

## Web Sites

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### Childhood Nutrition

<https://medlineplus.gov/childnutrition.html>

### Eating for Sports

<https://kidshealth.org/en/teens/eatnrun.html?ref=search>

### Healthy Eating and Physical Activity across your Lifespan

[win.niddk.nih.gov/publications/PDFs/helpingyourchild.pdf](http://win.niddk.nih.gov/publications/PDFs/helpingyourchild.pdf)

### Nutrition and Fitness Center

[kidshealth.org/parent/centers/fitness\\_nutrition\\_center.html](http://kidshealth.org/parent/centers/fitness_nutrition_center.html)

### Weight Management

<https://www.niddk.nih.gov/health-information/weight-management>

### Ideas to Help Children Maintain a Healthy Weight

[www.cdc.gov/healthyweight/children/](http://www.cdc.gov/healthyweight/children/)

## Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

## Contact Us

Call (608) 775-5995 or  
(800) 362-9567, ext. 55995

Visit us online at  
[gundersenhealth.org/libraries](http://gundersenhealth.org/libraries)

Email:

[mooneylibrary@gundersenhealth.org](mailto:mooneylibrary@gundersenhealth.org)

John & Nettie Mooney Library –  
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,  
With the Stanek Cancer Library  
Level 2, East Building

# Children & Healthy Eating Resources

## John & Nettie Mooney Libraries

April 2019

Gundersen Lutheran Medical Center, Inc.  
Gundersen Clinic, Ltd.  
Gundersen Boscobel Area Hospital and Clinics  
Gundersen Moundview Hospital and Clinics  
Gundersen Palmer Lutheran Hospital and Clinics  
Gundersen St. Joseph's Hospital and Clinics  
Gundersen Tri-County Hospital and Clinics

**GUNDERSEN**  
HEALTH SYSTEM®

## Books

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**Children's healthy eating materials have call numbers beginning with GG 105.**  
**Infant feeding materials have call numbers beginning with GG 230.**

Cooking for baby: wholesome, homemade, delicious foods for 6 to 18 months / recipes by Lisa Barnes. (2009)

Deceptively delicious: simple secrets to get your kids eating good food / Jessica Seinfeld (2007)

Feeding the whole family: cooking with whole foods: more than 200 recipes for feeding babies, young children, and their parents / Cynthia Lair (2016)

Food chaining: the proven 6-step plan to stop picky eating, solve feeding problems, and expand your child's diet / Cheri Fraker. (2007)

Food fights: winning the nutritional challenges of parenthood armed with insight, humor and a bottle of ketchup / Laura Jana. (2008)

Healthy eating, healthy weight for kids and teens / Jodie Shield. (2012)

How to get your kid to eat-- but not too much / Ellyn Satter. (1987)

A monster meeting about healthy eating / Draga Stefanovic. (2014)

Nutrition: what every parent needs to know / editor, William H. Dietz. (2012)

Raising a healthy, happy eater: a parent's handbook – a stage-by-stage guide to setting your child on the path to adventurous eating / Nimali Fernando (2015)

Secrets of feeding a healthy family: how to eat, how to raise good eaters, how to cook / Ellyn Satter. (2008)

Stating solids: what to feed, when to feed, and how to feed your baby / Annabel Karmel (2010)

Top 100 meals in minutes: quick and easy meals for babies and toddler / Annabel Karmel (2014)

Trim kids: the proven 12-week plan that has helped thousands of children achieve a healthier weight / Melinda Sothern. (2003)

What to feed your baby and toddler: a month-by-month guide to support your child's health and development / Nicole Avena (2018)

Wholesome babyfood guide: 150 easy, delicious, and healthy recipes from purees to solids / Maggie Meade. (2012)