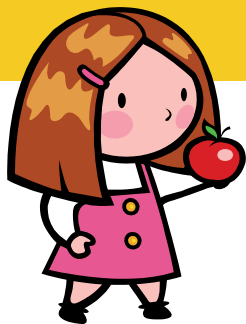


BOOKS THAT PROMOTE HEALTH



Children 2-4 years

Green Eggs and Ham, Seuss
The Very Hungry Caterpillar, Carle
Eat Your Peas, Ivy Louise!, Landry
Little Pea, Rosenthal
The Trouble with Cauliflower, Sutton
Gregory, the Terrible Eater, Sharmat

Children 9-12 years

Eat Your Vegetables! Drink Your Milk!, Silverstein
Run and Hike, Play and Bike: What is Physical Activity?, Cleary
Kid's Kitchen, Bird
The Monster Health Book, Miller
Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great!, Jukes

Children 4-8 years

Finn Cooks, Muller
D.W. The Picky Eater, Brown
My Amazing Body: A First Look at Health and Fitness, Thomas
Good Enough to Eat, Rockwell
Can you Move Like an Elephant, Hindley
Why Should I Eat Well?, Llewellyn and Gordon
The Race Against Junk Food., Buono
The Edible Pyramid: Good Eating Every Day, Leedy
The Busy Body Book: A Kid's Guide to Fitness, Rockwell
The Yoga Zoo Adventure: Animal Poses and Games for Little Kids, Purperhart
I will Never NOT EVER Eat a Tomato, Child
The Hungry Thing, Seidler and Sleplan
The Lima Bean Monster, Yaccarino
The Ugly Vegetables, Lin
The Seven Silly Eaters, Hoberman
Let's Exercise, McGinty
Market Day, Ehlert
The Vegetables Eat, Gibbons
Soup Day, Iwai

Teens

Eat Fresh Food: Awesome Recipes for Teen Chefs, Gold
Body Talk: The Straight Facts on Fitness, Nutrition, and Feeling Great About Yourself, Douglas

Parents

Feeding Baby Green: The Earth Friendly Program for Healthy, Safe Nutrition During Pregnancy, Childhood, and Beyond, Greene
American Academy of Pediatrics Guide to Your Child's Nutrition, Deitz
Ending the Food Fight, Ludwig
Feeding Your Child for Lifelong Health, Roberts
How to Get Kids to Eat Great & Love It!, Wood
How to Get Your Kid to Eat...But Not Too Much, Satter
Child of Mine: Feeding with Love and Good Sense, Satter
The American Dietetic Association Guide to Healthy Eating for Kids: How Your Children Can Eat Smart from Five to Twelve, Shield and Mullen
I'm Like So Fat!: Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World, Neumark-Sztainer
A Parent's Guide to Childhood Obesity, Hassink
Trim Kids, Sothorn
Weight Loss Confidential, Fletcher
Your Child's Weight: Helping without Harming, Satter
The No-Diet Obesity Solution for Kids, Vos
Intuitive Eating, Tribole and Resch
You Can Lose Your Baby Fat, Nader and Murphy Zive
Sports Success, Rx!, Stricker
365 Activities for Fitness, Food, and Fun for the Whole Family, Sweet



Cookbooks

Healthy Eating for Babies and Toddlers, Scott and Sheasby
Healthy Foods: An Irreverent Guide to Understanding Nutrition and Feeding Your Family Well, Ely
Baby Love: Healthy, Easy, Delicious Meals for Your Baby and Toddler, O'Donell
Deceptively Delicious, Seinfeld
The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals, Chase Lapine
Awesome Food for Active Kids: The ABCs of Eating for Energy and Health, Bean
Healthy Food for Healthy Kids, Swinney
365 Foods Kids Love to Eat, Ellison
Red Light, Green Light, Eat Right, Dolgoff
Gimme Five!: Kid-Friendly Recipes and Tips for Helping Your Child Enjoy Eating Fruits and Vegetables, Graimes
The Official Snack Guide for Beleaguered Sports Parents, Weatherwax

