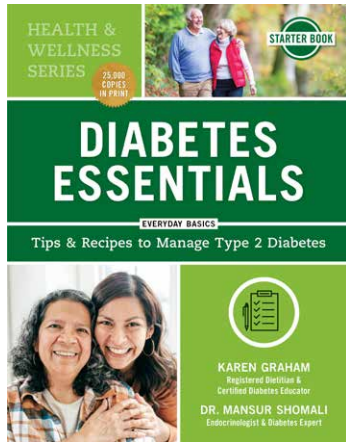


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HEALTH & WELLNESS SERIES

This full-colour series has the latest expert advice from Karen Graham, a Registered Dietitian and Certified Diabetes Educator & Dr. Mansur Shomali, a Diabetes Endocrinologist. They share 50 years of practical diabetes knowledge with you.

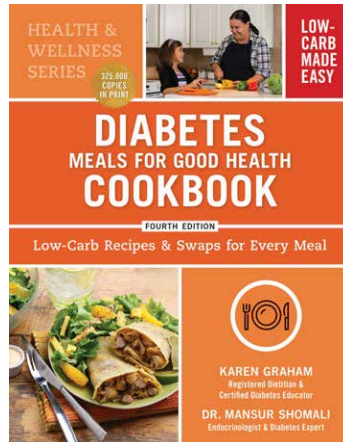


8.5" x 11", 192 pages

Did you just find out you have type 2 diabetes? *Diabetes Essentials* answers all your first questions.

HELPING YOU LIVE A HAPPY, HEALTHY LIFE

- Innovative format with beautiful photos
- Fifty **Top Ten** quick-and-easy lists on important diabetes subjects
- Over 50 easy-to-make and delicious diabetes recipes
- 10 diabetes quizzes — a fun way to learn!
- This book is an absolute must-have for educators and community members.

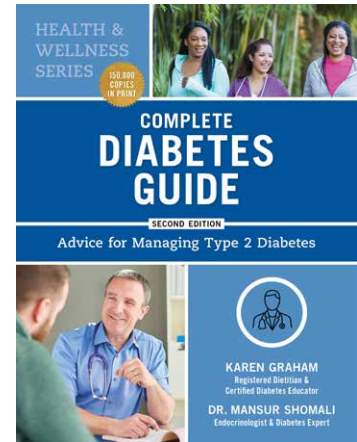


8.5" x 11", 288 pages

Are you struggling with what meals to make? The *Diabetes Cookbook* has complete meal plans.

LIFE-SIZE PHOTOS OF SIX WEEKS OF LOW-CARB MEALS

- Low-carb recipes and baking tips, and low-carb swaps for common foods
- Almost 200 snacks, including low-carb options
- Weight loss guide, using daily meal plans from 1200 to 2200 calories
- Recipes and meals for type 1 or type 2 diabetes, listing carbohydrates and key nutrients



8.5" x 11", 416 pages

Do you need more information about diabetes? It's time to go to the *Complete Diabetes Guide*.

EVERYTHING ABOUT TYPE 2 DIABETES

- Easy-to-understand information about diabetes
- Reliable information on diabetes medications and technologies
- Every diabetes topic covered, such as food choices, stress management and foot care
- Recommendations on how to prevent and reduce diabetes complications

OTHER POPULAR RESOURCES:

FIRST NATIONS RECIPES:

A small, handy cookbook by Indigenous Chef Gregory Lepine. One of our biggest sellers!



INDIGENOUS HEALTHY EATING GUIDE POSTERS:

Especially designed with the traditional drum. Learn about healthy eating.



INDIGENOUS PLACEMATS:

The back is a beautiful food-themed coloring page for adults or children, by Indigenous artist Jackie Traverse.



GROCERY LIST PADS

Each pad has 30 sheets with 10 different designs. Research shows that when we shop with a list, it helps us buy healthier food.





Scan and Email Order: karen@diabetesbooks.ca



Mail Order: Diabetes Books
1701 Vineyard Drive, West Kelowna, BC V4T 2V8



Fax Order: 1-866-480-0253



Phone Order: 1-800-477-7377

**Do you have questions about the resources or would you like help to fill out the Order Form?
If so, please contact Karen Graham at 1-250-707-3762 or karen@diabetesbooks.ca**

Order Date _____ P.O. # _____

GST Exempt or Band # _____

Name _____

Organization _____

Address _____

City _____

Province/Territory _____ Postal Code _____

Tel _____

Email _____

Please let us know if your shipping and billing address are different.

PAYMENTS



If Paying by Cheque:

Mail cheque and order form to:

Diabetes Books
1701 Vineyard Drive
West Kelowna, BC V4T 2V8

If you prefer, you can mail in your order form with a PO number and payment can be sent after you receive the shipment.



