

Pediatric Nutrition Resources

“The American Dietetic Association Guide to Healthy Eating for Kids: How Your Children Can Eat Smart from Five to Twelve” by American Dietetic Association (ADA), Jodie Shield, M.Ed., R.D, Mary Catherine Mullen, M.S., R.D

“Quick Meals for Healthy Kids and Busy Parents: Wholesome Family Recipes in 30 Minutes or Less From Three Leading Child Nutrition Experts” by Sandra K. Nissenberg, Margaret L. Bogle, Audrey C. Wright

“Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food” by Jessica Seinfeld

“Super Baby Food” by Ruth Yaron

“Coping with a Picky Eater” by William G. Wilkoff, M.D

“First Meals” by Annabel Karmel

“Lunch Boxes and Snacks: Over 120 healthy recipes from delicious sandwiches and salads to hot soups and sweet treats” by Annabel Karmel

“Favorite Family Meals” by Annabel Karmel

“Child of mine, feeding with love and good sense” by Ellyn Satter

"Baby Bites" by Bridget Swinney, RD

Two Bite Club - <http://teamnutrition.usda.gov/Resources/2biteclub.html>

"Food for Tots" – by Janice Wooley