Library Materials

- Renew for 4 weeks, unless needed by another library user
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Children & Healthy Eating Resources

Web Sites

Childhood Nutrition
https://medlineplus.gov/childnutrition.html

Eating for Sports

Healthy Eating and Physical Activity across your Lifespan
win.niddk.nih.gov/publications/PDFs/helpingyourchild.pdf

Nutrition and Fitness Center
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/

April 2019
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)


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)