

Nutrition and Food (WB 400s)



Resources in the Kreamer Family Resource Center

Books for teens and adults:

Action guide for healthy eating

Adelgazar comiendo: formas nuevas y originales combater esos kilos de exceso (*Spanish*)

American Academy of Pediatrics guide to your nutrition: making peace at the table and building healthy eating habits for life

American Dietetic Association complete food and nutrition guide

American Dietetic Association guide to healthy eating for kids: how your children can eat smart from five to twelve

Best diet on earth: ordinary foods with extraordinary powers based on the DASH diet

Breaking bread, nourishing connections: people with and without disabilities at mealtime

Celebre la cocina hispana: healthy Hispanic recipes (*Spanish and English*)

Deleites de la cocina Mexicana=Healthy Mexican American Cooking (*Spanish and English*, WK 819)

Digestive wellness for children: how to strengthen the immune system and prevent disease through healthy digestion

Disease-proof your child: feeding kids right

Do carrots make you see better? : a guide to food and nutrition in early childhood programs

Down home healthy cookin': recipes and healthy cooking tips

Eat fit, be fit: health and weight management solutions

Eat, play, and be healthy: the Harvard Medical School guide to healthy eating for kids

Eating on the run

Encyclopedia of foods: a guide to healthy nutrition

Encyclopedia of nutrition & good health

Essential herb-drug-vitamin interaction guide

Feeding your child for lifelong health: birth through age six

Fit kids! : the complete shape-up program from birth

Food, fun n' fitness: designing healthy lifestyles for our children

Fueling the teen machine

Good kids, bad habits (WS 105.5)

Guide to healthy fast food eating (WK 819)

Guide to healthy restaurant eating (WK 819)

Healthiest kid in the neighborhood: ten ways to get your family on the right nutritional track

Healthy eating every day

Healthy food for healthy kids: a practical and tasty guide to your child's nutrition

Healthy foods, healthy kids: a complete guide to nutrition for children from birth to six years old

Healthy snacks for kids

How to feed a teenage boy

The low G.I. diet cookbook

The 150 healthiest foods on earth

Mommy, I'm hungry: good eating habits for little ones from pregnancy to age five

New glucose revolution

New glucose revolution pocket guide to healthy kids

Now you're cooking! (WJ 300)

Nutrition almanac

Nutrition for dummies

So what can I eat? How to make sense of the new dietary guidelines for American and make them your own

SPIN cookbook: a collection of heart healthy, low fat, and low cholesterol recipes

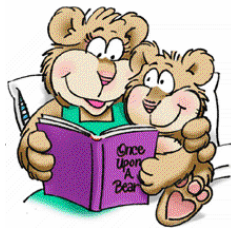
Su familia se merece los mejores alimentos! (*Spanish*)

365 days of healthy eating from the American Dietetic Association

Traditional foods can be healthy

Ultimate calorie, carb, & fat gram counter

Yale guide to children's nutrition



Bowes & Church's food values of portions commonly used (*reference*)

USP guide to vitamins & minerals (*reference*)

Books for children:

Eat, think, and be healthy! : creative nutrition activities for children

Healthy body cookbook: over 50 fun activities and delicious recipes for kids

I will never not ever eat a tomato

Kids' first cookbook: delicious-nutritious treats to make yourself!

Oliver's fruit salad

Oliver's milk shake

Oliver's vegetables

Rabbit food

Solve the great cupcake caper

Periodicals:

Current Health 1

Current Health 2

Nutrition Action Health Letter <http://www.cspinet.org/nah/index.htm>



Videos:

Complete guide to using nutrition food labels (34 min., 1994)

Fast food survival guide (22 min. DVD, 2005)

I'm not a baby anymore: tips for feeding toddlers (12 min. DVD, 2004, **English and Spanish**)

Meal planning (18 min., 1996)

MyPyramid: pass it on! (16 min. DVD, 2005, grade 6-adult, **English and Spanish**)

Raising healthy children: a guide for African Americans (29 min., 2003)

Smart supermarket shopping (20 min. DVD, 2006)

Snacks (23 min., 1997)

Supersize me : and educational tool of epic portions (100 min. DVD, 2004)

Your healthy baby (26 min., 2000—this and other new baby videos mention feeding and nutrition)

Websites:

MedlinePlus Health Topic: Nutrition (**English, some Spanish**)

<http://www.nlm.nih.gov/medlineplus/nutrition.html>

MedlinePlus Health Topic: Child Nutrition (**English and Spanish**)

<http://www.nlm.nih.gov/medlineplus/childnutrition.html>

See also other MedlinePlus Health Topics on related subjects.

