

TEMECULA PUBLIC LIBRARY

**Reading Is
So Delicious!**

Now Serving:
**Raising
Healthy Eaters**

The following books are full of tips, recipes,
and information to assist you in raising
healthy children from birth to teenagers.



(book list on reverse side)

TEMECULA PUBLIC LIBRARY
30600 PAUBA ROAD, TEMECULA, CA 92592
(951) 693-8900
WWW.TEMECULALIBRARY.ORG • WWW.RIVLIB.NET



Allergy-friendly Food for Families: 120 Gluten-free, Dairy-free, Nut-free, Egg-free, and Soy-free Recipes Everyone Will Love
(641.5631 ALL 2012)

American Academy of Pediatrics Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life
(PARENTING 613.2 AME)

Awesome Foods for Active Kids: The ABCs of Eating for Energy and Health
Anita Bean (618.9239 BEA)

The Baby Bistro Cookbook: Healthy, Delicious Cuisine for Babies, Toddlers, and You
Joohee Muromcew
(641.5622 MUR)

Better Baby Food
Daina Kalnins (641.5622 KAL)

Better Food for Kids: Your Essential Guide to Nutrition for all Children Age 2 to 6
Joanne Saab (641.5622 SAA)

The Big Book of Recipes for Babies, Toddlers, & Children: 365 Quick, Easy, and Healthy Dishes
Bridget L. Wardley
(641.5622 WAR)

Brain Foods for Kids: Over 100 Recipes to Boost Your Child's Intelligence
Nicola Graimes (613.2083 GRA)

Eat This, Not That, For Kids
David Zinczenko
(618.9239 ZIN 2008)

The Everything Guide to Cooking for Children with Autism
Megan Hart (641.5631 HAR)

Feeding the Picky Eater: America's Foremost Baby and Childcare Experts Answer the Most Frequently Asked Questions
William Sears, M.D.
(PARENTING 649.3 SEA)

First Meals: Fast, Healthy and Fun Foods to Tempt Infants and Toddlers
Annabel Karmel
(PARENTING 641.5622 KAR)

Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise
Brian W. McCrindle
(PARENTING 613.2083 MCC)

Good Food Today, Great Kids Tomorrow: 50 Things You Can Do for Healthy, Happy Children
Jay Gordon (613.2083 GOR)

Grow It, Cook It (J 635 GRO)

Growing Up Healthy: Protecting Your Child from Diseases Now Through Adulthood
Joan Lunden
(PARENTING 613.0432 LUN)

The Healthy Baby Meal Planner: Mom-Tested, Child-Approved Recipes for Your Baby and Toddler
Annabel Karmel
(PARENTING 641.5622 KAR)

Healthy Choices, Healthy Children: A Guide to Raising Fit, Happy Kids
Lori S. Brizee (618.92 BRI 2011)

The Lunchbox Book
Penny Stanway and Sara Lewis
(PARENTING 641.53 STA)

Raising Healthy Eaters: 100 Tips for Parents
Henry Legere (649.3 LEG)

Simply Natural Baby Food: Easy Recipes for Delicious Meals Your Infant and Toddler Will Love
Cathe Olson
(PARENTING 641.5622 OLS)

Start Fresh: Your Child's Jump Start to Lifelong Healthy Eating
Tyler Florence
(641.5622 FLO 2011)

Super-sized Kids: How to Rescue Your Child from the Obesity Threat
Walter L. Larimore
(618.92398 LAR)

Top 100 Baby Purees: 100 Quick and Easy Meals for a Healthy and Happy Baby
Annabel Karmel
(PARENTING 641.56222 KAR)

Vegan Lunch Box: 150 Amazing Animal-free Lunches Kids and Grown-ups Will Love
Jennifer McCann
(641.5636 MCC)