

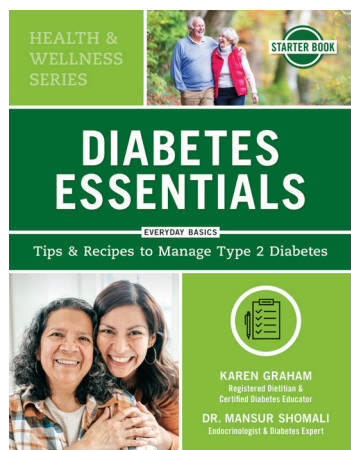


# DIABETES BOOKS

[www.diabetesbooks.ca](http://www.diabetesbooks.ca)

## 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.

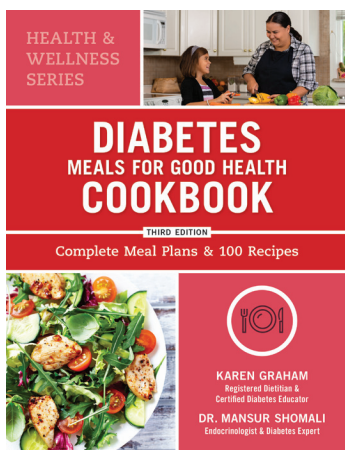


8.5" x 11", 192 pages

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.

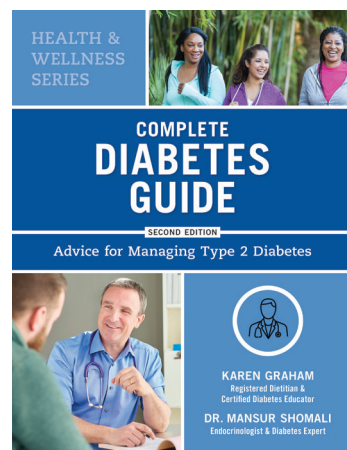


8.5" x 11", 320 pages

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

### LIFE-SIZE PHOTOS FOR SIX WEEKS OF MEALS

- Life-size photos of meals
- 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
- An "Eat This-Not That" section, comparing common foods and beverages to help you choose between them



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

## 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](mailto:karen@diabetesbooks.ca)**



**Fax Order: 1-866-480-0253**



**Phone Order: 1-800-477-7377**



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

**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](mailto: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 Paying by E-Transfer:

E-transfer to: [karen@diabetesbooks.ca](mailto:karen@diabetesbooks.ca)



### If Paying by Credit Card:

VISA ☐ MasterCard ☐




Credit Card # \_\_\_\_\_

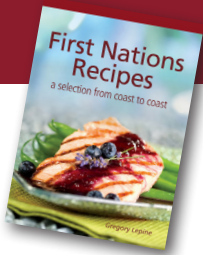
Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_

# GST EXEMPT ORDER FORM

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

## HEALTH & WELLNESS SERIES

# of books ordered	# copies of ESSENTIALS 	# copies of COOKBOOK 	# copies of GUIDE 	Total Price of Books:
1-4 books	____ x \$26.00	____ x \$28.00	____ x \$28.00	
5-9 books	____ x \$24.00	____ x \$25.00	____ x \$25.00	
10-19	____ x \$21.00	____ x \$22.00	____ x \$22.00	
20 or more	____ x \$19.00	____ x \$20.00	____ x \$20.00	
	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 and Calendars

**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.

**Posters:**

25-175 \_\_\_\_\_ x \$1.00 each

200-475 \_\_\_\_\_ x \$0.90 each

500 or more \_\_\_\_\_ x \$0.80 each

**Placemats:**

\_\_\_\_\_ x \$1.00 each

\_\_\_\_\_ x \$0.90 each

\_\_\_\_\_ x \$0.80 each

**Price:**

\_\_\_\_\_

**Grocery List Pad:**

1-9 \_\_\_\_\_ x \$2.00 each

10-99 \_\_\_\_\_ x \$1.75 each

100 or more \_\_\_\_\_ x \$1.50 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-\$500:

20% of your subtotal (subtotal x 0.20)

If your order is more than \$500:

15% of your subtotal (subtotal x 0.15)

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

**Shipping Subtotal:**




\_\_\_\_\_

**TOTAL**

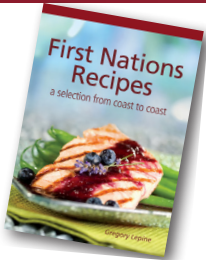
\$ \_\_\_\_\_

# ORDER FORM (with Canadian Taxes)

## HEALTH & WELLNESS SERIES

# of books ordered	# copies of <b>ESSENTIALS</b> 	# copies of <b>COOKBOOK</b> 	# copies of <b>GUIDE</b> 	Total Price of Books:
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5-9 books	___ x \$24.00	___ x \$25.00	___ x \$25.00	
10-19	___ x \$21.00	___ x \$22.00	___ x \$22.00	
20 or more	___ x \$19.00	___ x \$20.00	___ x \$20.00	
	Total: _____	Total: _____	Total: _____	

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

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10 = \$67.50

20 = \$135.00

30 = \$202.50

40 = \$270.00

**Circle Order:**

48 (1 full box) = \$288.00





96 (2 boxes) = \$576.00

144 (3 boxes) = \$864.00

192 (4 boxes) = \$1,152.00

5% GST on books: \_\_\_\_\_

### Healthy Eating Guide Posters, Placemats, Grocery List Pads and Calendars

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 <i>(Mix and Match. Sold in packages of 25. Minimum order of 100.)</i>	25-175: ___ x \$1.00 ea 200-475: ___ x \$0.90 ea 500 or more: ___ x \$0.80 ea <i>(Mix and Match. Sold in packages of 25. Minimum order of 100.)</i>	25-175: ___ x \$1.00 ea 200-475: ___ x \$0.90 ea 500 or more: ___ x \$0.80 ea <i>(Mix and Match. Sold in packages of 25. Minimum order of 100.)</i>	1-9: ___ x \$2.00 ea 10-99: ___ x \$1.75 ea 100 or more: ___ x \$1.50 ea	

**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:

35% of your subtotal (subtotal x 0.35)

If your order is \$100.01-\$200:

25% of your subtotal (subtotal x 0.25)

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15% of your subtotal (subtotal x 0.15)

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Shipping: \_\_\_\_\_

GST/HST Shipping Tax: \_\_\_\_\_

**TOTAL**

\$ \_\_\_\_\_