

Toddler Nutrition Resources

Books

- Fearless Feeding: Raising a Healthy Eater from High Chair to High School: Maryann Jacobson and Jill Castle
- Secrets of Feeding a Healthy Family: Ellyn Satter
- How to Get Your Kid to Eat but Not Too Much: Ellyn Satter
- No Whine with Dinner: Liz Weiss and Janice Newell Bissex
- Raising a Healthy, Happy Eater: Dr. Nimali Fernando and Melanie Potock
- Extreme Picky Eating: Katja Rowell and Jenny McGlothlin
- Food Chaining: Cheri Fraker, Mark Fishbein, Sybil Cox, and Laura Walbert
- Try New Food: Help New Eaters, Picky Eaters and Extreme Picky Eaters Taste, Eat & Like New Food: Jill Castle

Cookbooks

- The Baby and Toddler Cookbook: Fresh, Homemade Foods for a Healthy Start: Karen Ansel
- Adventures in Veggieland: Help your Kids Learn to Love Vegetables with 100 easy Activities and Recipes: Melanie Potock
- The Whole Family Cookbook: Michelle Stern
- The Petit Appetit Cookbook: Easy Organic Recipes to Nurture Your Baby and Toddler: Lisa Barnes
- The Best Lunchbox Ever: Katie Sullivan Morford
- The Toddler Café: Jennifer Carden
- Food for Tots: The Complete Guide to Feeding Preschoolers, Including 100+ Kid-Tested Recipes: Dr Janice Woolley MD and Jennifer Pugmire

Websites

- www.choosemyplate.gov
- www.aap.org (American Academy of Pediatrics)
- www.eatright.org (Academy of Nutrition and Dietetics)
- www.ellynsatterinstitute.org
- www.jillcastle.com
- www.nutritionunplugged.com
- www.Keepkidshealthy.org
- www.mealsmatter.org

Recipes

- www.momskitchenhandbook.com

- www.superhealthykids.com
- www.healthyeating.org/

Allergy Resources

- Food Allergy Network: www.foodallergy.org
- Food Allergy & Anaphylaxis Network (FAAN): www.faankids.org
- Kids with Food Allergies: www.kidswithfoodallergies.com