My Pyramid (customized food pyramid)

<http://www.mypyramid.gov/>

Food Guide Pyramid (includes ethnic and special audience food guide pyramids)

<http://www.nal.usda.gov/fnic/Fpyr/pyramid.html>

Dietary Guidelines for Americans 2005

<http://www.healthierus.gov/dietaryguidelines/index.html>

Yum-O! (empowers kids and their families to develop healthy relationships with food and cooking) <http://www.yum-o.org/>

Igohugo (Go healthy challenge to eat right, stay fit, and make healthy choices—for kids)

<http://www.igohugo.org/>

Fruits & Veggies Matter (replaces the 5 A Day campaign)

<http://www.fruitsandveggiesmatter.gov/>

American Dietetic Association: Nutrition Information

<http://webdietitians.org/cps/rde/xchg/ada/hs.xsl/nutrition.html>

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

Food and Nutrition Service: Eat Smart, Play Hard (national nutrition education program for kids and teens) <http://www.fns.usda.gov/eatsmartplayhard/>

Portion Distortion Quiz (NHLBI)

<http://hin.nhlbi.nih.gov/portion/>

KidsHealth—see sections on feeding and nutrition in the Parents, Kids, and Teens sections

<http://www.kidshealth.org/>

Native American Nutrition Education Database

http://www.nal.usda.gov/fnic/NatAm_database.html

Vegetarian Nutrition Resource List

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.htm>

Delicious Decisions (American Heart Association)

<http://www.deliciousdecisions.org/>

What is parenteral and enteral nutrition?

<http://www.nutritioncare.org/pen/pen.html>

Oley Foundation (for people on home intravenous or tube-fed nutrition)

<http://www.oley.org/>

Food Safety & Nutrition, Child Nutrition Programs, etc.

http://www.usda.gov/wps/portal/lut/p/_s.7_0_A/7_0_10B?navtype=SU&navid=FOOD_NUTRITION

Nutrition Explorations: the fun and easy way to teach and learn nutrition (includes games!)

<http://www.nutritionexplorations.org/index.asp>

Healthy Meals Resource System (includes educational materials)

<http://healthymeals.nal.usda.gov/>

Eating Right the Girl Power Way!

<http://www.girlpower.gov/girlarea/bodywise/nutrition/index.htm>

Test your food label knowledge (interactive)

<http://www.cfsan.fda.gov/~dms/flquiz1.html>

Consumer.gov: food

<http://www.consumer.gov/food.htm>

Good Nutrition—Kids' Recipes (American Heart Association)

<http://www.healthyfridge.org/kidsrec.html>

Nutrition.gov

<http://www.nutrition.gov/>

KidsHealth for Kids: Recipes

<http://www.kidshealth.org/kid/recipes/index.html>

KidsHealth for Kids: Staying Healthy (see Fabulous Food section)

http://www.kidshealth.org/kid/stay_healthy/

KidsHealth Game Closet: Mission Nutrition

http://www.kidshealth.org/kid/closet/games/mission_nutrition.html

Nutrition Cafe (games for kids)

http://www.exhibits.pacsci.org/nutrition/nutrition_cafe.html

Dole 5-a-day (has games for kids, section for educators, from Dole Food Company)

<http://www.dole5aday.com/>

Nutrition Explorations (from Dairy Council)--see Kids' Zone

<http://www.nutritionexplorations.org/>

Florida Citrus Land for Kids (color pages, games, etc. from Florida Dept. of Citrus)

http://www.floridajuice.com/cm_nutrition_teachers.php

Tooned-In School Menu (games, quizzes, etc. and school lunch menus from around the U.S.)

<http://www.schoolmenu.com/>

Kidnetic.com (International Food Information Council's site for kids)

<http://www.kidnetic.com/>

Healthy Choice for Kids (free activity sheets in **English** and **Spanish** from apple growers)

<http://www.healthychoices.org/>

Leafy Greens Council (includes lesson plans)

<http://www.leafy-greens.org/>

Media Awareness Network (search "nutrition" to find activities that teach how advertisements influence food choices)

<http://www.media-awareness.ca/english/index.cfm>

FDA Kids' Home Page: Food Safety Quiz

<http://www.fda.gov/oc/opacom/kids/default.htm>

Food Safety Coloring Pages

<http://www.foodsafety.gov/~dms/cbook.html>

American Council for Fitness & Nutrition

<http://www.acfn.org/>

CDC Division of Nutrition & Physical Activity

<http://www.cdc.gov/nccdphp/dnpa/>

see also:

Blonz Guide (scientist/journalist Ed Blonz separates sound nutritional information from scientifically suspect nutritional claims) <http://blonz.com/>

International Food Information Council (has section for educators) <http://www.ific.org/>

Nutrition for Kids (publisher of nutrition education materials)

<http://www.nutritionforkids.com/>

NCES: Nutrition Counseling Education Services (publisher of nutrition education materials)

<http://www.ncescatalog.com/>

See also resource lists for **specific** subjects such as breastfeeding, eating disorders and weight control, plus special diet cookbooks and nutritional guidelines noted on resource lists for allergies, diabetes, kidney disease, celiac disease, PKU, etc.

These resources and others are available in the Kreamer Family Resource Center, ground floor of the Sutherland Tower in Children's Mercy Hospital, or call 816-234-3900 to arrange pick up from the Children's Mercy South Information desk. If you are not a patient of Children's Mercy Hospital & Clinics, books may be borrowed through Interlibrary Loan: contact your local librarian to arrange this.

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Kreamer Family Resource Center
Children's Mercy Hospitals & Clinics
2401 Gillham Road
Kansas City MO 64108



Children's Mercy

HOSPITALS & CLINICS

www.childrens-mercy.org

816-234-3900