If Paying by Credit Card:

VISA ☐ MasterCard ☐

Credit Card # _____

Expiration Date: _____ Signature: _____






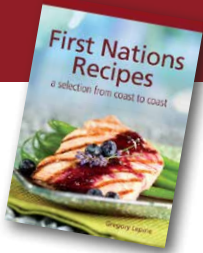
If Paying by E-Transfer:

E-transfer to: karen@diabetesbooks.ca

GST EXEMPT ORDER FORM

Use this Order Form if you are a GST Exempt First Nation

# of books ordered	# copies of ESSENTIALS retail \$27.95 	# copies of COOKBOOK retail \$34.95 	# copies of GUIDE retail \$29.95 	Total Price of Books:
1-4 books	___ x \$26.00	___ x \$33.00	___ x \$28.00	
5-9 books	___ x \$24.00	___ x \$30.00	___ x \$26.00	
10-24	___ x \$21.00	___ x \$26.00	___ x \$22.00	
25 or more	___ x \$19.00	___ x \$23.00	___ x \$20.00	
	10 books = \$210.00	10 books = \$260.00	10 books = \$220.00	
	25 books = \$475.00	25 books = \$575.00	25 books = \$500.00	
	50 books = \$950.00	50 books = \$1,150.00	50 books = \$1,000.00	
	Total: _____	Total: _____	Total: _____	



First Nation Recipes

5.5 x7.5", full-colour cookbook, 64 pages

Sold as a single order, sets of ten, or by the box

\$7.00 each for single order or up to 9

\$6.75 each for 10, 20, 30 or 40

\$6.00 each book when bought in full boxes of 48

Please Circle Order:

1-9 = \$7.00

10 = \$67.50

20 = \$135.00

30 = \$202.50

40 = \$270.00

Please Circle Order:

48 (1 full box) = \$288.00

96 (2 boxes) = \$576.00

144 (3 boxes) = \$864.00

192 (4 boxes) = \$1,152.00

Healthy Eating Guide Posters & Placemats, & Grocery List Pads

11" x 17" Posters & Placemats: Specify if you want the North American version of the poster rather than Indigenous version. Mix and Match. Sold in packages of 25. Minimum order of 100.

Price:

Posters:

___ x \$1.00 each

___ x \$0.90 each

___ x \$0.80 each

Placemats:

___ x \$1.00 each

___ x \$0.90 each

___ x \$0.80 each

Grocery List Pad:

1-9 ___ x \$2.00 each **SALE** \$1.75 each

10-99 ___ x \$1.75 each **SALE** \$1.50 each

100 or more ___ x \$1.50 each **SALE** \$1.00 each

Subtotal:

SUBTOTAL (add up all columns above) **Minimum Order \$40.00 (subtotal)**

ADD SHIPPING (based on subtotal)

If your order is \$40-\$100: 35% of your subtotal (subtotal x 0.35)

If your order is \$100.01-\$200: 25% of your subtotal (subtotal x 0.25)

If your order is \$200.01-\$1,000: 20% of your subtotal (subtotal x 0.20)

If your order is more than \$1,000: 15% of your subtotal (subtotal x 0.15)




Additional shipping costs will be charged to fly-in or remote communities.

Shipping Subtotal:

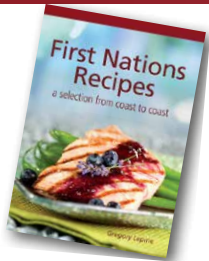
TOTAL

\$ _____

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	25 books = \$475.00	25 books = \$575.00	25 books = \$500.00	5% GST on books: _____
	50 books = \$950.00	50 books = \$1,150.00	50 books = \$1,000.00	
	Total: _____	Total: _____	Total: _____	

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96 (2 boxes) = \$576.00

144 (3 boxes) = \$864.00

192 (4 boxes) = \$1,152.00

5% GST on First Nation Recipes: _____

Healthy Eating Guide Posters & Placemats, & Grocery List Pads

Canadian Posters 	Indigenous Posters 	Placemats 	Grocery List Pad 	Price:
25-175: ___ x \$1.00 ea 200-475: ___ x \$0.90 ea 500 or more: ___ x \$0.80 ea (Mix and Match. Sold in packages of 25. Minimum order of 100.)	25-175: ___ x \$1.00 ea 200-475: ___ x \$0.90 ea 500 or more: ___ x \$0.80 ea (Mix and Match. Sold in packages of 25. Minimum order of 100.)	25-175: ___ x \$1.00 ea 200-475: ___ x \$0.90 ea 500 or more: ___ x \$0.80 ea (Mix and Match. Sold in packages of 25. Minimum order of 100.)	1-9 ___ x \$2.00 each SALE \$1.75 each 10-99 ___ x \$1.75 each SALE \$1.50 each 100 or more ___ x \$1.50 each SALE \$1.00 each	

Add % GST/HST to posters and placemats

ON: 13%

NS, NB, PEI, NL: 15%

BC, QC, MB, SK, AB and Territories: 5%

GST/HST on posters and placemats: _____

SUBTOTAL (add up all columns above)

Minimum Order \$40.00 (subtotal)

Subtotal: _____

ADD SHIPPING (based on subtotal)

If your order is \$40-\$100:

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Additional shipping costs will be charged to fly-in or remote communities.

Shipping: _____

GST/HST Shipping Tax: _____

TOTAL

\$ _____